# NMC Reflective Account Example: How to Write Your Nursing Revalidation Reflection

By Bright Quill Team | brightquill.site | 12 November 2026

An NMC reflective account example is the quickest way to see what revalidation really asks of you. It is a short written reflection on something that happened in your practice, linked to the Code, and it shows the NMC that you learn from your work. This guide walks you through a worked example, step by step, so you can write your own.

Revalidation comes round every three years, and the five reflective accounts are the part most nurses put off. They feel private, and plenty of nurses worry about writing the wrong thing. The NMC doesn't grade your writing style. It wants honest reflection tied to the Code, and that's a skill you can pick up in an afternoon. If the writing itself is what holds you back, our assignment writing service can help you shape a rough draft into a clear account.

## 1. What an NMC Reflective Account Is and What It Is Not

A reflective account is a short piece of writing about an experience from your practice. You describe what happened, say what you thought and felt, and explain what you learned and what you'd do differently next time. It isn't an essay or a report. It's a record of your thinking.

The account must link to the Code, the professional standards the NMC sets for nurses, midwives and nursing associates. You don't need to quote the Code at length. Show which part of it your experience touches, and how it changed the way you practise.

Here's what an account is not. It isn't a list of your duties, and it isn't a place to name patients or colleagues. The NMC is clear that accounts must not include anything that could identify a person in your care. Keep names out, keep places vague, and write about your own actions and learning instead.

## 2. The Five Reflective Accounts Revalidation Asks For

Every revalidation asks for five written reflective accounts. Each one covers a separate experience, and together they show the NMC that reflection is a habit for you. You can write them any time during the three year revalidation period, so there's no need to leave them to the last month.

Each account should cover one clear event. A difficult conversation with a relative, a medication error you caught in time, or a time you spoke up about a safety concern. One event per account keeps the writing focused, and it makes the link to the Code much easier to see.

You'll also have a reflective discussion about your accounts with another NMC registrant. That conversation is part of revalidation too, so your accounts need to be honest enough to talk about. If you'd feel awkward reading an account out loud to a colleague, it probably needs rewriting.

## 3. A Worked NMC Reflective Account Example

Here's a short example based on a common ward situation. A nurse notices that a patient who was due pain relief has been missed at handover. She checks the chart, finds the dose was delayed by two hours, gives the medication, tells the patient what happened, and reports the delay.

Her account starts with a plain description. She writes what happened, when it happened, and what she did about it, without blaming anyone. Then she writes about how she felt. She felt annoyed with herself for not checking sooner, and relieved that the patient came to no harm.

Next she looks at what the experience taught her. She realised that a rushed handover makes it easy to miss a dose, and that she'd trusted the handover instead of checking the chart herself. She'll now check the prescription chart at the start of every shift, and she raised the handover problem at the next team meeting.

Notice what makes this account work. It's specific, it's honest about her part in it, and it ends with a change she actually made. That's the tone the NMC wants to see.

## 4. Writing Your Account With the Gibbs Cycle

The Gibbs cycle is the reflective model most nurses use, and it gives your account a shape that's easy to follow. It has six stages, and you can work through them in order. You don't need to label each stage, but the structure keeps you from missing the reflection itself.

Start with a description of what happened, then write about your feelings. What did you think at the time, and how do you feel about it now? Then evaluate the experience. What went well, and what went badly? After that, analyse it. Why did things happen that way?

Finish with a conclusion and an action plan. What have you learned, and what will you do differently next time? That final stage matters most, because it turns a story into evidence of learning. An account that stops at description isn't a reflection, it's a diary entry.

## 5. Linking Your Reflection to the Code

Every account must show how it relates to the Code, and this is where many nurses get stuck. The trick is to pick the part of the Code that fits your experience, not to force your experience to fit the whole Code. One clear link beats three weak ones.

The Code has four themes. Prioritise people, practise effectively, preserve safety, and promote professionalism and trust. A missed dose links to preserving safety. A difficult conversation with a family links to prioritising people. Speaking up about a concern links to promoting professionalism and trust.

In your account, name the theme in your own words and say how your experience connects to it. Write that the experience showed you how easily safety slips when a handover is rushed, and that checking the chart yourself is part of keeping patients safe. That's enough. You don't need to list clause numbers or quote the Code word for word.

## 6. Mistakes That Weaken a Reflective Account

The most common mistake is writing a description with no reflection. Nurses write two pages about what happened on the shift and one line about what they learned. The NMC wants the opposite balance. Keep the description short and spend most of your words on what you thought, what you learned, and what you'll change.

The third mistake is naming patients or colleagues. Never include a name, a ward number, or any detail that could identify a person. The NMC may reject an account that risks identifying someone, and keeping patient information private is a basic part of the job.

The last mistake is inventing a perfect ending. If you write that everything is now fixed forever, it reads as a story, not a reflection. Real learning is messier than that. Say what you changed and what you're still working on, and leave the account honest. If the writing itself keeps tripping you up, our assignment writing service can help you turn a rough draft into a clear account.

> Description only, no reflection. Keep the description short. Spend most of your words on what you learned.
>
> Naming a patient or colleague. Leave out every name. Ward number and identifying detail.
>
> Writing about someone else. Focus on your own actions. Decisions and learning.
>
> A perfect ending. Say what you changed. What you are still working on.

## 7. From Draft to Submission: A Simple Checklist

Start by picking five experiences from your practice, one for each account. Choose moments that taught you something, not the shifts that went smoothly. A difficult day gives you far more to reflect on than an easy one.

Write a rough draft of each account in plain language, following the Gibbs cycle. Don't worry about the length at first. Get the story and the learning down, then trim the description and sharpen the action plan.

Then check the basics. No names, no patient details, one clear link to the Code in each account, and an action plan you followed through on.

Finally, talk through your accounts with your reflective discussion partner before you submit. If you can explain your learning out loud, your writing is ready. That conversation isn't a test. It's the point of the whole exercise.

An NMC reflective account example shows you the shape, but the content has to be yours. Pick a real moment, be honest about your part in it, link it to the Code, and finish with a change you actually made. Do that five times and revalidation stops feeling like a hurdle. If you'd like a hand shaping your drafts, our assignment writing service can help you polish them, and you can ask for a free quote through the contact page.