



Bord Altranais agus  
Cndamhseachais na hEireann  
Nursing and Midwifery  
Board of Ireland

## NMBI Monitoring the Maintenance of Professional Competence (MMPC) Form

Name	Laura Person
NMBI PIN	1234
Division of the Register	General
Current role/area of practice	Medical Ward, General Ward
Verification of practice hours Source name, role and contact email	A. Smith, Director of Nursing (e.g.asmith@generalhospital.ie)
Date	12/07/2025
Category of CPD learning	Self Directed Learning
Type of CPD learning activity	HSE and
What was the topic	The National Frailty Education Programme: The Fundamentals of Frailty
Link to the Code	Respect Competence
Link to competence	Professional Values and conduct. Nursing Practice and Clinical Decision Making
Reflection on your learning	As a staff nurse on a medical ward, this programme has helped keep my practice safe by improving my understanding of frailty, delirium, falls risk, and polypharmacy. Using the Gibbs Cycle to guide learning, it strengthened my ability to recognise early signs of deterioration and respond appropriately. I now assess older adults more holistically and escalate concerns sooner. This has helped me maintain my professional competence and deliver safer, evidence-based care.
Total number of CPD hours	4 hours

### Declaration

I verify that I have maintained my competence in accordance with the NMBI Code of Professional Conduct and Ethics and Scope of Nursing and Midwifery Practice. I declare that I have not plagiarised or used AI in the completion of this audit form.

Signed	Date
L. Person	07/01/2026