## *RESOURCES*

### *Introduction*

The Primary References shown below are offered specifically to help candidates prepare to take the AHNCC Nurse Coach Board Certification Examination. The Secondary References are offered to help candidates explore nurse coaching concepts, issues, philosophy, and related matters in greater depth. If you want to review or add to your knowledge base as you prepare for the certification examination, we suggest that you start with the Core Essentials (AHNCC, 2017), review the Nurse Coaching: Scope and standards (ANA/AHNA, 2013), and then select from the secondary references (below) to build your expertise. Finally, the AHNCC Practice Examination will help you test your expertise and give you experience with the AHNCC testing format. AHNCC cannot predict success on an examination. Success is dependent upon multiple factors including (but not limited to) one's ability to apply the knowledge, skills, and attitudes of holistic nursing to clinical practice, and one's test-taking abilities.

### *Primary References for Those Preparing for the Certification Examination*

Core Essentials for Nurse Coaching (2017). **www.ahncc.org**. The AHNCC Core Essentials document can be found on the AHNCC website www.ahncc.org on the RESOURCES page at http://www.ahncc.org/wp-content/uploads/2018/12/FINAL-REVISED-NC-CORE-ESSENTIALS-DOC-4-12-2017.pdf. This free document provides a listing of the competencies which were identified through an extensive literature review and validated through a Role Delineation Study (2016) undertaken by practicing Nurse Coaches. The competencies provide a basis for the certification examination.

American Nurses Association (2012) *Art and Science of Nurse Coaching: The Provider's Guide to Coaching and Competencies*. Silver Spring, MD: American Nurses Association (https://www.nursingworld.org/nurses-books/the-art-and-science-of-nurse-coaching-the-providers-guide-to-coaching-scop.)

AHNCC Practice Examinations. **www.cnetnurse.com.** The practice examinations offer a learning experience comparable to the testing experience. The practice examinations are based on the examination blueprint, formatted exactly as our certification examinations, and the items are drawn from our pool of items. There are practice examinations for each of the certification examinations.

### *Secondary References for Knowledge Exploration and Expansion*

The secondary references offered below are not exclusive; many others may be used to build one's expertise in holistic nursing.

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Ammentorp, J, Kofoed, PE. (2010). Coach training can improve the self-efficacy of neonatal nurses. A pilot study. Patient Educ Couns. 79(2):258-61

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Bennett JA, Perrin NA, Hanson G, et al. (2005) Healthy aging demonstration project: nurse coaching for behavior change in older adults. Res Nurs Health. 28(3):187-97.

Bridges RA, Holden-Huchton P, Armstrong ML. (2013). Accelerated second degree baccalaureate student transition to nursing practice using clinical coaches. J Contin Educ Nurs. 44(5):225-9.

Carrieri-Kohlman V, Gormley JM, Douglas MK, Paul SM, Stulbarg MS. (1996). Exercise training decreases dyspnea and the distress and anxiety associated with it: monitoring alone may be as effective as coaching. Chest. 110(6):1526-35.

Carter, E., Davis, L., & Schaub, B. (2016). A Nurse Coach Implementation Guide. Your Crash Course to an Effective Values Conversation. Whole Life Nursing.

Dobber, J., Latour, C., Snaterse, M., Van Meijel, B., Reit, B., et al. (2018). Developing nurses skills in motivational interviewing to promote a healthy lifestyle in patients with coronary artery disease. European Journal of Cardiovascular Nursing, doi: 10.1177/147451518784102

Donner G, Wheeler MM. Coaching in nursing: an introduction. Geneva, Switzerland: International Council of Nursing and Indianapolis, IN: The Honor Society of Nursing, Sigma Theta Tau International, 2009.

Dossey, B. & Hess, D. (2013). Professional Nurse Coaching: Advances in National and Global Healthcare Transformation. Glob Adv Health Med. 2013 Jul; 2(4): 10–16. Published online 2013 Jul 1. doi: Professional Nurse Coaching: Advances in National and Global Healthcare TransformationGlobal Advances in Health and Medicine - Barbara M. Dossey, Darlene Hess, 2013

Dossey, B. & Keegan, L. (2013) (6th ed.) Holistic Nursing. The Handbook for Practice. The Art and Science of Nurse Coaching, and Holistic Nursing 6th ed. Chapter 8: Self-Assessment, Chapter 9: Nurse Coaching, and Chapter 10: Facilitating Change: Motivational Interviewing and Appreciative Change

Dossey, B, Luck, S., & Schaub, B. (2015). *Nurse Coaching. Integrative approaches for health and wellness*. Miami, FL: International Nurse Coach Assoc.

Dossey, BM, Luck, S., & Schaub, BG. (2013). *Nurse Coaching for Health and Wellness*. North Miami, FL: International Nurse Coach Association.

Driscoll J., Cooper R. (2005). Coaching for clinicians. Nurs Manag (Harrow). Apr;12(1):18-23.

Fielden S.L., Davidson MJ, Sutherland VJ. (2009). Innovations in coaching and mentoring: implications for nurse leadership development. Health Serv Manage Res. 22(2):92-9.

Foreman, E. & Davis, L., Schaub, B. (2016). A nurse coach implementation guide. Your crash course to an effective values conversation. CreateSpace.

Jordan, M. (2013). How to be a Health Coach: An Integrative Wellness Approach. Global Medicine Enterprises.

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Luck S. (2010). Changing the health of our nation – the role of nurse coaches. Altern. Ther Health Med. 16(5):78-80.

Luck S. (2018). Changing the health of our nation—the role of nurse coaches. Alter.n Ther Health Med. 16(5):68-70.

Mitchell, G., Cross, N., Wilson, M., Biernacki, S. Wong, W., Adib, B., & Rush, D. (2013). Complexity and Health Coaching: Synergies in Nursing. Nursing Research and Practice Volume 2013 (2013), Article ID 238620, 7 pages http://dx.doi.org/10.1155/2013/238620

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Southard ME, Hess DR, Bark L. (2013). Facilitating change: motivational interviewing and appreciative inquiry. In Montgomery BM, Keegan L. Holistic nursing: a handbook for practice Burlington, MA: Jones & Bartlett Learning; pps. 205-19

Please note: AHNCC examination items are designed to test specific knowledge and skill competencies reflected in the Core Essentials, derived by a review of the literature, expert panel review, and a Role Delineation/Practice Analysis Study. Sample examination items that appear in the Secondary References are different. They are designed to test the reader's general knowledge of holistic nursing. While they may help the reader gain an understanding of the foundation of holistic nursing, provide opportunities for personal exploration and evaluation, they are not focused on the essential competencies required for certification, nor have they been subjected to the rigorous development process used by AHNCC for the examinations. Therefore, they cannot be used as to predict success on AHNCC certification examinations.