

You must use this form to record five written reflective accounts on your CPD and/or practice-related feedback and/or an event or experience in your practice and how this relates to the Code. Please fill in a page for each of your reflective accounts, making sure you do not include any information that might identify a specific patient, service user, colleague or other individuals. Please refer to our guidance on preserving anonymity in the section on non-identifiable information in *How to revalidate with the NMC*.

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| **Reflective account:** |
| **What was the nature of the CPD activity and/or practice-related feedback and/or event or experience in your practice?**  |
| A simulation (OMS) where we were put in a virtual simulation to care for an unwell patient.  |
| **What did you learn from the CPD activity and/or feedback and/or event or experience in your practice?**  |
| I learned how to help a patient with exacerbation of asthma, think immediately during emergency, and when patients are confused and refuse treatment under time condition.  |
| **How did you change or improve your practice as a result?**  |
| It changes my practice in a way that I know how to better approach such situations stated earlier when time is essential.  |
| **How is this relevant to the Code?** Select one or more themes: Prioritise people – Practise effectively – Preserve safety – Promote professionalism and trust |
| This is relevant to two themes of the code: practice effectively and preserve safety. This is because we check our patients understanding from time to time to keep misunderstanding or mistakes to a minimum and we practice identifying risks or problems that have arisen in the simulation and the steps taken to deal with them, whilst informing our colleague. Furthermore, we accurately had to identify, observe and assess signs of normal or worsening physical and mental health in the person receiving care and take into account our personal safety and the safety of our patient. |