

# Test of Competence 2021: Reading List

Adult Nursing

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## Core Adult Nursing Reading List

The following titles are essential reading for anyone entering the NMC Test of Competence:

- Dougherty, L., Hofland, J. and Grafton, H. (2020). *The Royal Marsden Manual of Clinical Nursing Procedures (Online Edition)*. 10<sup>th</sup> edition. Hoboken, NJ: Wiley Blackwell.
- Nursing and Midwifery Council. (2020). *Standards of proficiency for registered nurses*.  
<https://www.nmc.org.uk/standards/standards-for-nurses/standards-of-proficiency-for-registered-nurses/>
- Nursing and Midwifery Council. (2018). *The Code: Professional standards of practice and behaviour for nurses, midwives and nursing associates*.  
<https://www.nmc.org.uk/standards/code/>
- Nursing and Midwifery Council. (2020). *Test Specification for the Test of Competence*.  
<https://www.nmc.org.uk/globalassets/sitedocuments/registration/toc-21/toc-21-test-specification---nursing.pdf>
- Nursing and Midwifery Council. (2020). *The Test of Competence 2021: Adult nursing blueprint*.  
<https://www.nmc.org.uk/globalassets/sitedocuments/registration/toc-21/toc-21-blueprint---adult-nursing.pdf>
- Resuscitation Council UK. (2021). *UK Statements and resources on COVID-19 (Coronavirus), CPR and Resuscitation*.  
<https://www.resus.org.uk/covid-19-resources>
- Resuscitation Council UK. (2021). *2021 Resuscitation Guidelines*.  
[2021 Resuscitation Guidelines | Resuscitation Council UK](https://www.resus.org.uk/2021-resuscitation-guidelines)

**The following websites are essential reading for anyone entering the NMC Test of Competence:**

- [www.dh.gov.uk](http://www.dh.gov.uk)
- <https://www.england.nhs.uk/>
- <https://www.nes.scot.nhs.uk/education-and-training/by-discipline/nursing-and-midwifery/careers-and-recruitment/overseas-nurses.aspx>
- <https://gov.wales/overseas-trained-nurses-join-temporary-register>
- <https://www.nhsemployers.org/your-workforce/recruit/employer-led-recruitment/international-recruitment/uk-code-of-practice-for-international-recruitment/recruitment-agency-list/northern-ireland>
- <https://www.gov.uk/government/organisations/public-health-england>
- <https://www.nmc.org.uk/>
- <https://www.nice.org.uk/>
- <https://www.rcn.org.uk/covid-19>
- <https://www.rcn.org.uk/membership/international-nurse-members>

## Essential Reading for Adult Nursing OSCEs

The following resources are the evidential base used for the assessment of the Test of Competence skills stations and should be referred to when preparing for your OSCE.

### Professional Values

Free to access:

- Nursing and Midwifery Council. (2018). *The Code: Professional standards of practice and behaviour for nurses, midwives and nursing associates*.  
<https://www.nmc.org.uk/standards/code/>
- Royal College of Nursing. (2010). *Principles of nursing practice*.  
<https://www.rcn.org.uk/professional-development/principles-of-nursing-practice>

Available for purchase:

- Peate, I., Wilde, K. (2018). *Nursing Practice: Knowledge and Care*. 2<sup>nd</sup> edition. Oxford: Wiley-Blackwell. Unit 1 Part 2 – The Professional Nurse and Contemporary Healthcare.
- Baillie, L., Black, S. (2014). *Professional Values in Nursing*. 1<sup>st</sup> edition. Abingdon: Routledge Publishing.

### Adult Nursing Skills

#### **A to E assessment of the deteriorating patient**

Free to access:

- Nursing Times. (2020). *Performing an A-G patient assessment: a step by step guide*.  
<https://www.nursingtimes.net/clinical-archive/assessment-skills/performing-an-a-g-patient-assessment-a-step-by-step-guide-06-01-2020/>
- Resuscitation Council UK. (2020). *The ABCDE Approach*.  
<https://www.resus.org.uk/library/2015-resuscitation-guidelines/abcde-approach>
- Royal College of Physicians. (2020). *NEWS2 and deterioration in Covid-19*.  
<https://www.rcplondon.ac.uk/news/news2-and-deterioration-covid-19>
- Royal College of Physicians. (2020). *National Early Warning Score 2*.  
<https://www.rcplondon.ac.uk/projects/outputs/national-early-warning-score-news-2>
- The Royal College of Nursing. (2021). *Introducing Critical Care*.  
<https://www.rcn.org.uk/professional-development/professional-services/introducing-critical-care>

Available for purchase:

- Skills for Health. (2021). Online learning resources.  
<https://skillsforhealth.org.uk/products/nhs-elearning/>

## Administration of Suppository

Online journal access required:

- Higgins, D. (2007). Bowel care Part 6 – Administration of a suppository. *Nursing Times*; 103: 47: 26-27.
- Lister S (Editor), Hofland J (Editor), Grafton H (Editor) (2020) *The Royal Marsden Manual of Clinical Nursing Procedures*. Chapter 6: Elimination. Section 6.22 Suppository administration. 10th Edition. Wiley Blackwell.
- Higgins D. (2007) Bowel Care. Part 6--Administration of a Suppository. *Nursing times* 103.47: 26–27.
- Lowry, M. (2016) Rectal Drug Administration in Adults: How, When, Why. *Nursing times* 112.8: 12–14.

## Aseptic Non-touch Technique (ANTT), wound, flush & Visual Infusion Phlebitis (VIP) scoring

Accessible through test centre learning platforms:

- Dougherty, L., Hofland, J. and Grafton, H. (2020). *The Royal Marsden Manual of Clinical Nursing Procedures (Online Edition)*. 10<sup>th</sup> edition. Hoboken, NJ: Wiley Blackwell. Refer to Chapters 4.11, 15.25.

Online journal access required:

- Denton, A., Hallam, C. (2020). Principles of asepsis 1: The rationale for using aseptic technique. *Nursing Times* (online), 116, 38-41.
- Hallam, C., Denton, A. (2020). Vessel health and preservation 1: Minimising the risks of vascular access. *Nursing Times* (online), 116(7), 22-25.

Also refer to local trust guidance in VIP scoring and documentation.

## Bowel Assessment

- Lister S (Editor), Hofland J (Editor), Grafton H (Editor) (2020) *The Royal Marsden Manual of Clinical Nursing Procedures*. Chapter 6: Elimination: Diarrhoea & constipation. 10th Edition. Wiley Blackwell.
- Ness, W (2009) Using National Guidelines to Support the Assessment of Lower Bowel Dysfunction. *Nursing times* 105.12: 16–18.
- Wessel-Cessieux, E (2015) Managing Constipation in Older People in Hospital. *Nursing times* 111.22: 19–21.
- Crombie H, Gallagher R, and Hall V. (2013). Assessment and Management of Diarrhoea. *Nursing times* 109.30 (2013): 22–24

## Blood glucose

Online journal access required:

- Dunning, T. (2016). How to monitor blood glucose. *Nursing Standard* (online), 30(22), 36-39.

## Catheter stream urine (CSU), Midstream urine sample (MSU) & Urinalysis

Accessible through test centre learning platforms:

- Dougherty, L., Hofland, J. and Grafton, H. (2020). *The Royal Marsden Manual of Clinical Nursing Procedures (Online Edition)*. 10<sup>th</sup> edition. Hoboken, NJ: Wiley Blackwell. Refer to Chapters 13.21, 13.22, 13.23, 14.7.

Free to access:

- NHS Improvement. (n.d.). *Taking a urine sample*. Retrieved January 2022.  
[Taking a urine sample.pdf \(england.nhs.uk\)](#)

Online journal access required:

- Shepherd, E. (2017). Specimen collection 2: Obtaining a catheter specimen of urine. *Nursing Times* (online), 113(8), 29-31.
- Shepherd, E. (2017). Specimen Collection 1: General principles for obtaining a midstream urine. *Nursing Times* (online), 113(7), 45-47.

## Fluid balance

Free to access:

- Brighton and Sussex University Hospitals. (2018). *Fluid Balance Monitoring*. Retrieved January 2021.  
<https://www.bsuh.nhs.uk/library/wp-content/uploads/sites/8/2019/01/Fluid-Balance-Monitoring-Poster.pdf>

## Inhaled medication station & peak flow measurement

Accessible through test centre learning platforms:

- Dougherty, L., Hofland, J. and Grafton, H. (2020). *The Royal Marsden Manual of Clinical Nursing Procedures (Online Edition)*. 10<sup>th</sup> edition. Hoboken, NJ: Wiley Blackwell. Refer to Chapters 14.5, 15.6.

Free to access:

- Asthma UK. (2016). *Inhalers and spacers*. Retrieved January 2021.  
<https://www.asthma.org.uk/advice/inhalers-medicines-treatments/inhalers-and-spacers/>
  - *How to use an inhaler*. Retrieved January 2021.  
<https://www.asthma.org.uk/advice/inhaler-videos/>
  - *How to use a spacer*. Retrieved January 2021.  
<https://www.asthma.org.uk/advice/inhalers-medicines-treatments/inhalers-and-spacers/spacers/#howtouseaspacer>

- *Manage your asthma – peak flow measurement*. Retrieved January 2021.  
<https://www.asthma.org.uk/advice/manage-your-asthma/peak-flow/>

Online journal access required:

- Myatt, R. (2017). Measuring peak expiratory flow rate. *Nursing Standard* (online), 31, 40-44.
- Shepherd M, Shepherd E. (2020). Medicines Management 1: Understanding the routes of administration. *Nursing Times* (online), 116(6), 42-44.

### **In-hospital resuscitation**

Free to access:

- Resuscitation Council UK. (2021). 2021 *Resuscitation Guidelines*.  
[2021 Resuscitation Guidelines | Resuscitation Council UK](#)

### **Insertion and removal of catheter**

Accessible through test centre learning platforms:

- Dougherty, L., Hofland, J. and Grafton, H. (2020). *The Royal Marsden Manual of Clinical Nursing Procedures (Online Edition)*. 10<sup>th</sup> edition. Hoboken, NJ: Wiley Blackwell. Refer to Chapters 6.5, 6.10.

Free to access:

- Royal College of Nursing. (2019). *Catheter Care. RCN guidance for Healthcare professionals*. Clinical professional resource. London: Royal College of Nursing.  
[Catheter Care Guidance for Health Care Professionals | Royal College of Nursing \(rcn.org.uk\)](#)

### **Intramuscular injection**

Online journal access required:

- Shepherd, E. (2018). Injection Technique 1: Administering drugs via the intramuscular route. *Nursing Times* (online), 114(8), 23-25.

### **Nasogastric tube insertion**

Free to access:

- British Association for Parenteral and Enteral Nutrition (BAPEN). (n.d.). Covid-19 resources.  
<https://www.bapen.org.uk/resources-and-education/education-and-guidance/covid-19>

Online journal access required:

- Best, C. (2016). How to insert a nasogastric tube and check gastric position at the bedside. *Nursing Standard* (online), 30(38), 36-40.



## Nasopharyngeal Suctioning

Available for purchase or download.

- The Association of Paediatric Chartered Physiotherapists (2020). *Guidelines for Nasopharyngeal Suctioning of a Child or Young Adult*. Retrieved November 2021. [Guidelines for Nasopharyngeal Suction of a Child or Young Adult | Association of Paediatric Chartered Physiotherapists \(csp.org.uk\)](#)
- Higgins, D (2005) Tracheal Suction. *Nursing times* 101.8: 36–37
- Macqueen S (Editor), Bruce E (Editor), Gibson F (Editor) (2012) *The Great Ormond Street Hospital Manual of Children's Nursing Practices*. Chapter 26: Respiratory care. Section 26.4. Wiley-Blackwell.

## Nutritional Assessment

Free to access:

- MIND (n.d.). *Food and Mood*. Retrieved November 2021. <https://www.mind.org.uk/information-support/tips-for-everyday-living/food-and-mood/about-food-and-mood/>
- BAPEN (2015) Screening & 'MUST' <https://www.bapen.org.uk/screening-and-must/must>
- Johnstone, C C (2018) How to Undertake a Nutritional Assessment in Adults. *Nursing standard* 32.22: 41–45.

## Oral Care Plan

Free to access:

- GOV.UK (n.d.). *Delivering better oral health: an evidence-based toolkit for prevention*. Retrieved August 2022. [Delivering better oral health: an evidence-based toolkit for prevention - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/612211/delivering-better-oral-health-an-evidence-based-toolkit-for-prevention.pdf)
- National Institute of Health & Care Excellence (2016) Oral health for adults in care homes. NICE guideline [NG48] <https://www.nice.org.uk/guidance/ng48/chapter/recommendations>
- Royal College of Nursing (2021) Mouth Care Matters in End-of-Life Care. <https://www.rcn.org.uk/professional-development/publications/mouth-care-matters-in-end-of-life-care-uk-pub-009-921>
- Health Education England (2019) Mouth Care Matters Guide (second edition) <https://mouthcarematters.hee.nhs.uk/wp-content/uploads/sites/6/2020/01/MCM-GUIDE-2019-Final.pdf>

## Oxygen Therapy

Free to access:

- British Thoracic Society (BTS) (2017) *Guideline for oxygen use in adults in healthcare and emergency settings*. Retrieved August 2022  
[Emergency Oxygen | British Thoracic Society | Better lung health for all \(brit-thoracic.org.uk\)](https://www.brit-thoracic.org.uk/clinical-guidance/emergency-oxygen)
- Lister S (Editor), Hofland J (Editor), Grafton H (Editor) (2020) *The Royal Marsden Manual of Clinical Nursing Procedures Chapter 12: Respiratory care, CPR and blood transfusion: Section: 12.1 Oxygen therapy*. Wiley Blackwell.
- Olive, S (2016) *Practical Procedures: Oxygen Therapy*. *Nursing times* 112.1-2: 12–14.

## Pain assessment

Free to access:

- British pain society. (2019). *Outcome Measures*. Retrieved January 2021.  
[https://www.britishpainsociety.org/static/uploads/resources/files/Outcome\\_Measures\\_January\\_2019.pdf](https://www.britishpainsociety.org/static/uploads/resources/files/Outcome_Measures_January_2019.pdf)

Online journal access required:

- Swift, A. (2015). *Pain Management 3: The importance of assessing pain in adults*. *Nursing Times* (online), 11(41),12-17.

## Pressure area assessment

Free to access:

- Healthcare Improvement Scotland. (2019). *Braden Risk Assessment chart*. Retrieved January 2021.  
[http://www.healthcareimprovementscotland.org/programmes/patient\\_safety/tissue\\_viability\\_resources/braden\\_risk\\_assessment\\_tool.aspx](http://www.healthcareimprovementscotland.org/programmes/patient_safety/tissue_viability_resources/braden_risk_assessment_tool.aspx)

Online journal access required:

- Fletcher J (2019) *Pressure Ulcer education 3: skin assessment and care*. *Nursing Times* (online), 115(12), 26-29.

## Stoma care

Accessible through test centre learning platforms:

- Dougherty, L., Hofland, J. and Grafton, H. (2020). *The Royal Marsden Manual of Clinical Nursing Procedures (Online Edition)*. 10<sup>th</sup> edition. Hoboken, NJ: Wiley Blackwell. Refer to Chapter 6.26.

Free to access:

- SecuriCare. (2019). *Stoma Care Clinical Nursing Standards*. High Wycombe: SecuriCare (Medical) Ltd.  
<https://www.securicaremedical.co.uk/media/2019-Stoma-Care-Clinical-Nursing-Standards.pdf>

## Subcutaneous injection

Online journal access required:

- Shepherd, E. (2018). Injection technique 2: *Administering drugs via the subcutaneous route*. *Nursing Times* (online), 114(9), 55-57.

## Supplementary Adult Nursing Reading List

The following texts and websites contain useful background reading for those entering the NMC Test of Competence:

Free to access:

- Royal College of Nursing. (2021). *Library subject guides*.  
<https://www.rcn.org.uk/library/subject-guides>
- Royal College of Nursing. (2017). *Essential practice for infection prevention and control. Guidance for nursing staff*. London: RCN.  
<https://www.rcn.org.uk/professional-development/publications/pub-005940>
- Public Health England. (2020). *Donning and Doffing Personal protective equipment*. Retrieved January 2021.  
<https://www.gov.uk/government/publications/covid-19-personal-protective-equipment-use-for-aerosol-generating-procedures>
- National Institute for Health and Care Excellence. (2014). *Infection control and prevention guidance*. Retrieved January 2021.  
<https://www.nice.org.uk/guidance/qs61>

Recommended reading which may be purchased:

Best, C. (2008). *Nutrition: A Handbook for Nurses*. Chichester: Wiley Blackwell.

Brooker, C. and Waugh, A. (2013). *Foundations of Nursing Practice: Fundamentals of Holistic Care*. 2<sup>nd</sup> edition. Oxford: Elsevier.

Carrier, J. (2015). *Managing Long-term Conditions and Chronic Illness in Primary Care: A Guide to Good Practice*. 2<sup>nd</sup> edition. Abingdon: Routledge.

Dealey, C. (2012). *The Care of Wounds: A Guide for Nurses*. 4<sup>th</sup> edition. Chichester: Wiley Blackwell.

Delves-Yates, C., Everett, F. and Wright, W. (2018). *Essential Clinical Skills for Nurses: Step by Step*. 2<sup>nd</sup> edition. London: Sage.

Dutton, H. and Finch, J. (2018). *Acute and Critical Care Nursing at a Glance*. Chichester: Wiley Blackwell.

Gatford, J. D. and Phillips, N. (2016). *Nursing Calculations*. 9<sup>th</sup> edition. Oxford: Elsevier.

Grant, A. and Goodman, B. (2018). *Communication and Interpersonal Skills in Nursing*. 4<sup>th</sup> edition. London: Sage.

Griffith, R. and Tengnah, C. (2020). *Law and Professional Issues in Nursing*. 5<sup>th</sup> edition. London: Sage.

Peate, I. (2010). *Nursing Care and the Activities of Living*. 2<sup>nd</sup> edition. Chichester: Wiley Blackwell.



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