

Test of Competence: Reading List

Mental Health Nursing

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Core Mental Health 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)*. 10th 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: Mental health nursing blueprint*. <https://www.nmc.org.uk/globalassets/sitedocuments/registration/toc-21/toc-21-blueprint---mental-health-nursing.pdf>
- Resuscitation Council UK. (2020). *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
- <https://www.england.nhs.uk/>
- <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/Existing-members/International-nursing-members>
- www.mentalhealth.org.uk
- www.mind.org.uk
- www.nimh.nih.gov
- www.rethink.org/
- www.rcpsych.ac.uk

Essential Reading for Mental Health 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*. 2nd edition. Oxford: Wiley-Blackwell. Unit 1 Part 2 – The Professional Nurse and Contemporary Healthcare.
- Baillie, L., Black, S. (2014). *Professional Values in Nursing*. 1st edition. Abingdon: Routledge Publishing.

Mental Health Nursing Skills

Administration of Suppository

Free to access:

- International Longevity Centre-UK (2013). *The Burden of Constipation in our Aging Population*. Retrieved November 2021.
<https://ilcuk.org.uk/wp-content/uploads/2018/11/Burden-of-constipation-report.pdf>

De-Escalation

Online journal access required:

- Lowry, M. et al. (2016). Deescalating anger: A new model for practice. *Nursing Times* (online); 112(4), 4-7.

Available for purchase:

- Varcarolis, E. (2017). *Essentials of Psychiatric Mental Health Nursing: A Communication Approach to Evidence-Based Care*. 3rd edition. Oxford: Elsevier.

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/>

Physiological observations

Free to access:

- Royal College of Physicians. (n.d.). E-learning tools. Retrieved January 2021.
<https://www.rcplondon.ac.uk/projects/outputs/national-early-warning-score-news-2>

Talking Therapies

Free to access:

- Patient. (n.d.). *Health Questionnaire (PHQ-9) Depression assessment*. Retrieved January 2021.
<https://patient.info/doctor/patient-health-questionnaire-phq-9>

Available for purchase:

- Muir-Cochrane, E. et al. (2018). *Mosby's Pocketbook of Mental Health*. 3rd edition. Oxford: Elsevier.

Supplementary Mental Health 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:

- Callaghan, P., Playle, J. and Cooper, L. (2009). *Mental Health Nursing Skills*. Oxford: Oxford University Press.
- Chambers, M. (2017). *Psychiatric and Mental Health Nursing: The Craft of Caring*. 3rd edition. Abingdon: Routledge.
- Healy, D. (2016). *Psychiatric Drugs Explained*. 6th edition. Oxford: Elsevier.
- MacLachlan, M. (2006). *Culture and Health: A Critical Perspective Towards Global Health*. 2nd edition. Chichester: Wiley Blackwell.
- Norman, I. and Ryrie, I. (2018). *The Art and Science of Mental Health Nursing: Principles and Practice*. 4th edition. London: Open University Press.
- Peate, I. and Chelvanayagam, S. (2006). *Caring for Adults with Mental Health Problems*. Chichester: Wiley Blackwell.
- Wright, K. and McKeown, M. (2018). *Essentials of Mental Health Nursing*. London: Sage.
- Wrycraft, N. (2009). *An Introduction to Mental Health Nursing*. Maidenhead: Open University Press.