



**Test of
Competence**

Guide to Technical Terms used in the Test of Competence 2021



Technical terms

[A](#) [B](#) [C](#) [D](#) [E](#) [F](#) [G](#) [H](#) [I](#) [K](#) [L](#) [M](#) [N](#) [O](#) [P](#) [Q](#) [R](#) [S](#) [T](#) [U](#) [V](#) [W](#) [X](#) [Y](#) [Z](#)

4 Ts of PPH

tone, trauma, tissue and thrombin
(postpartum haemorrhage)

5 moments

[WHO](#): 5 moments for hand hygiene

6 Cs of nursing

care, compassion, competence,
communication, courage, commitment

6CIT

six-item cognitive impairment test

A

A to E

airway, breathing, circulation, disability,
exposure

ACVPU

alert, confusion, response to voice, pain,
unresponsive

ADL

activities of daily living

AIE

assessment, implementation and
evaluation (stations in a nursing associate
OSCE)

AIM

acute illness management

AIM

administration of inhaled medication

anti-D immunoglobulin

injection for the treatment of Rhesus
disease

ANTT

aseptic non-touch technique

APIE

assessment, planning, implementation
and evaluation (stations in a nursing or
midwifery OSCE)

B

BD

bis die (twice a day)

BLS

basic life support

BMI

body mass index

BNF

British National Formulary

C

CAH

congenital adrenal hyperplasia

CASW

carer assessment and support worker

CAUTI

catheter-associated urinary tract infection

CBT

computer-based test (part 1 of the test of
competence)

CBT

cognitive behavioural therapy

CPR

cardiopulmonary resuscitation

CRT

capillary refill time

CSU

catheter specimen of urine collection

CAT scan/CT scan

computed axial tomography scan/
computerised tomography scan

CTG

cardiotocography

D

DisDAT

disability distress assessment tool

Technical terms

DNACPR

do not attempt cardiopulmonary resuscitation

DNR

do not resuscitate

DVT

deep-vein thrombosis

E

EBP

evidence-based practice

ECG

electrocardiogram

F

FASP

NHS fetal anomaly screening programme

FB

fluid balance

FBC

fluid balance chart

FBC

full blood count

FH

fetal heartrate

Future midwife

[‘Standards of proficiency for midwives’](#)

Future nurse

[‘Future nurse: Standards of proficiency for registered nurses’](#)

G

GDPR

General Data Protection Regulation

Glasgow CS

Glasgow coma scale

GORD

gastro-oesophageal reflux disease

GP

general practitioner (family doctor)

H

HCA

healthcare assistant

HDU

high-dependency unit

I

ICU

intensive care unit

IHR

in-hospital resuscitation

IM

intramuscular (e.g. injection)

INR

international normalised ratio

IVF

in-vitro fertilisation

IVI

intravenous infusion

J

K

L

M

MAR

medicines administration record

MAU

medical assessment unit

MDI

metered-dose inhaler

MDT

multidisciplinary team

Technical terms

MEOWS

modified early obstetric warning score

MI

myocardial infarction

MoCA

Montreal cognitive assessment

MSSU

mid-stream specimen of urine

MUAC

mid upper arm circumference (BMI)

MUST

malnutrition universal screening tool

N

NAD

no abnormality detected

NBM

nil by mouth

NEWS

Nursing: national early warning score

Midwifery: newborn early warning system

NG

nasogastric

NICE

National Institute for Health and Care Excellence

NICU

neonatal intensive care unit

NIPE SMART

NHS newborn and infant physical examination screening management and reporting tool

NIV

non-invasive ventilation

NMC

Nursing and Midwifery Council

NRT

nicotine replacement therapy (smoking cessation)

NSAID

non-steroidal anti-inflammatory drug(s)

O

OASI

obstetric anal sphincter injury

OD

omni die (every day)

ORIF

open reduction and internal fixation (surgery)

OSCE

objective structured clinical examination (part 2 of the test of competence)

OT

occupational therapy

P

PBLs

paediatric basic life support

PCA

patient-controlled analgesia

PEF

peak expiratory flow

PEFR

peak expiratory flow rate

PEG

percutaneous endoscopic gastrostomy

PEWS

paediatric early warning score

PHQ-9

patient health questionnaire

physio

physiotherapist, physiotherapy

Technical terms

PP

pelvic palpation

PPH

postpartum haemorrhage

PQRST

provokes, quality, radiating, severity, time
(pain assessment)

PRN

pro re nata (as needed)

PSD

patient-specific direction

PSP

patient safety procedure

PV

professional values

PV

per vaginam (through the vagina)

Q

R

RAADP

routine antenatal anti-D prophylaxis

RCM

Royal College of Midwives

RCN

Royal College of Nursing

RCOG

Royal College of Obstetricians and
Gynaecologists

RUC

removal of urinary catheter

S

SAP

short answer paper (EU aptitude test)

SAQ

short answer questions (EU aptitude test)

SBAR

situation, background, assessment and
recommendation

SC

subcutaneous

SCI

subcutaneous injection

SOB

short/ness of breath

SOLER

- **S**itting at a comfortable angle and distance.
- **O**pen posture. Arms and legs uncrossed.
- **L**eaning forward from time to time, looking genuinely interested, listening attentively.
- **E**ffective eye contact, without staring.
- **R**emaining relatively relaxed.

STI

sexually transmitted infection

T

TIA

transient ischaemic attack

TNA

trainee nursing associate

ToC

test of competence

TWOC

trial without catheter

U

USS

ultrasound scan

Technical terms

UTI
urinary tract infection

V

VIP
visual infusion phlebitis

VT
ventricular tachycardia

VTE
venous thromboembolism

W

WEMWBS
Warwick-Edinburgh mental wellbeing
scale

WHO
World Health Organization

WOB
work of breathing (asthma)

X

Y

Z



Unit 109 Albert Mill

10 Hulme Hall Road

Castlefield

Manchester

M15 4LY

www.alphaplus.co.uk

