

BSc (HONS) NURSING - READINGLIST

SUGGESTED READING TEXTS

Please note that we will not assume that you have read in advance, but it might be helpful to you, if you do.

READING FOR SOCIOLOGY

Earle, S., and Denny, E., (eds) (2010) **Sociology for Nurses**. 2nd edn. Cambridge: Polity Press

This will provide a basic introduction to the Sociology of health and illness.

READING FOR PSYCHOLOGY

Walker, J., Payne, S., Smith, P. Jarrett, N. (2012) **Psychology for Nurses and the Caring Professions** 4th edn. Milton Keynes: The Open University Press

This well focused text book contains much of what you will need for the psychology element of the module. Note the ideas within it are equally well applied to health related professions other than nursing

STUDY SKILLS

A Study Skills book would be a useful book to invest in if you are returning to study or if this is the first time that you have studied at degree level – there are a number of equally good books available, these are examples only:

Cottrell S (2013) **Study Skills Handbook**. 4th edn. Basingstoke: Palgrave Macmillan

Price B and Harrington A (2016) **Critical Thinking and Writing for Nursing Students**. 3rd edn. Exeter: Learning Matters

BIOLOGY

All students undertaking health degrees at Plymouth University undertake modules containing biology elements. Some students have studied biology before they enter their health course and therefore may not need to access an additional resource. However a sizeable number have no formal qualifications in the subject and it is particularly for this latter group that some pre reading may be useful. There are a number of anatomy and physiology books for nurses available which you may find useful. While we would not recommend any particular book it should encompass the following:

- An introduction to the world of atoms, molecules and chemicals
- An introduction to the structure and function of the human body
- Homeostasis

The first module of the Nursing course is NRS403 Ways of Knowing. This module is a “generic” module – which means it is applicable to all nursing students from each of the fields: Adult, Child Health and Mental Health. The essence of the module is to introduce you to key teaching and learning strategies to enable you to identify and develop the skills necessary to undertake the BSc (Hons) Nursing programme.

Core texts for the first module of the Nursing programme (Adult, Child and Mental Health) are listed below.

- Ellis P (2013) Evidence-based Practice in Nursing 2nd Edition London: Sage.
- Goodman B and Ley T (2015) Psychology and Sociology in Nursing 2nd edn.London:Sage.
- Hutchfield K (2010) Information Skills for Nursing Students London:Sage.
- Price B and Harrington A (2016) Critical Thinking and Writing for Nursing Students 3rd edn. London:Sage.
- Sharples K (2011) Successful Practice Learning for Nursing Students 2nd edn.London:Sage
- Shihab P (2014) Numeracy in Nursing and Healthcare 2nd edn.Harlow:Pearson Education Limited
- Starkings S, Krause L (2013) Passing Calculations tests for Nursing Students, 2nd edn, London, Sage.

MATHEMATICS

The University of Plymouth has a comprehensive support package aimed at helping students who lack confidence and skills in numeracy, mathematics or statistics.

What is Sum:Up?

SUM:UP is "Support for Undergraduate Maths at the University of Plymouth". But it's not just Maths - we also include support for basic numeracy and statistics. The scheme is available to all students in the University.

What is involved?

SUM:UP comprises online and paper-based support to address any weaknesses, and a drop-in centre where students can receive one-to-one assistance in a relaxed environment.

How can I find out more?

For further information, come along to the SUM:UP Drop-in Centre on the middle floor of the library. The Drop-in Centre is currently open from 10-4 every weekday during term time. The support materials (through the drop-down menu at <https://staff.plymouth.ac.uk/sumup/> are available to all staff and students.

Please note **it is not compulsory** to access resources above before you arrive, nor do you need to “know it all.” The main intention is to support your studies both before and during your time at the University but you may decide that you do not need this help - which is fine!

COMPULSORY READING TEXTS

In preparation for the first module NRS403 Ways of Knowing please ensure you download and read the Nursing and Midwifery Council publication “The Code: Standards of conduct, performance and ethics for nurses and midwives.” This is essential reading for NRS403 Ways of Knowing.

<http://www.nmc.org.uk/standards/code/>

You may also wish to download other documents from this source for information.

FOR ADULT AND MENTAL HEALTH STUDENTS NRS405 Biology for Nursing Practice

An understanding of how the body works is a crucial element of nursing practice. By developing that knowledge base, you will be able to understand the basis behind some of the fundamental practices undertaken by nurses when caring for patients.

The e learning resource from McGraw-Hill (*Hole’s Essentials of Human Anatomy and Physiology*) will be the main text referred to during the module. All the highly directed study and self-assessment tutorials will be set via this excellent learning resource. You MUST register to use the resource in a timely fashion as you will be required to undertake work before the start of the module which commences on 24 October 2016. To do so, please follow the instructions below.

1. Please copy and paste the following into your browser
<http://connect.mheducation.com/class/l-atrill--nrs405-2018-2019-september-cohort>
Click “Register now” underneath the picture of the book
2. Enter your Plymouth University email address
3. This page will inform you that the cost of the book is covered by Plymouth and you have three years access. Please click continue
4. Enter required registration information

MENTAL HEALTH STUDENTS

Additional reading list

Barker, P. (2010). Psychiatric and mental health nursing: the craft of caring. London: Arnold.

Morrisey J. & Callaghan P. (2011). Communication Skills for Mental Health Nurses. Maidenhead: Open University Press McGraw Hill

Mutsatsa, S. (2011) Medicines Management in Mental Health Nursing. London: Sage Publications.

Nicol, M., Bavin, C., Cronin, P., Rawings-Anderson, K., Cole, E., Hunter, J. (2012) Essential Nursing Skills, 2nd edn.. London: Mosby Elsevier

Norman, I. J. & Ryrie, I. (2013). The Art and Science of Mental Health Nursing: A textbook of principles and practice 2nd edn. Maidenhead: McGraw-Hill

Watkins, P. (2009) Mental Health Practice a guide to compassionate care. 2nd edn. London: Butterworth Heinemann Elsevier Ltd.