



**Test of
Competence**

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)*. 10th edition. Hoboken, NJ: Wiley Blackwell.
(This is accessible through test centre learning platforms on receipt of payment for OSCE – please check edition details with your test centre.)
- 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. (2015). *Guidelines: In-hospital resuscitation*.
<https://www.resus.org.uk/resuscitation-guidelines/in-hospital-resuscitation/>
- Resuscitation Council UK. (2015). *Guidelines: Prehospital resuscitation*.
<https://www.resus.org.uk/resuscitation-guidelines/prehospital-resuscitation/>
- Resuscitation Council UK. (2020). *UK Statements and resources on COVID-19 (Coronavirus), CPR and Resuscitation*.
<https://www.resus.org.uk/covid-19-resources>

Recommended Websites

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

- 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>

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 but not essential:

- 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.

Adult Nursing Skills

A to E assessment of the deteriorating patient

Free to access:

- 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 but not essential:

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

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)*. 10th 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.

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)*. 10th 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 2021.
https://improvement.nhs.uk/documents/6319/Taking_a_urine_sample.pdf

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)*. 10th 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/#howtouseaspaceer>
- *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. (2015). *Guidelines: In-hospital resuscitation*.
<https://www.resus.org.uk/resuscitation-guidelines/in-hospital-resuscitation/>

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)*. 10th 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.
<https://www.rcn.org.uk/professional-development/publications/pub-007313>

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.

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

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

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)*. 10th 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 (but not essential) 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>

This reading list will be reviewed periodically to ensure that best evidence is updated. Book titles will be checked periodically to ensure that editions are up to date.



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