



**Test of
Competence**

Test of competence 2021: Reading list Nursing associates



Table of contents

Core nursing associate reading list	3
Essential reading for nursing associate OSCEs.....	5
Professional issues and behaviours	5
Nursing associate skills	5
A to E assessment of the deteriorating patient	5
Administration of medication	6
Blood glucose.....	6
Catheter specimen of urine (CSU), Mid-stream specimen of urine (MSSU) & Urinalysis.....	6
Fluid balance.....	7
Gaining informed consent	7
Hospital admission	7
Inhaled medication and peak flow measurement.....	7
Intramuscular injection	8
Pain assessment.....	8
Physiological observations.....	8
Pressure area assessment	8
Subcutaneous injection	8
Supplementary nursing associate reading list.....	9

Core nursing associate reading list

The following titles are essential reading for anyone entering the nursing associate 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 (2018) *The Code: Professional standards of practice and behaviour for nurses, midwives and nursing associates*. <https://www.nmc.org.uk/standards/code/>
- NMC (2018) *Raising concerns: Guidance for nurses, midwives and nursing associates*, accessed online: <https://www.nmc.org.uk/standards/guidance/raising-concerns-guidance-for-nurses-and-midwives/>
- NMC (2018) *Standards of proficiency for nursing associates*, accessed online: <https://www.nmc.org.uk/standards/standards-for-nursing-associates/>
- Resuscitation Council UK (2021) *2021 Resuscitation Guidelines*, accessed online: <https://www.resus.org.uk/library/2021-resuscitation-guidelines>
- Resuscitation Council UK (2020) *Statements and resources on COVID-19 (Coronavirus), CPR and Resuscitation*, accessed online: <https://www.resus.org.uk/covid-19-resources>

The following websites are essential reading for anyone entering the nursing associate NMC test of competence:

- www.dh.gov.uk
- <https://www.england.nhs.uk/>
- <https://www.nhsemployers.org/articles/recruitment-agency-list>
- <https://www.gov.uk/government/organisations/uk-health-security-agency>
- <https://www.nmc.org.uk/>
- <https://www.nice.org.uk/>
- <https://www.rcn.org.uk/covid-19>
- <https://www.rcn.org.uk/membership/international-nursing-members>

Essential reading for nursing associate 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 issues and behaviours

Free to access:

- NMC (2018) *Guidance on using social media responsibly*, accessed online: www.nmc.org.uk/standards/guidance/social-media-guidance
- Nursing and Midwifery Council (2018) *The Code: Professional standards of practice and behaviour for nurses, midwives and nursing associates*, accessed online: <https://www.nmc.org.uk/standards/code/>
- Royal College of Nursing (2010) *Principles of nursing practice*, accessed online: <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.

Nursing associate 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 (NEWS) 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 medication

Accessible through test centre learning platforms:

- Dougherty, L, Hofland, J and Grafton, H (2020) *The Royal Marsden Manual of Clinical Nursing Procedures (Online Edition)* 10th edition. Hoboken, NJ: Wiley Blackwell. Refer to Chapter 15.

Blood glucose

Free to access:

- Royal College of Nursing (2021) *Diabetes essentials*.
<https://www.rcn.org.uk/clinical-topics/diabetes/diabetes-essentials>

Online journal access required:

- Dunning, T (2016) 'How to monitor blood glucose', *Nursing Standard* (online), 30 (22), 36-39.

Catheter specimen of urine (CSU), Mid-stream sample of urine (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)* 10th edition. Hoboken, NJ: Wiley Blackwell. Refer to Chapters 13.21, 13.22, 13.23, 14.7.

Free to access:

- NHS England, *Taking a urine sample*, accessed online:
https://www.england.nhs.uk/wp-content/uploads/2020/08/Taking_a_urine_sample.pdf

Online journal access required:

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

Fluid balance

Free to access:

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

Gaining informed consent

- Royal College of Nursing (2017) *Principles of Consent: Guidance for nursing staff*. London: RCN. Available online.
- Taylor H (2018) 'Informed consent 1: legal basis and implications for practice', *Nursing Times* [online]; 114: 6, 25-28.

Hospital admission

- Dougherty, L, Hofland, J and Grafton, H (2020) *The Royal Marsden Manual of Clinical Nursing Procedures (Online Edition)* 10th edition. Hoboken, NJ: Wiley Blackwell. Refer to Chapter 2.

Inhaled medication and 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)* 10th edition. Hoboken, NJ: Wiley Blackwell. Refer to Chapters 14.5 and 15.6.

Free to access:

- Asthma UK (2016) *Inhalers and spacers*, accessed online:
<https://www.asthma.org.uk/advice/inhalers-medicines-treatments/inhalers-and-spacers/>
 - *How to use your inhaler*, accessed online:
<https://www.asthma.org.uk/advice/inhaler-videos/>
 - *Spacers*, accessed online:
<https://www.asthma.org.uk/advice/inhalers-medicines-treatments/inhalers-and-spacers/spacers/#howtouseaspacer>
 - *Peak flow*, accessed online:
<https://www.asthma.org.uk/advice/manage-your-asthma/peak-flow/>

Online journal access required:

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

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.

Pain assessment

Free to access:

- British Pain Society (2019) *Outcome Measures*, accessed online: 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

- Dougherty, L, Hofland, J and Grafton, H (2020) *The Royal Marsden Manual of Clinical Nursing Procedures (Online Edition)* 10th edition. Hoboken, NJ: Wiley Blackwell. Refer to Chapter 14.

Pressure area assessment

Free to access:

- Healthcare Improvement Scotland (2019) *Braden Risk Assessment tool*, accessed online: 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.

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 nursing associate 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) *Subject Guides*, accessed online: <https://www.rcn.org.uk/library/subject-guides>
- Royal College of Nursing (2017) *Essential Practice for Infection Prevention and Control*, London: RCN. <https://www.rcn.org.uk/professional-development/publications/pub-005940>
- [Royal College of Nursing \(2021\) Dementia](https://www.rcn.org.uk/clinical-topics/dementia), accessed online: <https://www.rcn.org.uk/clinical-topics/dementia>
- UK Health Security Agency (2020) *Guide to donning and doffing PPE: Droplet Precautions*, accessed online: https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/1020864/20200821_COVID-19_Non_AGP_Donning_and_doffing_PPE_droplet_precautions.pdf
- National Institute for Health and Care Excellence (2014) *Infection prevention and control*, accessed online: <https://www.nice.org.uk/guidance/qs61/resources/infection-prevention-and-control-pdf-2098782603205>

Recommended reading, which may be purchased:

- Aveyard, H and Sharp, P (2017) *A Beginner's Guide to Evidence Based Practice in Health and Social Care*, 3rd edition, London: Open University Press.
- Carrier, J (2015) *Managing Long-term Conditions and Chronic Illness in Primary Care: A Guide to Good Practice*. 2nd edition. Abingdon: Routledge.
- Delves-Yates, C, Everett, F and Wright, W (2018) *Essential Clinical Skills for Nurses: Step by Step*, 2nd edition, London: Sage.
- Dutton, H and Finch, J (2018) *Acute and Critical Care Nursing at a Glance*. Chichester: Wiley Blackwell.
- Gatford, JD and Phillips, NM (2016) *Nursing Calculations*, 9th edition, Oxford: Elsevier.

- Grant, A and Goodman, B (2018) *Communication & Interpersonal Skills in Nursing*, 4th edition, London: Sage.12611.
- Griffith, R and Tengnah, C (2020) *Law & Professional Issues in Nursing*, 5th edition, London: Sage.
- Harris, M (2021) *Understanding Person-Centred Care for Nursing Associates*, London: Learning Matters.
- McCormack, B and McCance, T (2016) *Person-Centred Practice in Nursing and Health Care: Theory and Practice*, 2nd edition, Wiley-Blackwell: London.
- Peate, I (2019) *Learning to Care: The Nursing Associate*, London: Elsevier.
- Waugh, A and Grant, A (2018) *Ross & Wilson: Anatomy and Physiology in Health and Illness*, 13th edition, London: Elsevier.
- Roulston, C and Davies, M (2021) *Medicines Management for Nursing Associates*, London: Learning Matters.
- Rowe, G et al (2019) *The Handbook for Nursing Associates and Assistant Practitioners*, 2nd edition, London: SAGE.



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