

Test of Competence 2021: 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.
(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: Mental health nursing blueprint*. <https://www.nmc.org.uk/globalassets/sitedocuments/registration/toc-21/toc-21-blueprint---mental-health-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>
- www.mentalhealth.org.uk
- www.mind.org.uk
- www.nimh.nih.gov
- www.rethink.org/
- www.rcpsych.ac.uk

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 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.

Mental Health Nursing Skills

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 but not essential:

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

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>

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 but not essential:

- 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 (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.



Unit 109 Albert Mill
10 Hulme Hall Road
Castlefield
Manchester
M15 4LY

www.alphaplus.co.uk

+44 (0) 161 249 9249

