



## Maintaining your nursing or midwifery registration whilst working outside the UK

Information obtained from [www.nmc.org.uk](http://www.nmc.org.uk) and [www.rcn.org.uk/get-help/rcn-advice/working-overseas](http://www.rcn.org.uk/get-help/rcn-advice/working-overseas).

### Revalidation

In 2016 the Nursing and Midwifery Council (NMC) introduced **revalidation** - the process that all UK nurses and midwives must go through every three years to renew their registration and continue practising legally in the UK. Revalidation applies to all nurses and midwives, regardless of the role or sector in which they are operating and across all fields of practice. Revalidation is the process that allows you to maintain your registration with the NMC, demonstrate your continued ability to practise safely and effectively, and is a continuous process that you will engage with throughout your career.

If you are a nurse or midwife practising overseas and want to maintain your UK registration, you will have to comply with the revalidation process every three years and continue to pay your annual retention fee to the NMC, using your NMC online account. Find out more about the revalidation requirements [here](#) (RCN page) or [here](#) (NMC page) and see below in this document.

If you are working overseas (or have worked overseas for part of your three-year renewal period) as a nurse or midwife, you can meet the practice hours (450 hours) with evidence of your practice hours abroad. The NMC advises that you should always register with the appropriate regulator in the country in which you are practising (see paragraph 41 on page 19 of this [booklet](#)).

If you work wholly overseas you can seek confirmation (for your revalidation) from your line manager where you undertake your work. If you do not have a line manager, you will need to decide who is best placed to provide your confirmation. The NMC advises that wherever possible, your confirmer is a nurse or midwife regulated where you practise, or another

regulated healthcare professional. The NMC provides information for confirmers and guidance [here](#).

It is important that the NMC has an up-to-date address for you and you should register with NMC online to ensure that you know your revalidation date and that the NMC can send you relevant information.

**Requirements that you must meet in order to complete your revalidation and renew your registration every three years with the NMC:**

Look at [this website](#) for all guidance and forms to use for the following:

1. 450 practice hours in three years within scope of practice for each speciality you are maintaining registration for e.g. nurse and midwife (employed or voluntary).
2. 35 hours of Continuing Professional Development (of which 20 hours must be participatory i.e. face to face)
3. Five pieces of feedback from others
4. Five written reflective accounts
5. A reflective discussion with another NMC-registered nurse, midwife or nursing associate about your five written reflective accounts
6. A health and character declaration
7. Professional indemnity arrangement
8. A confirmation form signed by your confirmer

| Requirements   | Supporting evidence   |
|--|---|
| <p><b>450 practice hours for each registration.</b></p> <p><b>Dual registration (e.g. nurse and midwife) requires 900 practice hours</b></p> | <p>Maintain a record of practice hours you have completed, including:</p> <ul style="list-style-type: none"> <li>• dates of practice</li> <li>• the number of hours you undertook</li> <li>• name, address and postcode of the organisation</li> <li>• scope of practice (see tip box on page 22 of <a href="#">this website</a>)</li> <li>• work setting (see tip box on page 22)</li> <li>• a description of the work you undertook, and</li> <li>• evidence of those practice hours should be recorded.</li> </ul> <p>See our practice hours requirements guidance sheet and suggested template at guidance and information.</p> |

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| <p><b>35 hours of Continuing Professional development<br/>(of which 20 must be participatory)</b></p> | <p>Maintain accurate and verifiable records of your CPD activities, including:</p> <ul style="list-style-type: none"> <li>• the CPD method (examples of ‘CPD method’ are self-learning, online learning, course)</li> <li>• a brief description of the topic and how it relates to your scope of practice</li> <li>• dates the CPD activity was undertaken</li> <li>• the number of hours and participatory hours</li> <li>• identification of the part of the Code most relevant to the CPD, and</li> <li>• you should record evidence of the CPD activity. See our guidance sheet and suggested template at guidance and information</li> </ul> |
| <p><b>Five pieces of practice-related feedback</b></p>  | <p>Notes on the content of the feedback and how you used it to improve your practice. This will be helpful for you to use when you are preparing your reflective accounts.</p> <p>Make sure your notes do not include any personal data<br/>(see the section on non-identifiable information on <a href="#">pages 15-17</a>)</p>  |
| <p><b>Five written reflective accounts</b></p>  | <p>Five written reflective accounts that explain what you learnt from your CPD activity and/or feedback and/or an event or experience in your practice, how you changed or improved your work as a result, and how this is relevant to the Code. You must use the NMC form on <a href="#">page 47</a> and make sure your accounts do not include any personal data (see the section on non-identifiable information).</p>   |
| <p><b>Reflective discussion</b></p>   | <p>A reflective discussion form which includes the name and NMC Pin of the NMC-registered nurse, midwife or nursing associate that you had the discussion with as well as the date you had the discussion.</p> <p>You must use the NMC form on <a href="#">page 48</a> and make sure the discussion summary section does not contain any personal data (see the section on non-identifiable information).</p>   |

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| <b>Health and character</b>               | You must make a declaration as to your health and character as part of your online revalidation application. You can find more information in <a href="#">NMC's guidance on health and character</a>   |
| <b>Professional indemnity arrangement</b> | <p>Evidence to demonstrate that you have an appropriate indemnity arrangement in place.</p> <p>You must tell us whether your indemnity arrangement is through your employer, membership of a professional body or through a private insurance arrangement.</p> <p>If your indemnity arrangement is provided through membership of a professional body or a private insurance arrangement, you will need to record the name of the professional body or provider.</p> |
| <b>Confirmation</b>                       | A confirmation form signed by your confirmer. You must use the NMC form on <a href="#">pages 49-51</a> .   |

### **Scope of practice**

Direct clinical care or management: adult and general care nursing; children's and neo-natal nursing; mental health nursing; learning disabilities nursing; midwifery; health visiting; occupational health; school nursing; public health; other. Commissioning, Education, Policy, Quality assurance or inspection, Research, other.

### **Work setting**

Ambulance service, Care home sector, Community setting (including district nursing and community psychiatric nursing), Consultancy, Cosmetic or aesthetic sector, Governing body or other leadership, GP practice or other primary care, Hospital or other secondary care, Inspectorate or regulator, Insurance or legal, Maternity unit or birth centre, Military, Occupational health, Police, Policy organisation, Prison, Private domestic setting, Public health organisation, School, Specialist or other tertiary care including hospice, Telephone or e-health advice, Trade union or professional body, University or other research facility, Voluntary or charity sector, other.

### Advice on maintaining CPD

Many nurses and midwives who work overseas complete their 35 hours CPD when they are back in the UK. It is advisable to keep in touch with any NHS trusts you have worked in in the UK, as you may be able to attend courses that count as CPD in those trusts when you are back. There are also lots of free training sessions online, such as:

- WHO courses on <https://openwho.org> or via the OpenWHO app

- NHS self-enrolment courses via ESR e-Learning  
<http://www.esrsupport.co.uk/catalogue.php5>
- [www.futurelearn.com](http://www.futurelearn.com) (many courses, various lengths, some free)
- [www.e-lfh.org.uk](http://www.e-lfh.org.uk) (just create a log in and lots of training tools on there)
- A recommended course relevant to working in a low resource setting is ETAT (emergency triage assessment and treatment), either in person or online, by the RCPCH is: <https://learning.rcpch.ac.uk/courses/emergency-triage-assessment-and-treatment-plus-etat/>
- CMF global health webinars
- CMF Developing Health Course

### CCPS

If you want to work outside the UK, the registration authority in the country or state you want to work in will probably ask you for proof that you've been on the NMC register. The NMC call this a certificate of current professional status (CCPS), but it's also known as a letter of good standing or validation of registration. More information can be found [here](#) and you can request a certificate of current professional status in your [NMC online account](#). The NMC don't issue paper certificates or complete forms given to them by other authorities.

### Overseas Police Check

If you have been working overseas for more than 6 months, NHS trusts may ask for an **Overseas Police Check** document or certificate. This is a verifiable criminal record check obtained from the police, sometimes called a 'certificate of good standing'. This is something we advise you to request whilst working abroad, from your employer in that country. There is more info [here](#) in more detail in section 7 of this [PDF](#).

### Not maintained NMC registration?

It may be possible for someone to work in healthcare in an overseas context without their UK registration. However, they will not be able to call themselves a UK Registered Nurse or Midwife.

Any midwife or nurse returning to the UK who has not kept up their UK registration through revalidation has two options:

- **You can successfully complete an appropriate NMC-approved return to practice programme before the date of your revalidation application. These programmes are designed to allow you to renew your registration and return to practice after a break in practice. Further information about return to practice programmes is available on the NMC [website](#).**

**Or**

- **You can cancel your registration. You will continue to hold a nursing and/or midwifery qualification but will not be registered with the NMC. You can apply for readmission to the register in future if you wish to practise as a registered nurse, midwife or nursing associate. Information on cancelling registration and seeking readmission to the register is available on the [NMC website](#).**

If you do not renew your registration through revalidation, you will lapse from the register. You will not be able to practise in the capacity of a registered nurse, midwife or nursing associate. You cannot rely on any hours of work you undertake when you were not registered with the NMC as part of any application for readmission to the register.

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