



Royal College  
of Nursing



# Nurses 4 Public Health

Promote, Prevent and Protect

Public health nursing practice  
An RCN reflection tool

Public health nursing practice aligns to the Nursing and Midwifery Council's (NMC) and the Faculty of Public Health's (FPH) core competences

The following information is not exhaustive but provides examples of where public health practice meets the NMC code. It has been designed to be used by public health nurses as a reflective/revalidation tool. However, please always refer directly to the NMC website for the most up-to-date forms and templates needed to complete your revalidation: <http://revalidation.nmc.org.uk>

The Faculty of Public Health (FPH) core competences are also included in this RCN reflection tool to help you identify areas of work. The RCN principles of nursing are also referenced.

## How to use the tool

1. Consider the areas of practice you are working on – whether this is with individuals, communities or across population areas.
2. Reflect on the work you are doing and how this meets the NMC priority areas.
3. What evidence do you have to support your reflection and help to further develop your portfolio?

Please note: practice examples may overlap between the priority areas (depending on the examples used).

## Further useful resources

FPH competences; learning outcomes framework: [www.fph.org.uk/learning\\_outcomes\\_framework](http://www.fph.org.uk/learning_outcomes_framework) and training content [www.fph.org.uk/content\\_of\\_training](http://www.fph.org.uk/content_of_training)

Nursing and Midwifery Council (NMC) The Code 2015: [www.nmc.org.uk/standards/code](http://www.nmc.org.uk/standards/code)

Nursing and Midwifery Council (NMC) Revalidation: <http://revalidation.nmc.org.uk/>

Public Health Knowledge and Skills Framework: [www.gov.uk/government/publications/public-health-skills-and-knowledge-framework-consultations-review](http://www.gov.uk/government/publications/public-health-skills-and-knowledge-framework-consultations-review)

RCN revalidation resources: [www.rcn.org.uk/professional-development/revalidation](http://www.rcn.org.uk/professional-development/revalidation)


RCN Principles of Nursing Practice: [www.rcn.org.uk/professional-development/principles-of-nursing-practice](http://www.rcn.org.uk/professional-development/principles-of-nursing-practice)

<b>NMC code 2015 Priority areas</b>	<b>Public health nursing practice you might find useful to reflect on</b>	<b>Faculty of Public Health (FPH) core competences (summary)</b>
<p><b>Priority 1</b></p> <p><b>Prioritise people</b></p> <p>You put the interests of people using or needing nursing or midwifery services first. You make their care and safety your main concern and make sure that their dignity is preserved and their needs are recognised, assessed and responded to. You make sure that those receiving care are treated with respect, that their rights are upheld and that any discriminatory attitudes and behaviours towards those receiving care are challenged.</p> <p><b>This links to the RCN principles: A, D and H</b></p>	<ul style="list-style-type: none"> <li>• Consider the impact of the wider social determinants, for example housing, on health and wellbeing and how are you able to influence this?</li> <li>• How are you able to promote health?</li> <li>• Consider the way you have influenced people's lifestyle choices.</li> <li>• How do you impact on the environment people live in?</li> <li>• Consider how you work with communities to promote personal responsibility for improving health.</li> <li>• Consider how your work helps to close health inequalities gaps to improve the accessibility of services for everyone.</li> <li>• How do you influence the development of policies and how these are implemented?</li> <li>• How do you assess the impact of policies or services, making sure they meet local needs?</li> <li>• Have you been involved in a joint local assessment of community needs?</li> </ul>	<ul style="list-style-type: none"> <li>• Critically assess the evidence relating to the effectiveness of health and health care interventions, programmes and services, apply this to practice and improve services and interventions through audit and evaluation.</li> <li>• Influence the development of policies, implement strategies to put the policies into effect and assess the impact of policies on health.</li> <li>• Promote the health of populations by influencing lifestyle and socio-economic, physical and cultural environment through methods of health promotion, including health education, directed towards populations, communities and individuals.</li> </ul>
<p><b>Reflective comments</b></p>		

<b>NMC code 2015 Priority areas</b>	<b>Public health nursing practice you might find useful to reflect on</b>	<b>Faculty of Public Health (FPH) core competences (summary)</b>
<p><b>Priority 2</b></p> <p><b>Practise effectively</b></p> <p>You assess need and deliver or advise on treatment, or give help (including preventive or rehabilitative care) without too much delay and to the best of your abilities, on the basis of the best evidence available and best practice. You communicate effectively, keeping clear and accurate records and sharing skills, knowledge and experience where appropriate. You reflect and act on any feedback you receive to improve your practice.</p> <p><b>Links with the RCN principles: C, E, F and G</b></p>	<ul style="list-style-type: none"> <li>• Have you contributed to the commissioning of public health services?</li> <li>• Have you conducted a health needs, assessment, understanding the needs and resources of the population?</li> <li>• How do you provide evidence-based health promotion that meets the needs of the patient or community while considering the demographics?</li> <li>• Consider how evidence is assessed and does it demonstrate effectiveness and how is this applied in practice?</li> <li>• Consider how information is used to assess the population's health and health needs. How do you analyse this information to support service development?</li> </ul>	<ul style="list-style-type: none"> <li>• Quantitatively and qualitatively, assess the population's health needs, including managing, analysing, interpreting and communicating information that relates to the determinants and status of health and wellbeing and allows development of effective action.</li> <li>• Collect, generate, synthesise, appraise, analyse, interpret and communicate intelligence that measures the health status, risks, needs and health outcomes of defined populations.</li> </ul>
<p><b>Reflective comments</b></p>		

<b>NMC code 2015 Priority areas</b>	<b>Public health nursing practice you might find useful to reflect on</b>	<b>Faculty of Public Health (FPH) core competences (summary)</b>
<p><b>Priority 3</b></p> <p><b>Preserve safety</b></p> <p>You make sure that patient and public safety is protected. You work within the limits of your competence, exercising your professional ‘duty of candour’ and raising concerns immediately whenever you come across situations that put patients or public safety at risk. You take necessary action to deal with any concerns where appropriate.</p> <p><b>Links with the RCN principles: B and C</b></p>	<ul style="list-style-type: none"> <li>• Consider how you work to protect the public’s health from communicable disease and environmental hazards.</li> <li>• How do you work to identify the level of risk and what do you do to minimise the impact of disease or other risks?</li> <li>• Consider actively engaging and looking for those at risk of major preventable health issues (for example, coronary heart disease), working with individuals and/or communities to develop appropriate services to meet their needs.</li> <li>• How do you make sure services are accessible to all, for example, homeless people?</li> <li>• Consider what you do to collect and monitor data and use this to monitor risks and ensure wide uptake of services.</li> <li>• How do you monitor and review the effectiveness of services?</li> </ul>	<ul style="list-style-type: none"> <li>• Protect the public’s health from communicable and environmental hazards by application of a range of methods including hazard identification, risk assessment and the promotion and implementation of appropriate interventions.</li> <li>• Support commissioning, clinical governance, quality improvement, patient safety, equity of service provision and prioritisation of health and social care services.</li> </ul>
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<p><b>Priority 4</b></p> <p><b>Promote professionalism and trust</b></p> <p>You uphold the reputation of your profession at all times. You should display a personal commitment to the standards of practice and behaviour set out in the Code. You should be a model of integrity and leadership for others to aspire to. This should lead to trust and confidence in the profession from patients, people receiving care, other health care professionals and the public.</p> <p><b>Links with the RCN principles: C and H</b></p>	<ul style="list-style-type: none"> <li>• Do you lead by example and influence the way care is given in a manner that responds to needs?</li> <li>• Consider how you work as a leader. How effective is this in improving health and wellbeing?             <ul style="list-style-type: none"> <li>• How do you develop leadership skills and influence teams and individuals?</li> <li>• How do you help build alliances and/or networks to improve population health and wellbeing?</li> <li>• Do you work in partnership with other practitioners and agencies?</li> <li>• What communication options do you use to teach and engage with others, including the media and social media?</li> </ul> </li> <li>• How do you work to coordinate programmes and leadership to improve wellbeing with voluntary and charity organisations, for example, social care, environmental health and emergency services?             <ul style="list-style-type: none"> <li>• In what ways do you work to provide reliable resources to communicate relevant information to other professionals, individuals and service users?</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Lead teams and individuals, build alliances, develop capacity and capability, work in partnership with other practitioners and agencies and effectively use the media to improve health and wellbeing.</li> <li>• Teach and research in public health.</li> </ul>
<p><b>Reflective comments</b></p>		



The RCN represents nurses and nursing, promotes  
excellence in practice and shapes health policies

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RCN Online  
[www.rcn.org.uk](http://www.rcn.org.uk)

RCN Direct  
[www.rcn.org.uk/direct](http://www.rcn.org.uk/direct)  
0345 772 6100

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