

# PRACTICAL PRESCRIBING

## Molly Courtenay helps resolve everyday issues for nurse prescribers



**Q** I work in the community and qualified as an independent supplementary prescriber four months ago. I

**have only just received my prescription pad and do not feel confident. I am also unsure whether there are continuing professional development (CPD) requirements for prescribers.**

**A** The delay in receiving your prescription pad is unfortunate; it is vital that you are

supported immediately post-qualifying and develop confidence to prescribe.

Your non-medical prescribing (NMP) lead may be able to arrange peer support/supervision from another local NMP; your NMP lead should know of any local NMP groups. It would also be sensible to arrange some clinical support from the doctor who mentored you through the prescribing programme.

Nurse prescribers are not required to undertake additional hours of practice to meet CPD requirements as prescribing is part

of professional practice. However, appraisal of CPD needs for prescribing should be undertaken, yearly, as part of performance review, preferably using a recognised tool such as the 'Maintaining Competencies in Prescribing Framework' developed by the National Prescribing Centre.

The NMC proposes that you keep a portfolio of evidence demonstrating, through reflection, CPD undertaken and ongoing learning needs. Your employer should support you in meeting any recognised CPD needs. CPD can take the form of e-learning, journals, prescribing

forums, individual study, work-based learning, formal CPD days, and Action Learning Sets.

The hours you spend prescribing or making prescribing decisions also count as CPD. The theory requirement is that you are up-to-date with evidence-based practice and 'best practice guidelines'.

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