

"MIDIRS is a great resource right across the diverse spectrum of midwifery practice".

Emma Baldock, Queen Elizabeth II Family Centre, Canberra, Australia.



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## Post Registration Education and Practice (PREP)



How MIDIRS can help you



'The best thing about PREP is that it is entirely up to you to decide how to meet the standards. The NMC believes you are the best person to decide what learning activity you need to undertake' (NMC 2006).

Nursing and Midwifery Council (2006). The PREP Handbook. London: NMC.

Here at MIDIRS we feel we have a dual role to play in helping you to maintain your professional development. MIDIRS wide and diverse range of services can help to support your autonomy as identified by the NMC quote above.

Alternatively, if you are not quite sure what direction to take or how to proceed along the professional development pathway, our online discussion groups and educational resources can help inform you about the latest events and access to articles and updates on current midwifery, medical and social research. As the NMC said – it is up to you, and we are entirely at your service.

### What does PREP mean for the busy, informed practitioner?

The PREP requirements are related to the commitment to undertake continuing professional development (CPD) in both clinical and educational aspects of practice. This is referred to as PREP (CPD). You must comply with the PREP (CPD) standard to maintain your NMC registration.

### Guidelines for completion of work towards PREP accreditation

The PREP (CPD) requirement is:

- Undertake at least 35 hours learning activity relevant to your practice during the three years prior to your renewal of registration
- Maintain a professional profile (PPP) of your learning activity
- Comply with any request from the NMC to audit how you have met these requirements.

There is a requirement that the activities you choose in order to meet these standards must be related to your current registration and role and will be supportive of your future practice.

The NMC have set out suggestions for how you can meet your obligations under PREP, but as a statutory body it is not their responsibility to provide you with any tools or support networks to help you do this, although guidance is available in their publication *The PREP Handbook* (NMC 2006), available from <http://www.nmc.uk.org>.

Where there was formerly a framework of collecting certificates or points until you had reached a set 'target', there is now much more flexibility, but this relies on your own initiative, diligence and honesty to fulfil this requirement as part of your professional role and responsibility.

MIDIRS can help you meet your PREP (CPD) requirements so that you are up to date with the issues that concern and involve you in your professional role.



Keeping up with your CPD requirements will increase your knowledge and will in turn lead to enhancing the skills and competence to be a confident practitioner.

A MIDIRS subscription can help you meet your PREP (CPD) requirements, as well as assist you in your professional role through articles and updates on current midwifery, medical and social research. Benefits include:

- *MIDIRS Midwifery Digest delivered quarterly by post*
- *Unlimited access to the MIDIRS database comprising references of over 125,000 articles (OLS)*
- *The facility to order photocopies of articles online*
- *Access to MIDIRS email service, which alerts you to new articles added to the database in your chosen subject areas*
- *Up to 25 Informed Choice leaflets (professional and consumer versions)*
- *A subscriber certificate, which can be used in your personal portfolio as a record of learning activity towards PREP (CPD) standard (NMC 2004)*
- *Ongoing support in fulfilling your PREP (CPD) requirements.*

For details of MIDIRS services visit: [www.midirs.org](http://www.midirs.org)  
email: [sales@midirs.org](mailto:sales@midirs.org) or call freephone: 0800 581009

