

Model Curriculum

QP Name: Geriatric Caregiver (Institutional & Home Care)
Options: Palliative Care/ Dementia Care

QP Code: HSS/Q6002

QP Version: 2.0

NSQF Level: 4

Model Curriculum Version: 1.0

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Training Parameters

Sector	Healthcare
Sub-Sector	Allied Health & Paramedics
Occupation	Curative Services
Country	India
NSQF Level	4
Aligned to NCO/ISCO/ISIC Code	NCO-2015/5321
Minimum Educational Qualification and Experience	<ul style="list-style-type: none"> • 12th Grade Pass or • Pursuing 1st year of UG or • Completed 2nd year of the 3-year diploma after 10 or • Pursuing 3rd year of 3-year diploma after 10th or • Pursuing 1st year of 2-year diploma after 12th or • 10th Grade pass plus 3 years of vocational education & Training or • 8th Grade pass with 2 year NTC plus 1 year NAC plus 1 year CITS or • Previous relevant Qualification of NSQF Level 4 and with minimum education as 8th Grade pass with 1 year of relevant experience
Pre-Requisite License or Training	Not Applicable
Minimum Job Entry Age	20 Years in completed years, medically fit Preferred Age is 35 Years and above
Last Reviewed On	17/11/2022
Next Review Date	30/06/2025
NSQC Approval Date	30/06//2022
QP Version	2.0
Model Curriculum Creation Date	18/08/2022
Model Curriculum Valid Up to Date	

Minimum Duration of the Course	480 Hrs.
Maximum Duration of the Course	720 hours (120 Hour for each option)

Program Overview

This section summarizes the end objectives of the program along with its duration.

Training Outcomes

At the end of the program, the learner should have acquired the listed knowledge and skills.

- Discuss & verbalize the role and responsibilities of a Geriatric Caregiver (Institutional & Home Care).
- Discuss about the basic qualities of a proficient geriatric caregiver.
- Discuss about National Programme for healthcare of Elderly (NPHCE-NHM) program including Geriatric package of AB-HWC component.
- Demonstrate techniques to maintain the personal hygiene needs of an elderly patient.
- Demonstrate professional techniques in maintaining Daily Living Activities.
- Maintenance of perineal hygiene, Catheter care in catheterized patients.
- Support patient to eat and drink—orally/assisted feeds e.g., RT Feeds.
- Assist medication care of the immobile/semi or un-conscious patients under supervision/ guidance of Nurse professional or medical in-charge.
- Identify risk factors/events and inform doctor/nurse/family immediately.
- Understand the scope of work and act within the competence of authority.
- List the basic healthcare needs of ambulatory conscious elderly people, non-ambulatory / bed-ridden frail elderly people etc.
- Build a comprehensive knowledge base to be a companion and support in home safety management.
- Understand about national schemes and provisions related to geriatrics.
- Demonstrate the ability to perform skills essential in providing basic healthcare to senior citizens.
- Promote safety, understand usage of protective devices, and demonstrate precautions to be taken while usage of equipment and assistive devices.
- Demonstrate technical skills in providing first aid care to victims as per the emergency condition.
- Demonstrate about universal precautions.
- Reporting signs of severe illness/ deterioration to higher authorities as per timelines.
- Follow biomedical waste disposal and infection control policies and procedures in the organization.

Compulsory Modules

The table lists the modules and their duration corresponding to the Compulsory NOS of the QP.

NOS and Module Details	Theory Duration	Practical Duration	On-the-Job Training Duration (Mandatory)	On-the-Job Training Duration (Recommended)	Total Duration
Bridge Module	30:00	00:00	00:00	00:00	30:00
Module 1: Introduction to healthcare delivery systems	10:00	00:00	00:00	00:00	10:00

Module 2: Basic structure and function of human body	10:00	00:00	00:00	00:00	10:00
Module 3: Roles and responsibilities of Geriatric Caregiver	10:00	00:00	00:00	00:00	10:00
HSS/N6006: Provide geriatric care to meet diverse needs and assistance for daily living activities	25:00	65:00	30:00	00:00	120:00
Module 4: Care of Geriatrics	20:00	50:00	00:00	00:00	70:00
Module 5: Nutrition and Diet	05:00	15:00	00:00	00:00	20:00
HSS/N6007: Provide support in performing procedures as instructed in a care plan as per limits of competence and authority	30:00	30:00	30:00	00:00	90:00
Module 6: Concept of Ageing and related common health problems of Elderly	10:00	15:00	00:00	00:00	25:00
Module 7: Reporting and Documentation	10:00	07:00	00:00	00:00	17:00
Module 8: Safety and Emergency Response	10:00	08:00	00:00	00:00	18:00
HSS/N6008: Support geriatrics as a companion while promoting Rehabilitation, Yoga, Exercise	30:00	60:00	30:00	00:00	120:00
Module 9: Safety, Comfort Devices & Assistive Devices for Senior Citizens	10:00	20:00	00:00	00:00	30:00
Module 10: Yoga, Exercise & Rehabilitation	10:00	20:00	00:00	00:00	30:00
Module 11: Companionship	10:00	20:00	00:00	00:00	30:00
HSS/N6009: Provide assistance during end-of-life care	20:00	10:00	30:00	00:00	60:00
Module 12: End of Life Care	20:00	10:00	00:00	00:00	30:00
HSS/N9622: Follow sanitization and infection control guidelines	15:00	15:00	00:00	00:00	30:00
Module 13: Infection control practices and waste management	10:00	15:00	0:00	00:00	30:00
Total Duration	150:00	180:00	120:00	00:00	450:00

Module 14: DGT/VSQ/N0101 : Employability Skills (30 Hours)	30:00	00:00	00:00	00:00	90:00
Total Duration	180:00	180:00	120:00	00:00	480:00
Optional Nos:					
HSS/N6005: Provide support related to palliative care	30:00	60:00	30:00	00:00	120:00
Module 15: Palliative Care	30:00	60:00	30:00	00:00	120:00
HSS/N6010: Provide support to people living with dementia	30:00	60:00	30:00	00:00	120:00
Module 16: Dementia Care	30:00	60:00	30:00	00:00	120:00
Total Duration	60:00	120:00	60:00	00:00	240:00

Module Details

Module 1: Introduction to healthcare delivery systems Mapped to: Bridge Module

Terminal Outcomes:

- Describe the basic structure and function of healthcare delivery system in India.
- Understand the healthcare facilities available specific to meet geriatrics needs.

Duration: 10:00	Duration: 00:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Discuss the healthcare delivery system in India at the primary, secondary, tertiary, and quaternary levels. • Discuss about NPHCE-NHM program including Geriatric package of AB-HWC component. • Discuss about care facilities such as Respite Care & its associated services, Acute Care Facility and its services, Hospice Care and its services, Palliative Care and its services, Long Term Care Facility etc. • Discuss about Healthcare Service Providers. • Distinguish between private, public, and non-profit healthcare delivery systems, NGO's etc. • Understand about Elderly and their specific needs. • Discuss Rights of Elderly (Constitutional Rights). 	<ul style="list-style-type: none"> • Prepare a report summarizing the observations about basic structure and function of healthcare delivery system in India. • Prepare a chart regarding facilities available for geriatrics nationally and internationally.
Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Board eraser, Power point presentation.	
Tools, Equipment and Other Requirements	
Visit to Hospital (Medicine/Geriatric department), Senior Citizen Home, Day Care Center.	

Module 2: Basic Structure and Function of human Body

Mapped to: Bridge Module

Terminal Outcomes:

- Describe basic structure and function of the human body.
- Describe about body system associated common diseases.

Duration: 10:00	Duration: 00:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Basic sensitization about Human Body System. • List various body parts. • Describe different types of organ systems. • Discuss different types of body fluids. 	<ul style="list-style-type: none"> • Identify various body parts/organs in a model, Manikin etc. • Design working charts depicting functioning of human body system.
Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster, Power point presentation	
Tools, Equipment and Other Requirements	
3D models of human body and accessory organs, model human skeletal system, organ specimen. Mannequin, charts, demonstration kits of different body parts and mechanics, internet use	

Module 3: Role and responsibilities of a Geriatric Caregiver

Mapped to: Bridge Module

Terminal Outcomes:

- Describe the key roles and responsibilities of a Geriatric Care Giver.

Duration: 10:00	Duration: 00:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> Explain the role and responsibilities of the Geriatric caregiver. Understand Do's and Don'ts of a Geriatric caregiver as per roles and responsibilities. Distinguish between the scope of work of a Geriatric caregiver and that of other healthcare professionals. Explain the challenges and limitations of the role. Understand concept of caregiving. Discuss characteristics/traits/qualities of Geriatric Caregiver. Understand about scope and Job opportunities related to the role. Discuss Code of conduct related to the role. Explain significance of adherence to legislation, protocols, and guidelines relevant to one's role and field of practice 	<ul style="list-style-type: none"> Prepare a chart depicting roles and responsibilities of a Geriatric Caregiver at different settings. Role play related to Do's and Don'ts of a geriatric caregiver.
Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, board eraser, Power point presentation.	
Tools, Equipment and Other Requirements	
Document and guidelines with detailed role description and limitations.	

Module 4: Care of Geriatrics Mapped to: HSS/N6006

Terminal Outcomes:

- Understand the importance of Geriatric Care.
- Explain the SOP's related to Caring Procedures.

Duration: 20:00	Duration: 50:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Understand about Geriatric Care. • Explain the support provided to maintain daily living activities. • Importance of maintaining Personal Hygiene. • Understand how to provide care related to Bed Making, Sponge Bath/Bed Bath, mouth care, care of Hair Lice, Hair Wash, Back Care, Shaving, Foot & Nail Care, denture care • Explain about elimination need, giving and removing bed pan, Diaper Change, Urinal Pot, providing enema, suppositories. • Explain about pressure sores, causes and process to identify the same. • Discuss about 5R's of Medication. • Understand the process for dispensing Medication such as Eye care & Instillation of ointment/ Instillation of eye/ear drops, Administration of Nasal drops. • Assist the nurse in calibrating the scales and following manufacturer's guidelines and use different types of scales including manual, digital, standard, chair and bed scales. • Measure and record patient's height, weight, blood pressure and other vital signs accurately. • Explain the process for support required for special Procedures like Hot/cold Compress, Oxygen Administration, Nebulization, Steam Inhalation, bandaging under the guidance. • Explain the importance of maintain mobility in elderly and positioning such as lithotomy, supine, prone, fowlers, semi fowler etc. • List the devices used in Transportation, Three Man Lift, process of lifting from Bed to Wheelchair. • Describe methods to measure Intake of fluid and food & output of faeces, urine & vomitus of patient. • Discuss the importance of observing and reporting color changes such as bluish or yellowish discoloration of the skin or consistency of urine and stools. • Discuss the role during special procedures while assisting nurse/physician <ul style="list-style-type: none"> ○ Application of heat and cold ○ Administering Oxygen ○ Suctioning ○ Catheterization ○ Intravenous Observations 	<ul style="list-style-type: none"> • Demonstrate in a role play the role during special procedures while assisting nurse/physician <ul style="list-style-type: none"> ○ Application of heat and cold ○ Administering Oxygen ○ Suctioning ○ Catheterization ○ Enema ○ Specimen collection ○ Medicine dispensing ○ Feeding through Ryle tube • Demonstrate the role related to Sponge Bath/Bed Bath, Care of Hair Lice, Hair Wash, Back Care, Shaving, Foot & Nail Care, denture care • Demonstrate the procedure related to assistance for elimination needs. • Demonstrate regarding the Dispensing Medication as per scope of practise • Role play for to record and report vital parameters. • Demonstrate the functioning of devices or equipment used in transportation such as wheelchair, clutches, cane, bed etc.

<ul style="list-style-type: none"> ○ Enema ○ Specimen collection ○ Medicine dispensing ○ Feeding through Ryle tube ● Care of geriatrics suffering from diseases such as: <ul style="list-style-type: none"> ○ Parkinson's ○ Incontinence ○ Arthritis ○ Osteoporosis ○ Respiratory Disease ○ Heart Disease and Implants ○ Nervous Disorders ○ Loss of Vision and Hearing ○ Cancer ○ Paralysis ○ Stroke 	
<p>Classroom Aids:</p>	
<p>Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster, , Power point presentation</p>	
<p>Tools, Equipment and Other Requirements</p>	
<p>Mannequin, charts, demonstration kits of different body mechanics & positions & internet use, stretcher, wheelchair, trolley, patient assisted devices, kidney tray, bed sore treating kit, O2 cylinder, suction kit, catheter, specimen, Ryle's tube, suction apparatus, heat and cold application methods, Patient safety tools such as wheel chairs, trolleys, side rails, PPE, First Aid kit, betadine, cotton, bandages, sanitizers, disinfectants, Bed sheets, bandages, cotton, disinfectants, topical ointments/ lotions/medications etc., syringes, gloves, needles, spatula Visit to Hospital (Medicine/Geriatric department) , Senior Citizen Home</p>	

Module 5: Nutrition and Diet

Mapped to: HSS/N6006

Terminal Outcomes:

- Understand concept of nutrition, nutrients, and calories.
- Understand support to be provided by caregiver while feeding geriatric.

Duration: 05:00	Duration: 15:00
Theory – Key Learning Outcomes <ul style="list-style-type: none"> • Explain about dietary requirements of elderly and sources of nutrition. • Understand about diet pyramid for elderly. • Explain diet associated health concerns among elderly. • Understand criterion to identify right food for elderly. • Discuss about appropriate intervention to be taken per case with special with Alzheimer’s disease, immobile/semi or unconscious patients, geriatrics suffering with dementia. • Understand the importance of special diets such as diabetic diet, hypertensive diet, Soft Diet, Liquid diet etc. • Explain cooking methods and steps for basic diets for elderly. 	Practical – Key Learning Outcomes <ul style="list-style-type: none"> • Prepare light snacks or soft diet such as Khichdi, Porridge or Juice. • Demonstrate the usage of basic kitchens tools and machines such as Fridge, Induction, Microwave etc.
Classroom Aids: Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster, power point presentation	
Tools, Equipment and Other Requirements Mannequins, mock environment of home-based environment, kidney tray, patient daily care articles, bio medical waste management, RT tubes, sample food items, Visit to Senior Citizen Home care	

Module 6: Concept of Ageing and related common health problems of Elderly

Mapped to: HSS/N6007

Terminal Outcomes:

- Understanding Ageing and related concerns
- Describe about basics health related problems among elderly

Duration: 10:00	Duration: 15:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Describe the changes occurs in the human body during the ageing process • Discuss the National Policy on Older Persons and its Implementation • Describe the general provisions/schemes/promotions etc. under laws related to geriatric welfare • Sensitization with reference to definition, causes, sign & symptoms, care procedures as per the scope of a geriatric caregiver for common disease conditions. 	<ul style="list-style-type: none"> • Identify various body parts/organs models of human organ system. • Design various working models depicting functioning of each human body system.
Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster, , Power point presentation.	
Tools, Equipment and Other Requirements	
3D models of human body and accessory organs, model human skeletal system, organ specimen.	

Module 7: Reporting and Documentation

Mapped to: HSS/N6007

Terminal Outcomes:

- Importance of maintaining records and documentation specific to scope of work.

Duration: 10:00	Duration: 07:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> Define consent and discuss the methods of obtaining consent. Differentiate between expressed and implied consent. Understand importance of maintaining various records & how to obtain them. Explain about dose, frequency and how to write the same in the documentations such as BD, TBD, NPO, Medical abbreviations etc. Understand how to report and document the readings and measurement related to vital signs. Explain various types of records to be maintained by Geriatric Caregiver. Explain the importance of maintaining dignity and privacy of geriatrics while documentation. Explain the importance of maintaining confidentiality of documents. Significance of adherence to legislation, protocols, and guidelines relevant to one's role and field of practice. 	<ul style="list-style-type: none"> Practise to report vital signs in a prescribed format. Practise to document intake and output measurements. Practise to document medicine intake in a predefined format.
Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster	
Tools, Equipment and Other Requirements	
Medical Record Department, Visit to Hospital (Medicine/Geriatric department) , Senior Citizen Home	

Module 8: Safety and Emergency response

Mapped to: HSS/N6007

Terminal Outcomes:

- Perform Cardio-Pulmonary Resuscitation (CPR) as per standard procedure.
- Apply the standard protocols of providing first aid.
- Respond to institutional emergencies appropriately

Duration: 10:00	Duration: 08:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Discuss about the good Samaritan Law and its general principles. • Describe the importance of maintaining local emergency numbers as prevalent in region. • Discuss about immediate safety responses such as switching off the ignition of the motor vehicle in case of a motor vehicle accident, cutting off main electrical switch before approaching a victim of suspected electrocution, etc. • Describe the guidelines and safety precautions that need to be followed when moving the victims such as special carrying procedures on stairs, pushing and pulling the victim, etc • Determine the need for additional help or assistance such as trained lifeguards or trained swimmers to extricate the drowning person. • Describe the standard procedure of Cardiopulmonary Resuscitation (CPR). • Identify precautions to be taken for self- safety. • Explain the basic components of first aid kit. • List the various dos and don'ts to be followed while providing first aid care during trauma emergencies. • Describe about various bandaging procedures. • List the precautions to be taken for personal safety. • Explain the use of protective devices such as safety devices. • Explain about fire emergencies and safe use of electrical appliances • Explain about disaster management techniques to deal with institutional emergencies. • List the common emergencies which could happen in and out of institutions like trauma, snake bites, accidents, dog-bite, sprains, choking, fainting, unconsciousness, etc. 	<ul style="list-style-type: none"> • Prepare a list of local emergency response agencies such as Emergency Medical Service (EMS) team, ambulance, bomb disposal squads, fire and police departments, etc. along with their contact details. • Demonstrate correct technique of providing CPR on manikin using both single rescuer and two rescuer methods. • Design a dummy portable and segregable first aid kit as per requirements. • Demonstrate appropriate techniques of providing first aid and bandaging.
Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster, power point presentation	
Tools, Equipment and Other Requirements	
CPR Nursing Manikin, Mannequin, Ambu Bag with Mask Adult, Torch, Stretcher, cot, scoop	

Module 9: Safety, Comfort Devices & Assistive Devices for Senior Citizens

Mapped to: HSS/N6008

Terminal Outcomes:

- Discuss the significance of safety measures for Geriatric.
- List the Comfort and Assistive devices and related indications.

Duration: 10:00	Duration: 20:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Define body mechanics. • Discuss safety precautions that need to be followed when lifting a geriatric. • Demonstrate the use of protective devices (restraints, safety devices). • Describe measures to be taken to prevent falls. • Types and usage of Comfort devices. • Types and usage of Assistive devices. • Types and usage of mobility devices. • Describe action in event of a fall incident • Discuss about appropriate intervention as per case with special focus and attention for Care of patients with Alzheimer’s disease, immobile/semi or un-conscious patients, geriatrics suffering with dementia & its different manifestation etc 	<ul style="list-style-type: none"> • Demonstrate the usage of Comfort devices, Assistive devices, mobility devices • Demonstrate the usage of air mattress.
Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster, power point presentation	
Tools, Equipment and Other Requirements	
Personal Protective Equipments, emergency kit. mannequin, Visit to Senior Citizen Home care Patient trolley, wheelchair, stretcher, bed sheets, screens, Support devices etc, air mattress , air mattress pump and electrical fittings,	

Module 10: Yoga, Exercise & Rehabilitation

Mapped to: HSS/N6008

Terminal Outcomes:

- Learn about range of motion exercise suitable for elderly.
- Rehabilitation techniques and coping mechanism.
- Yoga Techniques.
- Concept of Wellbeing and being stress free.

Duration: 10:00	Duration: 20:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Understand about psychological wellbeing & concept of motivation, affect, cognition, behaviour, and personality. • Discuss about mental health problems among elderly and associated symptoms. • Discuss myths and conception related to mental health. • Discuss regarding assistance required with the transition from Hospital to Home related to post-operative rehabilitation. • Discuss about basic exercise for elderly. • Explain about Yoga, Meditation, and its significance in daily life. • Explain the significance of self-care of caregiver by practising yoga and meditation for self to promote self-relaxation and make oneself stress free. 	<ul style="list-style-type: none"> • Demonstrate range of motion exercise. • Demonstrate yoga postures for well being. • Practice meditation techniques.
Classroom Aids:	
Charts, Video presentation, Flip Chart, White-Board/Smart Board, Marker, board eraser	
Tools, Equipment and Other Requirements	
Visit to Hospital (Medicine/Geriatric department) , Senior Citizen Home	

Module 11: Companionship

Mapped to: HSS/N6008

Terminal Outcomes:

- Explain the significance of being a companion for an elderly.

Duration: 10:00	Duration: 20:00
<p>Theory – Key Learning Outcomes</p> <ul style="list-style-type: none"> • Explain the concept of Companionship and Socialization. • Discuss the importance of Caring, kind and being compassionate. • Understanding patience and empathetic behaviour. • Importance of Companionship while assisting with Shopping, Transportation to Appointments, Meal Preparation or Planning, Light Housekeeping and Laundry. • Discuss about assistance in Socialization. • Discuss the need to preserve dignity through professional support while maintaining daily living activity. • Understand interventions required for Improved safety at home by identify and manage safety risks and make recommendations for simple home modifications. • Explain about Home Safety Management with respect to types and causes of accident faced by elderly including strategies for ensuring home safety for elderly (Labelling, Faucets, Door Lock, uncluttered, walkways etc. 	<p>Practical – Key Learning Outcomes</p> <ul style="list-style-type: none"> • Demonstrate in a role play about home safety measures. • Demonstrate in a role play a caregiver role while assisting with Shopping and Errands, transportation to appointments, meal preparation or planning, Light housekeeping, and laundry.
<p>Classroom Aids:</p> <p>Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster</p>	
<p>Tools, Equipment and Other Requirements</p> <p>Visit to Senior Citizen Home care, Stretcher, mannequins, cots, patient safety measures tools, wheelchair, side rails, assisted devices</p>	

Module 12: End of Life Care

Mapped to: HSS/N6009

Terminal Outcomes:

- Importance of providing care related to end of life.

Duration: 20:00	Duration: 10:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Describe the physical symptoms of dying aged. • Demonstrate an understanding of the issues related to withholding or providing nutrition and hydration as death approaches. • Identify some of the typical needs of dying person that will influence the goals of care. • Explain about Managing Last Offices including Preparing and Packing body. • Discuss the significance of counselling of elderly – death and bereavement. 	<ul style="list-style-type: none"> • Prepare a chart on physical symptoms of dying aged. • Demonstrate managing Last Offices including preparing and packing body.
Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster, PowerPoint presentation.	
Tools, Equipment and Other Requirements	
Dead body /mannequin, bed sheets, bandages, cotton, disinfectants.	

Module 13: Infection control practices and waste management

Mapped to: HSS/N9622

Terminal Outcomes:

- Apply self-hygiene and social distancing practices.
- Apply sanitization and infection control policies and procedures at workplace.
- Follow guidelines of biomedical waste disposal system at workplace

Duration: 10:00	Duration: 15:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Discuss the concept of disease outbreak, epidemics, and pandemics and their impact on society at large. • List common infectious diseases such as diarrhea, influenza, typhoid, malaria, measles, chicken pox, etc. • Explain the significance of following prescribed rules and guidelines during an epidemic or a pandemic. • Differentiate between self-quarantine and self-isolation and their significance. • Discuss the significance of social distancing and alternate ways of carrying out everyday tasks (use of e-payment gateways/online learning/virtual meetings, etc.) during a pandemic. • Discuss the significance of conforming to basic personal and workplace hygiene practices such as washing hands, using alcohol-based hand sanitizers, examining office supplies/deliveries and their sanitization, etc. • List various surfaces that may serve as potential fomites at workplace. • Identify PPE to be used at workplace and the process of donning, doffing, and discarding them. • Discuss the importance and process of identifying and reporting symptoms to the concerned authorities. • Discuss organizational hygiene and sanitation guidelines and ways of following them and reporting breaches/gaps if any. • Explain the importance and mechanism of proper and safe disposal, transportation, and treatment of waste including bio medical waste. • Discuss the ways of dealing with stress and anxiety during a disease outbreak. 	<ul style="list-style-type: none"> • Show how to sanitize and disinfect one's work area regularly. • Demonstrate the correct way of washing hands using soap and water, and alcohol-based hand rubs. • Display the correct way of donning, doffing, and discarding PPE such as face masks, hand gloves, face shields, PPE suits, etc. • Demonstrate appropriate social and behavioral etiquette (greeting and meeting people, spitting/coughing/sneezing, etc.). • Select different types of waste and various types of color-coded bins/containers used for disposal of waste. .
Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, Whiteboard/Smart Board, Marker, Duster.	
Tools, Equipment and Other Requirements	
E-modules depicting sanitization, infection control and waste disposal practices	

Module 14: Employability Skills (30 hours)
Mapped to DGT/VSQ/N0101 : Employability Skills (30 Hours)

Mandatory Duration: 30:00			
Location: On-Site			
S.No.	Module Name	Key Learning Outcomes	Duration (hours)
1.	Introduction to Employability Skills	<ul style="list-style-type: none"> Discuss the importance of Employability Skills in meeting the job requirements. 	1
2.	Constitutional values - Citizenship	<ul style="list-style-type: none"> Explain constitutional values, civic rights, duties, citizenship, responsibility towards society etc. that are required to be followed to become a responsible citizen. Show how to practice different environmentally sustainable practices. 	1
3.	Becoming a Professional in the 21st Century	<ul style="list-style-type: none"> Discuss 21st century skills. Display positive attitude, self-motivation, problem solving, time management skills and continuous learning mindset in different situations. 	1
4.	Basic English Skills	<ul style="list-style-type: none"> Use appropriate basic English sentences/phrases while speaking. 	2
5.	Communication Skills	<ul style="list-style-type: none"> Demonstrate how to communicate in a well-mannered way with others. Demonstrate working with others in a team. 	4
6.	Diversity & Inclusion	<ul style="list-style-type: none"> Show how to conduct oneself appropriately with all genders and PwD. Discuss the significance of reporting sexual harassment issues in time. 	1
7.	Financial and Legal Literacy	<ul style="list-style-type: none"> Discuss the significance of using financial products and services safely and securely. Explain the importance of managing expenses, income, and savings. Explain the significance of approaching the concerned authorities in time for any exploitation as per legal rights and laws. 	4
8.	Essential Digital Skills	<ul style="list-style-type: none"> Show how to operate digital devices and use the associated applications and features, safely and securely. Discuss the significance of using internet for browsing, accessing social media platforms, safely and securely. 	3
9.	Entrepreneurship	<ul style="list-style-type: none"> Discuss the need for identifying opportunities for potential business, sources for arranging money and potential legal and financial challenges. 	7
10.	Customer Service	<ul style="list-style-type: none"> Differentiate between types of customers. Explain the significance of identifying customer needs and addressing them. Discuss the significance of maintaining hygiene and dressing appropriately. 	4
11.	Getting ready for apprenticeship & Jobs	<ul style="list-style-type: none"> Create a biodata. Use various sources to search and apply for jobs. Discuss the significance of dressing up neatly and maintaining hygiene for an interview. Discuss how to search and register for apprenticeship 	2

opportunities.

LIST OF TOOLS & EQUIPMENT FOR EMPLOYABILITY SKILLS

S No.	Name of the Equipment	Quantity
1.	Computer (PC) with latest configurations – and Internet connection with standard operating system and standard word processor and worksheet software (Licensed) (all software should either be latest version or one/two version below)	As required
2.	UPS	As required
3.	Scanner cum Printer	As required
4.	Computer Tables	As required
5.	Computer Chairs	As required
6.	LCD Projector	As required
7.	White Board 1200mm x 900mm	As required

Note: Above Tools & Equipment not required, if Computer LAB is available in the institute.

Module 14: Option 1 – Palliative Care Mapped to: HSS/N6005

Terminal Outcomes:

- Demonstrate the skills required for Palliative Care

Duration: 30:00	Duration: 60:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Provide patient care that is compassionate, appropriate and effective related to hospice patients. • Develop an approach to support patient following common symptoms: <ul style="list-style-type: none"> • anorexia • bowel obstruction • constipation • Delirium • depression • dyspnea • edema/ascites • fatigue • nausea • pain • Communicate with hospice patients and family caregivers in a compassionate, culturally sensitive manner to enrich interactions. • Discuss about applying dressings to wounds. • Changing catheters and other medical equipment that the patient requires under the guidance of medical supervision • Ensuring that all devices and equipment are correctly cleaned and stored • Provide support in maintaining activities of daily living • Monitoring the patient’s condition and informing the other health care providers who are also involved in their care 	<ul style="list-style-type: none"> • Demonstrate to maintain activities of daily living during palliative care
Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster,	
Tools, Equipment and Other Requirements	
Manikin, tools and equipments to maintain activities of daily living	

Module 15: Option 2– Dementia Care

Mapped to: HSS/N6010

Terminal Outcomes:

- Demonstrate the skills required for Dementia Care

Duration: 30:00	Duration: 60:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Provide patient care that is compassionate, appropriate and effective related to dementia patients. • Develop an approach to support patient following common symptoms • Communicate with patients and family caregivers in a compassionate, culturally sensitive manner to enrich interactions. • Ensuring that all devices and equipment are correctly cleaned and stored • Provide support in maintaining activities of daily living • Monitoring the patient’s condition and informing the other health care providers who are also involved in their care • Obtaining a deeper knowledge of dementia • Managing changes in communication and behavior • Tips for personal care and hygiene • Home safety tips • Fall prevention strategies • Medication management • Managing financial and legal issues • Emergency procedures 	<ul style="list-style-type: none"> • Demonstrate to maintain activities of daily living for dementia patient • Demonstrate in a role play about home safety tips while caring for a dementia patient
Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster, B	
Tools, Equipment and Other Requirements	
Manikin, tools and equipments to maintain activities of daily living	

Mandatory Duration: 120

Module Name: On-the-Job Training

Location: On Site

Terminal Outcomes

- Discuss & verbalize the role of a basic care provider
- Demonstrate basic healthcare needs of ambulatory conscious elderly people
- Build a comprehensive knowledge base on basic issues in geriatric care
- Demonstrate techniques to maintain the personal hygiene needs of an elderly patient
- Demonstrate professional techniques in feeding
- Promote safety, understand usage of protective devices and demonstrate precautions to be taken while usage of equipment and devices
- Demonstrate Basic Life Support, Cardiopulmonary Resuscitation, and other actions in the event of medical and facility emergencies
- Practice infection control measures
- Demonstrate right methods of bio-medical waste management
- Build an understanding of various situations and innovative approaches in the field of ageing
- Enhance knowledge in resource management, advocacy, and networking
- Enhance skill and capacities in counseling and management of age care institutions
- Enhance skill and capacities to provide care for a Dementia Patient
- Enhance skill and capacities to provide care for Palliative Care

Annexure

Trainer Requirements

Trainer Prerequisites						
Minimum Educational Qualification	Specialization	Relevant Industry Experience		Training Experience		Remarks
		Years	Specialization	Years	Specialization	
MD	Physician Geriatrician	1				
Medical Graduate	MBBS	2	Experience working with geriatrics	1		
PhD	Nursing	3	Experience working with geriatrics	1		
M. Sc.	Nursing	4	Experience working with geriatrics	2		
B.Sc.	Nursing	5	Experience working with geriatrics	2		
Medical Social Worker	Geriatric Care	8	Experience working with geriatrics in facilities such as old age home, care facilities etc	3		
One Year PG Diploma in Integrated Geriatric Care Course	Geriatric Care	8	Experience working with geriatrics in facilities such as old age home, care facilities etc	3		
Trainer Certification						
Domain Certification				Platform Certification		
Certified for Job Role: “Geriatric Caregiver (Institutional & Home Care)” mapped to QP HSS/Q6005 v2.0” with minimum score of 80%.				Recommended that the Trainer is certified for the Job Role: “Trainer (VET and Skills)”, mapped to the Qualification Pack: “MEP/Q2601, v2.0” with minimum score of 80%.		

Assessor Requirements

Assessor Prerequisites						
Minimum Educational Qualification	Specialization	Relevant Industry Experience		Training/Assessment Experience		Remarks
		Years	Specialization	Years	Specialization	
MD	Physician Geriatrician	2				
Medical Graduate	MBBS	3	Experience working with geriatrics	1		
PhD	Nursing	4	Experience working with geriatrics	2		
M. Sc.	Nursing	5	Experience working with geriatrics	3		
B.Sc.	Nursing	6	Experience working with geriatrics	3		
Medical Social Worker	Geriatric Care	10	Experience working with geriatrics in facilities such as old age home, care facilities etc	4		
One Year PG Diploma in Integrated Geriatric Care Course	Geriatric Care	10	Experience working with geriatrics in facilities such as old age home, care facilities etc	4		

Assessor Certification

Domain Certification	Platform Certification
Certified for Job Role: “Geriatric Caregiver” mapped to the Qualification Pack: “HSS/Q6005 v2.0” with minimum score of 80%.	Recommended that the Assessor is certified for the Job Role: “Assessor (VET and Skills)”, mapped to the Qualification Pack: “MEP/Q2701, v2.0” with minimum score of 80%.

Assessment Strategy

The emphasis is on 'learning-by-doing' and practical demonstration of skills and knowledge based on the performance criteria. Accordingly, assessment criteria for each job role is set and made available in qualification pack.

The assessment papers for both theory and practical would be developed by Subject Matter Experts (SME) hired by Healthcare Sector Skill Council or with the HSSC accredited Assessment Agency as per the assessment criteria mentioned in the Qualification Pack. The assessments papers would also be checked for the various outcome-based parameters such as quality, time taken, precision, tools and equipment requirement etc.

Each NOS in the Qualification Pack (QP) is assigned a relative weightage for assessment based on the criticality of the NOS. Therein each Element/Performance Criteria in the NOS is assigned marks on relative importance, criticality of function and training infrastructure.

The following tools would be used for final assessment:

1. Practical Assessment: This comprises of a creation of mock environment in the skill lab which is equipped with all equipment required for the qualification pack.

Candidate's soft skills, communication, aptitude, safety consciousness, quality consciousness etc. is ascertained by observation and marked in observation checklist. The outcome is measured against the specified dimensions and standards to gauge the level of their skill achievements.

2. Viva/Structured Interview: This tool is used to assess the conceptual understanding and the behavioral aspects with regard to the job role and the specific task at hand. It also includes questions on safety, quality, environment, and equipment etc.

3. Written Test: Question paper consisting of 100 MCQs (Hard:40, Medium:30 and Easy: 30) with questions from each element of each NOS. The written assessment paper is comprised of following types of questions:

- i. True / False Statements
- ii. Multiple Choice Questions
- iii. Matching Type Questions.
- iv. Fill in the blanks.
- v. Scenario based Questions.
- vi. Identification Questions

QA Regarding Assessors:

Assessors are selected as per the "eligibility criteria" laid down by HSSC for assessing each job role. The assessors selected by Assessment Agencies are scrutinized and made to undergo training and introduction to HSSC Assessment Framework, competency based assessments, assessors guide etc. HSSC conducts "Training of Assessors" program from time to time for each job role and sensitize assessors regarding assessment process and strategy which is outlined on following mandatory parameters:

- 1) Guidance regarding NSQF
- 2) Qualification Pack Structure
- 3) Guidance for the assessor to conduct theory, practical and viva assessments
- 4) Guidance for trainees to be given by assessor before the start of the assessments.
- 5) Guidance on assessments process, practical brief with steps of operations practical observation checklist and mark sheet
- 6) Viva guidance for uniformity and consistency across the batch.
- 7) Mock assessments
- 8) Sample question paper and practical demonstration

References

Glossary

Sector	Sector is a conglomeration of different business operations having similar business and interests. It may also be defined as a distinct subset of the economy whose components share similar characteristics and interests.
Sub-sector	Sub-sector is derived from a further breakdown based on the characteristics and interests of its components.
Occupation	Occupation is a set of job roles, which perform similar/ related set of functions in an industry.
National Occupational Standards (NOS)	NOS are occupational standards which apply uniquely in the Indian context.
Qualifications Pack (QP)	QP comprises the set of OS, together with the educational, training and other criteria required to perform a job role. A QP is assigned a unique qualifications pack code.

Acronyms and Abbreviations

NOS	National Occupational Standard(s)
NSQF	National Skills Qualifications Framework
QP	Qualifications Pack
PPE	Personal Protective Equipment
SOP	Standard Operating Procedure