

**Before attending clinical Supervision please Unit one fundamentals of supervision [TURAS](#)**

## **Clinical Supervision for General Practice Nurses**

*“Clinical Supervision...provides nurses with a space to reflect on and discuss aspects of their role that are motivating and inspiring them, and also those elements that are frustrating or concerning them. Nurses and their supervisors can then jointly work through how the former can be promoted and the latter addressed.” (Scottish Government 2017)<sup>1</sup>.*

### **What does Clinical Supervision involve?**

Clinical Supervision can be undertaken individually or in small groups. A trained facilitator (the Clinical Supervisor) will facilitate a discussion which will reflect on practice and encourage thought/discussion regarding personal/professional development. “The facilitator does not make choices for people but creates the opportunity for them to choose”<sup>2</sup>

### **Why should I have Clinical Supervision?**

The Standards of Proficiency for Registered Nurses, and those for Midwives state that registered nurses and midwives must, “contribute to supervision and team reflection activities to promote improvements in practice and services” (NMC, 2018; page 20) and “take responsibility for continuous self-reflection” (Nursing and Midwifery Council (NMC), 2019: page 15).

Clinical supervision can support you to:

- Manage your personal and professional demands
- Explore your personal and emotional reactions to work
- Reflect on and challenge your own practice in a safe and confidential environment
- Challenge and develop professional knowledge

The PNSDT are offering small group clinical supervision sessions each quarter.

To book a session please contact [pna.team@ggc.scot.nhs.uk](mailto:pna.team@ggc.scot.nhs.uk)

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## Preparing for your Clinical Supervision Session

### Preparation is important because:

- It enables the reflective process to begin prior to the session, promoting best use of time
- It increases the likelihood of the session feeling useful and worthwhile

### Your preparation may include:

- Review your achievements
- Think about an event or issue to bring to supervision

### What events or issues are appropriate to bring to supervision?

- Case review or critical incident
- Professional and ethical issues
- Clinical skills and decision making
- Confidence and competence issues
- Current events and policies related to your practice
- Leadership
- Work-related stressors
- Career goals
- Self-care