



British Association of Cosmetic Nurses

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### The Importance of CPD

We are always learning and expanding our knowledge in all aspects of life. But in our work, it is vital that we continue to improve our expertise and skills in order to not only progress in our careers, but also that we do the best possible job for our clients and colleagues.

#### **Why is training important?**

As the industry continues to grow and new procedures begin to develop at a lightning-fast pace, it is vital that, as an aesthetic nurse, you keep abreast of the changes in the industry and adapt to them.

You may have a degree and years of practical experience, but in order to be truly competent in your profession you must continue to learn and complete training.

Continuing Professional Development, or CPD, is an excellent way to ensure that you continue this development in your career year upon year. It is also a fundamental, essential element to Revalidation with the NMC.

#### **What benefits does CPD have?**

First and foremost, CPD not only benefits you, but also has a positive impact on your clients, the general public, and the profession as a whole. It ensures that you build upon your current knowledge and skills so that you can deliver a professional service to the whole community.

CPD allows you to keep up to date with the latest changes in such a fast-paced industry. Your skills may become outdated if you don't update them, and experience in your own working environment can only take you so far.

Extra training also helps you to become a more effective and inspiring person at your practice or clinic. Not only will CPD give you the chance to advance further in your career, but it also means you can teach new members of staff and help them become even better at their job.

## How many CPD hours do I need to do?

You must undertake 35 hours of CPD, relevant to your profession, in the three-year period since your NMC registration was last renewed, or when you joined the register.

At least 20 of these 35 hours must have included participatory learning, and you must keep a record of the CPD you have taken part in.

CPD hours include undertaking activity involving interaction with one or more other industry professionals, which can be either face-to-face, or over the internet.

This can be anything from attending a conference or taking part in a workshop or training course. All you need to do is keep evidence of your CPD to ensure there is proof that you have undertaken it.

With so many different ways to learn and expand your knowledge, you can make continuing your professional development as fun, engaging, and interesting as you want to!