

Practice Effectively

Practice Effectively - The Code & Your FtP

This course will look at the 4 tenants of the Code of Conduct and discuss specifically what the NMC are looking for when assessing your Fitness to Practice.

Modules

**At the end of this course
you should be able to:**

Developed **greater understanding** of how to show insight

Understand the **NMC's** viewpoint on allegations

Relate **the Code** to your situation showing insight

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What the NMC says

Nurses, midwives, and nursing associates should provide care that is clinically effective, maintain their knowledge and skills, communicate clearly, and work within a wider team to ensure safety and well-being.

It also includes being responsible for all aspects of care they provide, withhold, or delegate, and reflecting on their practice to improve.

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The Code and your FtP

Relating to your case

Questions:

- Deliver safe and effective care based on evidence and best practice
- Maintain your knowledge and skills through continuous learning
- Work collaboratively with other healthcare professionals and patients
- Be accountable for your actions and decisions

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What the NMC says

- Always practise in line with the best available evidence
- Communicate clearly
- Work cooperatively
- Share your skills, knowledge and experience for the benefit of people receiving care and your colleagues
- Keep clear and accurate records relevant to your practice
- Be accountable for your decisions to delegate tasks and duties to other people

Have in place an indemnity arrangement which provides appropriate cover for any practice you take on as a nurse, midwife or nursing associate in the United Kingdom





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What the NMC says

“Assess, deliver and advise on the care and treatment you're providing to the best of your nursing abilities. You will communicate with your patients and clients effectively, ensuring you maintain records, share your skills and knowledge with your nursing colleagues when appropriate.”

This includes rehabilitative and preventative nursing care

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Relating to FtP

- You need to thoroughly understand and internalise the principles in the Code.
- Regular participation in training sessions and workshops is important, as these can be a platform for you to delve deeper into the nuances of the Code.
- Review of case studies and practical examples of the NMC Code of Conduct in practice, can be useful in order to help see how these standards are applied in real-world scenarios.





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Relating to FtP

CPD is another vital part of this area to the NMC Code of Conduct.

Healthcare is continually changing and evolving. There are advancements and new techniques, medicines etc as well as the public's knowledge and expectation of the healthcare they or loved ones receive.

Staying informed about the latest updates to the Code and advancements in nursing and midwifery practices is vital.

This commitment to lifelong learning not only means your skills are enhanced but it also ensures you are compliant with the current nursing professional standards and midwifery ethical guidelines.

By engaging in ongoing education, you will have a better understand of how the NMC Code of Conduct affects your daily practice and the importance of maintaining these standards for the benefit of patient care.

It will also mean that when things go wrong or your accused of suboptimal care that you can demonstrate knowledge and understanding in relation to the code.

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Why is communication so important?

Effective communication and self-reflection are also vital components in following the NMC Code of Conduct.

You must consistently practice with compassion and respect, maintaining patient confidentiality and obtaining informed consent in all interactions.

This involves actively listening to patients, understanding their needs, and respecting their autonomy.

You need to adapt your approach to those needs of the individual and their ability to grasp your explanation. Additionally, collaboration with colleagues and seeking constructive feedback can mean you enhance your ability to comply with the Code.

By being open and honest when mistakes are made and by supporting or getting support from your team, you can ensure that the principles of the NMC Code of Conduct are integrated into every aspect of your professional practice.

This will ensure you are maintaining your role as an advocate for patient welfare and public health.

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Ensuring confidentiality

- Strict and rigorous maintenance of patient confidentiality is a vital part of working within the Code.
- You are required to securely manage patient records and data, ensuring that sensitive information is protected from unauthorised access.
- This practice is crucial in upholding the trust between patients and healthcare providers, as it reassures patients that their personal information is handled with the utmost care and respect.

This is your responsibility - own it!



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Respect and Empathy

Why is this important during FtP

- Ensure respect and empathy with your patients is another key expectation in the code.
- You are expected to communicate effectively, demonstrating compassion and understanding in all your dealings.
- This involves actively listening to patients' concerns, addressing their needs, and providing emotional support throughout their healthcare journey.
- By fostering a therapeutic relationship built on trust and respect, you can significantly enhance patient satisfaction and outcomes.



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Informed Consent

Obtaining informed consent is also a critical aspect of the NMC Code of Conduct

Before commencing any treatment or procedure, you must ensure that your patients are fully informed about the potential risks, benefits, and alternatives.

This process empowers patients to make informed decisions about their care, respects their autonomy to decide not to choose care and ensures the right to making their own decisions over care.

By adhering to this principle, you will not only comply with ethical guidelines but also promote patient-centered care, which is a cornerstone of the NMC Code of Conduct.

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Evidence based practice

This involves staying updated with the latest research and clinical guidelines to provide the best possible care by:

- Applying that latest research and guidance to your practice
- Not being pressured to give suboptimal care by colleagues or employers
- Routinely integrating scientific evidence into your practice, enabling improved patient outcomes and contributing to the advancement of the nursing and midwifery professions.

Participation in interdisciplinary teams is another example of the NMC Code of Conduct in action.

By collaborating with colleagues from various healthcare disciplines, you will enhance patient care through a holistic approach that addresses all aspects of a patient's health and well-being.





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Ethical dilemmas

Ethical dilemmas are an inevitable part of our practice:

The NMC Code of Conduct provides valuable guidance in navigating this.

You need to make informed decisions that prioritise patient safety and welfare.

This approach fosters a culture of trust and transparency within your workplace and with your colleagues and patients and ensures that ethical standards are consistently upheld.

Sometimes this is particularly difficult to navigate, but the learning you can demonstrate when this happens is just as important as the decision made.

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Why is this important during FtP?

1. We are responsible for our own practice
2. We are responsible for our own health
3. When either doesn't perform it's best we are equally responsible to acknowledge this



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Relating to your case

Questions to think about:

How may/could your practice have been affected, even if you didn't realise?

How may your practice be affected in future?

If you weren't practicing effectively at the time how will you assure the NMC you will in the future?

What learning have you done and what have you changed moving forward.

Regulatory investigations:

- Recognise when you can't practice effectively
- Take steps to safeguard the public, colleagues and yourself
- Seek help and support
- Put measures in place to help you practice effectively

Code of Conduct

Get In Touch



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NMC Watch

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