

There are certain events that you may attend as part of your pre-registration course, which can be counted towards your practice hours providing you have obtained course leader approval prior to the event. This is usually a maximum of 30 hours across the course that can be evidenced as practice this way and you will be required to complete a written reflection on the following NMC reflective template, which should explore the impact of your learning on practice by relating your learning to the NMC Standards. Please submit this to your course leader within 20 days of attending the event along with your practice books. You must use this form to record details of any approved learning events for which you wish to claim practice hours.

 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.

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| **Reflective account:**  |
| **Hours Claimed:** |
| **What was the nature of the activity?**  |
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| **What did you learn from the activity and/or feedback and/or event?**  |
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| **How did you change or improve your practice as a result?**  |
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| **How does this relate to your practice standards – specific which ?**  |
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