Faculty of Health and Human Sciences  
School of Nursing and Midwifery  

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

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

READING FOR PSYCHOLOGY

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:


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.


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 Mathematics - 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.

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/m-bennallick-nrs405x-feb-17-
   semester-2-2016-2017
2. Click “Register now” underneath the picture of the book
3. Enter your Plymouth University email address
4. This page will inform you that the cost of the book is covered by Plymouth and
   you have three years access. Please click continue
5. Enter required registration information