

Resources to support the NHS Care Certificate



An online version of this guide is available at www.library.sath.nhs.uk/care-certificate

Adapted from a guide produced by Exeter Health Library.

Are you undertaking the NHS Care Certificate? We have a range of resources to support you, as well as study space, IT facilities and helpful staff in both of our libraries.

This guide suggests some general resources, and then some resources to support each of the 15 standards.

General Resources

[Journal] British Journal of Healthcare Assistants

Available at <https://www.magonlinelibrary.com/loi/bjha> (NHS OpenAthens account required)

[Book] Fundamentals of care: a textbook for health and social care assistants (2017)

Available in Shrewsbury and Telford Health Libraries at WY 120 PEA

[Book] Essential knowledge and skills for healthcare assistants (2014)

Available in Shrewsbury and Telford Health Libraries at WY 120 RAW

[Book] Clinical skills for healthcare assistants and assistant practitioners (2016)

Available in Shrewsbury and Telford Health Libraries at WY 120 WHE

[Game] The NHS Care Certificate Game

Endorsed by HEE, this game is a learning and competency assessment tool that helps to deliver the knowledge and skills required to demonstrate competency in the Care Certificate requirements. The game contains 106 scenarios and questions specially designed to create discussions that test and deliver the knowledge required to achieve success in the Care Certificate.

Specific standards

1. Understanding your role

[Book] Essential knowledge and skills for healthcare assistants (2014). Chapter 1.

Available in Shrewsbury and Telford Health Libraries at WY 120 RAW

[Book] Fundamentals of care: a textbook for health and social care assistants (2017). Chapter 3.

Available in Shrewsbury and Telford Health Libraries at WY 120 PEA

[Journal article] Care Certificate Standard 1 & 2: your role and your personal development. British Journal of Healthcare Assistants 2015 Vol.9(10) p 496-501.

Available at: <http://dx.doi.org/10.12968/bjha.2015.9.10.496> (NHS OpenAthens account required)

[Website] Code of conduct for HealthCare Support Workers

Available at: www.skillsforhealth.org.uk/standards/item/217-code-of-conduct

2. Your personal development

[Book] Fundamentals of care: a textbook for health and social care assistants (2017). Chapter 4.

Available in Shrewsbury and Telford Health Libraries at WY 120 PEA

[Journal article] Care Certificate Standard 1 & 2: your role and your personal development. British Journal of Healthcare Assistants 2015 Vol.9(10) p 496-501.

Available at <http://dx.doi.org/10.12968/bjha.2015.9.10.496> (NHS OpenAthens account required)

3. Duty of care

[Book] Fundamentals of care: a textbook for health and social care assistants (2017). Chapter 5.
Available in Shrewsbury and Telford Health Libraries at WY 120 PEA

[Journal article] Care Certificate Standards 3: duty of care; and 4: equality & diversity. British Journal of Healthcare Assistants 2015 Vol. 9(12) p600-603.

Available at: www.magonlinelibrary.com/doi/abs/10.12968/bjha.2015.9.12.600 (NHS OpenAthens login required)

[Website] RCN: Accountability & Delegation

Information on accountability and delegation for all members of the nursing team.

Available at: www.rcn.org.uk/professional-development/accountability-and-delegation

4. Equality and Diversity

[Book] Fundamentals of care: a textbook for health and social care assistants (2017). Chapter 6.
Available in Shrewsbury and Telford Health Libraries at WY 120 PEA

[Book] Cultural awareness in nursing and health care: an introductory text (2010)

Available in Shrewsbury and Telford Health Libraries at WA 90 HOL

[Journal article] Care Certificate Standards 3: duty of care; and 4: equality & diversity. British Journal of Healthcare Assistants Vol. 9(12), 2016, p600-603

Available at: www.magonlinelibrary.com/doi/abs/10.12968/bjha.2015.9.12.600 (NHS OpenAthens login required)

5. Work in a person-centred way

[Book] Fundamentals of care: a textbook for health and social care assistants (2017). Chapter 7.
Available in Shrewsbury and Telford Health Libraries at WY 120 PEA

[Book] Person-centred approaches in healthcare: a handbook for nurses and midwives (2016)

Available in Shrewsbury and Telford Health Libraries at WA 82 TEE

[Book] Developing person-centred practice : a practical approach to quality healthcare (2015)

Available in Shrewsbury Health Library at WY 100 HEW

[Journal article] Care Certificate Standards 5 & 6: working in a person-centred way; and communication. British Journal of Healthcare Assistants Vol.10(1), 2016 p36-43

Available at: www.magonlinelibrary.com/doi/10.12968/bjha.2016.10.1.36 (NHS OpenAthens login required)

6. Communication

[Book] Clinical skills for healthcare assistants and assistant practitioners (2016). Chapter 2.
Available in Shrewsbury and Telford Health Libraries at WY 120 WHE

[Book] Essential knowledge and skills for healthcare assistants (2014). Chapter 5.

Available in Shrewsbury and Telford Health Libraries at WY 120 RAW

[Book] Fundamentals of care: a textbook for health and social care assistants (2017). Chapter 8.
Available in Shrewsbury and Telford Health Libraries at WY 120 PEA

[Book] Interpersonal relationships: professional communication skills for nurses (2016)
Available in Shrewsbury Health Library at WLM 870 ARN

[Book] Communication in nursing (2016)
Available in Shrewsbury Health Library at WLM 870 BAL and Telford Health Library at WY 150 BAL

[Game] The Communication Game
An educational board game to help you understand communication support needs and improve communication skills
Available at Telford Health Library - please ask at the enquiry desk

[Journal article] Care Certificate Standards 5 & 6: working in a person-centred way; and communication. British Journal of Healthcare Assistants Vol.10(1), 2016 p36-43
Available at: www.magonlinelibrary.com/doi/10.12968/bjha.2016.10.1.36 (NHS OpenAthens login required)

7. Privacy and dignity

[Book] Fundamentals of care: a textbook for health and social care assistants (2017). Chapter 9.
Available in Shrewsbury and Telford Health Libraries at WY 120 PEA

[Book] Dignity in healthcare : a practical approach for nurses and midwives (2011).
Available in Shrewsbury and Telford Health Libraries at WA 75 MAT

[Journal article] Care Certificate Standards 7 and 8: Privacy and dignity; and Fluids and nutrition. British Journal of Healthcare Assistants. 2016 Vol. 10(2), p95-99
Available at <http://dx.doi.org/10.12968/bjha.2016.10.2.95> (NHS OpenAthens login required)

[Website] Social Care TV – videos from SCIE
Available at www.scie.org.uk/socialcaretv/topic.asp?t=dignityincare

Videos include:

Dignity in care: personal hygiene
Dignity in care: practical assistance
Dignity in care: pain management
Dignity in care: nutrition for older people in care homes
Dignity in care: nutrition for older people at home
Dignity in care: social inclusion
Dignity in care: choice and control
Dignity in care: privacy
Dignity in care: communication

[Website] NMC Safeguarding adults | Film 3: 28 Weeks : Call me Joe
Available at www.youtube.com/watch?v=Bd8dywHjwMQ

8. Fluids and Nutrition

[Book] Nutrition at a glance (2016).
Available in Shrewsbury Health Library at WD 10 SHA

[Book] Fundamentals of care: a textbook for health and social care assistants (2017). Chapter 10.
Available in Shrewsbury and Telford Health Libraries at WY 120 PEA

[Journal article] Care Certificate Standards 7 and 8: Privacy and dignity; and Fluids and nutrition. British Journal of Healthcare Assistants. 2016 Vol. 10(2), p95-99
Available at <http://dx.doi.org/10.12968/bjha.2016.10.2.95> (NHS OpenAthens login required)

[Game] The Hydration Game

An educational board game to help you recognise and minimise dehydration for patients, residents and staff.
Available at Telford Health Library - please ask at the enquiry desk

[Game] The Nutrition Game

An educational board game to help you understand malnutrition and improve how you support people to eat and drink.

Available at Telford Health Library - please ask at the enquiry desk

9. Awareness of mental health/dementia/learning difficulties

[Book] Fundamentals of care: a textbook for health and social care assistants (2017). Chapter 11.
Available in Shrewsbury and Telford Health Libraries at WY 120 PEA

[Journal article] Care Certificate Standards 9 and 10: mental health, dementia and learning disabilities; and safeguarding adults British Journal of Healthcare Assistants. Vol.10(3) 2016, p140-144
Available at <http://dx.doi.org/10.12968/bjha.2016.10.3.140> (NHS OpenAthens login required)

[Video] Videos about mental illness from Time to change. People with experience of mental health problems talk about living with mental illness and about the stigma and discrimination they face.
Available at www.time-to-change.org.uk/category/blog/video

[Website] Royal College of Nursing: Dementia resources
Available at www.rcn.org.uk/dementia

[Website] SCIE Dementia Gateway. Comprehensive information from SCIE containing supportive information and resources, including videos, e-learning material and downloads, for care workers, people living with dementia and their friends and family.
Available at www.scie.org.uk/dementia/

[Website] The British Institute for Learning Disabilities (BILD) produces factsheets on all aspects of Learning Disabilities.
Available at www.bild.org.uk/information/factsheets/

[Website] What is a learning disability? Information from MENCAP
Available at www.mencap.org.uk/learning-disability-explained

10. Safeguarding adults

[Book] Fundamentals of care: a textbook for health and social care assistants (2017). Chapter 12.
Available in Shrewsbury and Telford Health Libraries at WY 120 PEA

[Journal article] Care Certificate Standards 9 and 10: mental health, dementia and learning disabilities; and safeguarding adults British Journal of Healthcare Assistants. 2016 Vol.10(3), p140-144
Available at <http://dx.doi.org/10.12968/bjha.2016.10.3.140> (NHS OpenAthens login required)

[Video] Safeguarding adults - videos on Social Care TV

Available at www.scie.org.uk/socialcaretv/topic.asp?t=safeguardingadults

[Website] The Care Act 2014: Safeguarding Adults The Care Act 2014 sets out a clear legal framework for how local authorities and other parts of the system should protect adults at risk of abuse or neglect.

Available at www.scie.org.uk/care-act-2014/safeguarding-adults/

[Website] Royal College of Nursing safeguarding pages

Available at www.rcn.org.uk/clinical-topics/safeguarding

11. Safeguarding children

[Book] Fundamentals of care: a textbook for health and social care assistants (2017). Chapter 13.

Available in Shrewsbury and Telford Health Libraries at WY 120 PEA

[Journal article] Care Certificate Standard 11: safeguarding children; 12: basic life support. British Journal of Healthcare Assistants. 2016 Vol.10(4), p194-198

Available at <http://dx.doi.org/10.12968/bjha.2016.10.4.194> (NHS OpenAthens login required)

[Website] Royal College of Nursing safeguarding pages

Available at www.rcn.org.uk/clinical-topics/safeguarding

12. Basic Life Support

[Book] Fundamentals of care: a textbook for health and social care assistants (2017). Chapter 14.

Available in Shrewsbury and Telford Health Libraries at WY 120 PEA

[Journal article] Care Certificate Standard 11: safeguarding children; 12: basic life support. British Journal of Healthcare Assistants. 2016 Vol.10(4), p194-198

Available at <http://dx.doi.org/10.12968/bjha.2016.10.4.194> (NHS OpenAthens login required)

[Website] Resuscitation Council Guidelines (2015)

Available at www.resus.org.uk/resuscitation-guidelines/

13. Health and Safety

[Book] Fundamentals of care: a textbook for health and social care assistants (2017). Chapter 15.

Available in Shrewsbury and Telford Health Libraries at WY 120 PEA

[Journal article] Care Certificate Standard 13: health and safety; 14: handling information. British Journal of Healthcare Assistants. 2016 Vol.10(5), p246-251

Available at <http://dx.doi.org/10.12968/bjha.2016.10.5.246> (NHS OpenAthens login required)

[Website] Moving and Handling in Health and Social Care

Available at <http://www.hse.gov.uk/healthservices/moving-handling.htm>

14. Handling information

[Book] Clinical skills for healthcare assistants and assistant practitioners (2016). Chapter 4.

Available in Shrewsbury and Telford Health Libraries at WY 120 WHE

[Book] Essential knowledge and skills for healthcare assistants (2014). Chapter 7.

Available in Shrewsbury and Telford Health Libraries at WY 120 RAW

[Book] Fundamentals of care: a textbook for health and social care assistants (2017). Chapter 16.
Available in Shrewsbury and Telford Health Libraries at WY 120 PEA

[Journal article] Care Certificate Standard 13: health and safety; 14: handling information. British Journal of Healthcare Assistants. Vol.10(5) 2016, p246-251
Available at <http://dx.doi.org/10.12968/bjha.2016.10.5.246> (NHS OpenAthens login required)

15. Infection prevention and control

[Book] Essential knowledge and skills for healthcare assistants (2014). Chapter 9.
Available in Shrewsbury and Telford Health Libraries at WY 120 RAW

[Book] Fundamentals of care: a textbook for health and social care assistants (2017). Chapter 17.
Available in Shrewsbury and Telford Health Libraries at WY 120 PEA

[Journal article] Care Certificate Standard 15: infection prevention and control. British Journal of Healthcare Assistants. 2016 Vol.10(6), p296-301
Available at <http://dx.doi.org/10.12968/bjha.2016.10.6.296> (NHS OpenAthens login required)

[Game] Game of Stools
An educational board game to help improve prevention and management of Clostridium difficile.
Available at Shrewsbury Health Library at WC 368 FOC

[Website] Royal College of Nursing: Infection Prevention and Control resources
Available at www.rcn.org.uk/clinical-topics/infection-prevention-and-control