**A guide to recommended reading**

Please do not feel that you have to do any prior reading; however, for those of you who are interested we have compiled a short reading list of books/website that you might find useful during your first year of study with us. However, please remember that once you are a registered student at GCU you will be able to access lots of electronic books for free.

If you want a physical book to help with some pre-reading then these are the key areas:

* Physiology e.g. Waugh and Grant "Ross and Wilson Anatomy and Physiology in health and illness" by Elsevier.
* Person centred care e.g. McCormack, B. & McCance, T., 2016, *Person-centred practice in nursing and health care: Theory and practice*, 2nd ed, Wiley-Blackwell: Chichester.
* Nursing skills e.g.  Renton, S., McGuinness, C., Strachan, E., 2019, *Clinical Nursing Practices: Guidelines for evidence-based practice*, 6th ed, Elsevier.
* Evidence based practice e.g. Aveyard, H., Sharp, P., 2017. *A beginner’s guide to evidence based practice in health and social care*. 3rd ed. McGraw Hill. Open University Press.

However, there are many others that would be equally good so you might want to see what's available 2nd hand on some of the websites.

Also, if you don't want to buy any books just now then there are also some good websites to look at include:

* NHS Education for Scotland <https://www.nes.scot.nhs.uk/education-and-training/by-discipline/nursing-and-midwifery.aspx>
* Healthcare Improvement Scotland: <http://www.healthcareimprovementscotland.org/>
* The Nursing and Midwifery Council:<https://www.nmc.org.uk/>
* Scottish Government Health & Social Care: <https://www.gov.scot/health-and-social-care/>
* The keys to life - Improving Quality of Life for People with Learning Disabilities: <https://keystolife.info/>

During your nursing programme you will be learning how to meet the person-centred, holistic care needs of people at any stage of life, and with a range of mental, physical, cognitive and behavioural care needs within all care settings. Here are some field-specific recommendations:

**Adult** – Peate, I., 2019, *Alexander’s Nursing Practice: Hospital and Home,* 5th ed, Elsevier.

**Child** – Price, J., McAlinden, O., 2018, *Essentials of Nursing Children and Young People*. SAGE Publishing.

**Learning Disabilities** (one of the following) – Atherton, H., Crickmore, D, 2011. *Learning Disabilities: Towards inclusion*, Churchill Livingston; Gates, B. et al., 2015. *Learning Disability at a Glance*. Chichester, West Sussex: Wiley Blackwell or Barr, O., Gates, B., 2018*, Oxford handbook of learning and intellectual disability nursing*. USA: Oxford University Press

**Mental Health** – Norman, I., Ryrie, I., 2018, *The Art and Science of Mental Health Nursing*, 4th ed, Open University Press: London.

Please don't feel that you need to purchase these books but it should just give you an idea of some of the topic areas. Also you do not need to purchase ID badges/lanyards etc -we will provide you with these prior to your first placement.

Please don't feel that you need to look at any of this but I hope you find some of it helpful and just let me know if you have any further questions.