

**Guide to Technical Terms used in the Test of Competence 2021**

[**A**](#A)[**B**](#B)[**C**](#C)[**D**](#D)[**E**](#E)[**F**](#F)[**G**](#G)[**H**](#H)[**I**](#I)[**K**](#K)[**L**](#L)[**M**](#M)[**N**](#N)[**O**](#O)[**P**](#P)[**Q**](#Q)[**R**](#R)[**S**](#S)[**T**](#T)[**U**](#U)[**V**](#V)[**W**](#W)[**X**](#X)[**Y**](#Y)[**Z**](#Z)

**4 Ts of PPH**

tone, trauma, tissue and thrombin (postpartum haemorrhage)

**5 moments**

[WHO](https://www.who.int/gpsc/tools/5momentsHandHygiene_A3.pdf?ua=1): 5 moments for hand hygiene

**6 Cs of nursing**

care, compassion, competence, communication, courage, commitment

**6CIT**

six-item cognitive impairment test

**A**

**A to E**

airway, breathing, circulation, disability, exposure

**ACVPU**

alert, confusion, response to voice, pain, unresponsive

**ADL**

activities of daily living

**AIM**

acute illness management

**AIM**

administration of inhaled medication

**anti-D immunoglobin**

injection for the treatment of Rhesus disease

**ANTT**

aseptic non-touch technique

**APIE**

assessment, planning, implementation and evaluation (stations in an OSCE)

**B**

**BD**

*bis die*  (twice a day)

**BLS**

basic life support

**BMI**

body mass index

**BNF**

British National Formulary

**C**

**CAH**

congenital adrenal hyperplasia

**CASW**

carer assessment and support worker

**CAUTI**

catheter-associated urinary tract infection

**CBT**

computer-based test (part 1 of the test of competence)

**CBT**

cognitive behavioural therapy

**CPR**

cardiopulmonary resuscitation

**CRA**

capillary refill time

**CSU**

catheter specimen of urine collection

**CAT scan/CT scan**

computed axial tomography scan/

computerised tomography scan

**CTG**

cardiotocography

**D**

**DisDAT**

disability distress assessment tool

**DNACPR**

do not attempt cardiopulmonary resuscitation

**DNR**

do not resuscitate

**DVT**

deep-vein thrombosis

**E**

**EBP**

evidence-based practice

**ECG**

electrocardiogram

**F**

**FASP**

NHS fetal anomaly screening programme

**FB**

fluid balance

**FBC**

fluid balance chart

**FBC**

full blood count

**FH**

fetal heartrate

**Future midwife**  
‘[Standards of proficiency for registered midwives](https://www.nmc.org.uk/globalassets/sitedocuments/standards/standards-of-proficiency-for-midwives.pdf)’

**Future nurse**

‘[Future nurse: Standards of proficiency for registered nurses](https://www.nmc.org.uk/standards/standards-for-nurses/standards-of-proficiency-for-registered-nurses/)’

**G**

**GDPR**

General Data Protection Regulation

**Glasgow CS**

Glasgow coma scale

**GORD**

gastro-oesophageal reflux disease

**GP**

general practitioner (family doctor)

**H**

**HCA**

healthcare assistant

**HDU**

high-dependency unit

**I**

**ICU**

Intensive care unit

**IHR**

in-hospital resuscitation

**IM**

intramuscular (e.g. injection)

**INR**

international normalised ratio

**IVF**

in-vitro fertilisation

**IVI**

intravenous infusion

**J**

**K**

**L**

**M**

**MAR**

medicines administration record

**MAU**

medical assessment unit

**MDI**

metered-dose inhaler

**MDT**

multidisciplinary team

**MEOWS**

modified early obstetric warning score

**MI**

myocardial infarction

**MoCA**

Montreal cognitive assessment

**MSSU**

mid-stream specimen of urine

**MUAC**

mid upper arm circumference (BMI)

**MUST**

malnutrition universal screening tool

**N**

**NAD**

no abnormality detected

**NBM**

nil by mouth

**NEWS**

Nursing: national early warning score

Midwifery: newborn early warning system

**NG**

nasogastric

**NICE**

National Institute for Health and Care Excellence

**NICU**

neonatal intensive care unit

**NIPE SMART**

NHS newborn and infant physical examination screening management and reporting tool

**NIV**

non-invasive ventilation

**NMC**

Nursing and Midwifery Council

**NRT**

nicotine replacement therapy (smoking cessation)

**NSAID**

non-steroidal anti-inflammatory drug(s)

**O**

**OASI**

obstetric anal sphincter injury

**OD**

*omni die* (every day)

**ORIF**

open reduction and internal fixation (surgery)

**OSCE**

objective structured clinical examination (part 2 of the test of competence)

**OT**

occupational therapy

**P**

**PBLS**

paediatric basic life support

**PCA**

patient-controlled analgesia

**PEF**

peak expiratory flow

**PEFR**

peak expiratory flow rate

**PEG**

percutaneous endoscopic gastrostomy

**PEWS**

paediatric early warning score

**PHQ-9**

patient health questionnaire

**physio**

physiotherapist, physiotherapy

**PP**

pelvic palpation

**PPH**

postpartum haemorrhage

**PQRST**

provokes, quality, radiating, severity, time (mnemonic for pain assessment)

**PRN**

*pro re nata* (as needed)

**PSD**

patient-specific direction

**PSP**

patient safety procedure

**PV**

professional values

**PV**

*per vaginam* (through the vagina)

**Q**

**R**

**RAADP**

routine antenatal anti-D prophylaxis

**RCM**

Royal College of Midwives

**RCN**

Royal College of Nursing

**RCOG**

Royal College of Obstetricians and Gynaecologists

**RUC**

removal of urinary catheter

**S**

**SAP**

short answer paper (EU aptitude test)

**SAQ**

short answer questions (EU aptitude test)

**SBAR**

situation, background, assessment and recommendation

**SC**

subcutaneous

**SCI**

subcutaneous injection

**SOB**

short/ness of breath

**SOLER**

* **S**itting at a comfortable angle and distance.
* **O**pen posture. Arms and legs uncrossed.
* **L**eaning forward from time to time, looking genuinely interested, listening attentively.
* **E**ffective eye contact, without staring.
* **R**emaining relatively relaxed.

**STI**

sexually transmitted infection

**T**

**TIA**

transient ischaemic attack

**TNA**

trainee nursing associate

**ToC**test of competence

**U**

**USS**

ultrasound scan

**UTI**

urinary tract infection

**V**

**VIP**

visual infusion phlebitis

**VT**

ventricular tachycardia

**VTE**

venous thromboembolism

**W**

**WEMWBS**

Warwick-Edinburgh mental wellbeing scale

**WHO**

World Health Organization

**WOB**

work of breathing (asthma)

**X**

**Y**

**Z**



Unit 109 Albert Mill

10 Hulme Hall Road

Castlefield

Manchester

M15 4LY

[www.alphaplus.co.uk](http://www.alphaplus.co.uk)

+44 (0) 161 249 9249