

# Test of Competence 2021: Reading List

Learning Disabilities  
Nursing

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## Core Learning Disabilities 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: Learning disabilities nursing blueprint*.  
<https://www.nmc.org.uk/globalassets/sitedocuments/registration/toc-21/toc-21-blueprint---learning-disabilities-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><https://www.autistica.org.uk>
- <https://www.england.nhs.uk/learning-disabilities/>
- <https://www.mencap.org.uk/>

## **Essential Reading for Learning Disabilities 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.

### **Learning Disabilities Nursing Skills**

#### **Administration of Suppository**

Free to access:

- Bladder and Bowel UK (2017). *Understanding constipation in people with learning difficulties – the importance of identification and treatment*. Retrieved November 2021.  
<https://www.bbuk.org.uk/wp-content/uploads/2017/05/Understanding-constipation-in-people-with-learning-difficulties-for-review.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*. 3<sup>rd</sup> edition. Oxford: Elsevier.

## 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.

## Nutritional Assessment

Free to access:

- Public Health England (2016). *Constipation: making reasonable adjustments*. Retrieved November 2021.  
<https://www.gov.uk/government/publications/constipation-and-people-with-learning-disabilities/constipation-making-reasonable-adjustments>
- NHS (n.d.). *Managing weight with a learning disability*. Retrieved November 2021.  
<https://www.nhs.uk/live-well/healthy-weight/managing-weight-with-a-learning-disability/>

## 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.

## 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>
- Geeky Medics. (n.d.). *Measuring vital signs*. Retrieved January 2021.  
<https://geekymedics.com/basic-observations-vital-signs-osce>
- Mindham, J. and Espie, C.A. (2003). Glasgow Anxiety Scale for people with an intellectual Disability (GAS-ID): development and psychometric properties of a new measure for use with people with mild intellectual disabilities. *Journal of Intellectual Disability Research*, 47(1), 22-30. Retrieved January 2021.  
<https://onlinelibrary.wiley.com/doi/epdf/10.1046/j.1365-2788.2003.00457.x>

## Supplementary Learning Disabilities Nursing Resource 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:

- Barr, O. and Gates, B. (2018). *Oxford Handbook of Learning and Intellectual Disability Nursing*. 2<sup>nd</sup> edition. Oxford: Oxford University Press.
- Gates, B., Fearn, D. and Welch, J. (2015). *Learning Disability Nursing at a Glance*. Chichester: Wiley Blackwell.
- Gates, B. and Mafuba, K. (2015). *Learning Disabilities Nursing: Modern Day Practice*. Abingdon: Routledge.
- Turnbull, J. (2004). *Learning Disability Nursing*. Chichester: Wiley Blackwell.