



Model Curriculum

QP Name: Geriatric Care Assistant

QP Code: HSS/Q6001

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	Special Care Services
Country	India
NSQF Level	4
Aligned to NCO/ISCO/ISIC Code	NCO-2015/5322.9900
Minimum Educational Qualification and Experience	<ul style="list-style-type: none"> • 12th Grade Pass or • Completed 2nd year of the 3-year regular diploma after 10th Or • 10th Grade Pass with 2 years relevant experience Or • 11th Grade pass with 1 year relevant experience Or • 10th grade pass and pursuing continuous schooling Or • Previous relevant Qualification of NSQF Level 3.5 and with 1.5 year relevant experience Or • Previous relevant qualification of NSQF Level 3 with 3 years of relevant experience Or • ANM (Auxiliary Nurse and Midwife)
Pre-Requisite License or Training	Not Applicable
Minimum Job Entry Age	
Last Reviewed On	28/07/2022
Next Review Date	28/07/2025
NSQC Approval Date	28/07/2022
QP Version	3.0
Model Curriculum Creation Date	28/07/2022
Model Curriculum Valid Up to Date	28/07/2025
Minimum Duration of the Course	1470 Hrs.
Maximum Duration of the Course	1470 Hrs.

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 of a Geriatric Care Assistant.
- List the basic healthcare needs of ambulatory conscious elderly people, non-ambulatory / bed-ridden frail elderly people etc.
- Build a comprehensive knowledge base on basic issues in geriatric care
- Enhance their skill and capacities in counsel and manage older persons who are at home, admitted in healthcare institutions
- Enhance their knowledge in resource management, advocacy and related to care of older persons
- Demonstrate techniques to maintain the personal hygiene needs of an elderly patient
- Practice infection control measures
- Demonstrate the ability to perform skills essential in providing basic healthcare to older persons
- Promote safety, understand usage of protective devices and demonstrate precautions to be taken while usage of equipment and assistive devices
- Demonstrate professional behavior, personal qualities and characteristics of a Geriatric Care Assistant
- Demonstrate right methods of bio-medical waste management
- Demonstrate techniques to assist older persons in maintaining their activities of daily living.
- Demonstrate Basic Life Support, Cardio Pulmonary Resuscitation and other actions in the event of medical and facility emergencies
- Demonstrate good communication, communicate accurately and appropriately in the role of Geriatric Care Assistant
- Take sound decisions regarding hospitalization, or timely referral to other hospitals for various care and recognizing their limitations in knowledge and skills in these areas.
- Getting along with, working with and co-operating with caregivers/family members who are also taking care of older persons
- Reporting signs of severe illness/ deterioration to higher authorities as per timelines

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
HSS/N6001: Implement Interventions to prioritize safety of geriatric	30:00	30:00	45:00	00:00	105:00
Module 1: Safety of Geriatrics	20:00	20:00	00:00	00:00	40:00

Module 2: Maintain conducive Environment in Emergency Situations.	10:00	10:00	00:00	00:00	20:00
HSS/N6002: Assist in routine checkup and vital parameters measurement	15:00	30:00	60:00	00:00	105:00
Module 3: Functions of Geriatric Care Assistant in measurement of vital parameters	15:00	30:00	00:00	00:00	45:00
HSS/N6003: Support geriatrics in maintaining daily living activities	90:00	90:00	300:00	00:00	480:00
Module 4: Introduction to functions of Geriatric Care Assistant	10:00	10:00	00:00	00:00	20:00
Module 5: Basic Structure and Function of human Body	20:00	08:00	00:00	00:00	28:00
Module 6: Introduction to Medical Terminology & Equipments required by Geriatric Care Assistants for effective care	10:00	10:00	00:00	00:00	20:00
Module 7: Assisting geriatric in maintaining daily living activities	15:00	20:00	00:00	00:00	35:00
Module 8: Nutrition and Hydration	10:00	10:00	00:00	00:00	20:00
Module 9: Administration of oral Medication	10:00	12:00	00:00	00:00	22:00
Module 10: Lifting and Moving Patients	15:00	20:00	00:00	00:00	35:00
HSS/N6004: Assist to cope up with the ill health conditions and promote rehabilitation	80:00	100:00	225:00	00:00	405:00
Module 11: Assisting for special procedures	20:00	20:00	00:00	00:00	40:00
Module 12: Introduction to Ageing and Ageing process	05:00	10:00	00:00	00:00	15:00
Module 13: Rights & Responsibilities of Elderly	05:00	10:00	00:00	00:00	15:00
Module 14: Rehabilitation of Geriatrics	15:00	20:00	00:00	00:00	35:00
Module 15: Care of dying aged	15:00	15:00	00:00	00:00	30:00
Module 16: Consent, Reporting &	10:00	10:00	0:00	00:00	20:00

Documentation					
Module 17: Basic computer knowledge	10:00	15:00	0:00	00:00	25:00
HSS/N9615: Maintain interpersonal relationship with patients, colleagues and others	15:00	15:00	30:00	00:00	60:00
Module 18: Soft skills and communication	15:00	15:00	0:00	00:00	30:00
HSS/N9616: Maintain professional & medico-legal conduct	10:00	05:00	30:00	00:00	45:00
Module 19: Professional Behavior	10:00	05:00	0:00	00:00	15:00
HSS/N9617: Maintain a safe, healthy and secure working environment	30:00	30:00	45:00	00:00	105:00
Module 20: Basic Life Support	10:00	10:00	0:00	00:00	20:00
Module 21: Institutional Emergencies, Fire safety and & security	10:00	10:00	0:00	00:00	20:00
Module 22: Safety and First Aid	10:00	10:00	0:00	00:00	20:00
HSS/N9618: Follow infection control policies and procedures including biomedical waste disposal protocols	30:00	30:00	45:00	00:00	105:00
Module 23: Infection Control and Prevention	10:00	10:00	0:00	00:00	20:00
Module 24: Personal Hygiene	10:00	15:00	0:00	00:00	25:00
Module 25: Bio Medical Waste Management	10:00	05:00	0:00	00:00	15:00
Total	300:00	330:00	780:00	00:00	1410:00
DGT/VSQ/N0102, V1.0, Employability Skills	60:00	00:00	00:00	00:00	60:00
Module 26: Employability Skills (60 hours)	60:00	00:00	0:00	00:00	30:00
Total Duration	360:00	330:00	780:00	00:00	1470:00

Module Details

Module 1: Safety of Geriatrics

Mapped to: HSS/N6001

Terminal Outcomes:

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

Duration: 20:00	Duration: 20:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Patient environment and its components. • Create and describe the environment in which the geriatric feels safe and secure. • Practice for the Geriatric's safety • Provide care to the Patients while moving. • Demonstrate the use of Protective devices (restraints, safety devices) • Describe standards for prevention of patient's fall • Describe care to be taken to avoid fall in high risk patients • Describe measures to be taken to prevent falls • Describe action in event of a fall incident • To apply 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 protective devices.
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 2: Maintain conducive Environment in Emergency Situations.

Mapped to: HSS/N6001

Terminal Outcomes:

- Respond to emergencies appropriately.

Duration: 10:00	Duration: 10:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Describe things necessary to make the geriatric feelsafe and comfortable • Describe impact of comfort on geriatric health • Describe importance and methodology of cleanliness, and hygiene environment • Describe variation of patients environment according to settings: road, home, ambulance, hospital, etc. 	<ul style="list-style-type: none"> • Prepare a role play on mock environment of emergency situation and make the patient safe and secure.
Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster, power point presentation	
Tools, Equipment and Other Requirements	
Mock environment of emergency situations	

Module 3: Functions of Geriatric Care Assistant in measurement of vital parameters

Mapped to: HSS/N6002

Terminal Outcomes:

- Demonstrate the correct techniques of measuring vital parameters like Pulse, BP, Temperature, Respiration, Height, and Weight.
- Demonstrate the correct technique of Intake and output charting.

Duration: 15:00	Duration: 30:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Describe methods to measure vital parameters like pulse, BP, Temperature, Respiration, Height and Weight of patient • Describe methods to measure Intake of fluid and food & output of feces, urine & vomitus of patient • Describe how to ensure privacy to patient while taking measurement and attending patient while on sitting/ standing on scale • Describe the various special situations came across during measurements of parameters • Understand the common symptoms visible during deviation of vital parameters from normal • Describe measures for measuring vitals 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 role related to measurement of vital parameters like Pulse, BP, Temperature, Respiration, Height and Weight. • Demonstrate the procedure related to intake/ output charting of liquid and body fluids. • Role play for to record and report vital parameters.
Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, Whiteboard/Smart Board, Marker, Duster.	
Tools, Equipment and Other Requirements	
Manikin, charts, BP apparatus, Stethoscope, wrist watch, Thermometer, weighing machine, height meter, intake/ output charts etc	

Module 4: Introduction to functions of Geriatric Care Assistant

Mapped to: HSS/N6003

Terminal Outcomes:

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

Duration: 10:00	Duration: 10:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> Describe the functions of Geriatric Care Assistant Describe an elderly person’s daily care routine. Understand the basic components required for the Elderly person comfort. Present a positive personal image. Define quality improvement and Discuss Geriatric Care Assistants role in the process of caregiving to an elderly person at home or in an institutional setting 	<ul style="list-style-type: none"> Prepare a chart depicting roles and responsibilities of a Geriatric Care Assistant at different settings. Role play related to Do’s and Don’ts of a geriatric care assistant.
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 5: Basic Structure and Function of human Body

Mapped to: HSS/N6003

Terminal Outcomes:

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

Duration: 20:00	Duration: 08:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Identify and locate on the body the following topographic terms: medial, lateral, proximal, distal, superior, inferior, anterior, posterior, midline, right and left, mid-clavicular, bilateral, and mid-axillary • Describe anatomy and functions of the following major body systems: respiratory, circulatory, musculoskeletal, nervous, and endocrine, digestive, sensory, renal • Describe mechanism of fluid electrolyte balance and acid base balance in human body • Ageing & circulation processes, conditions and resources required by the body to support healthy functioning - body regulation including maintenance of body temperature, fluid and electrolyte (including PH) balance or elimination of wastes from the body, maintenance of blood pressure - protection from infection – physical activity – active and passive 	<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 6: Introduction to Medical Terminology & Equipments required by Geriatric Care Assistants for effective care

Mapped to: HSS/N6003

Terminal Outcomes:

- Differentiate between medical and surgical tools and equipments.
- Explain the use of each equipment.
- Use of medical terminology in day-to-day role

Duration: 10:00	Duration: 10:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Describe the appropriate use of related medical terminology in daily activities with colleagues, patients and family • Identify and use equipment required by Geriatric Care Assistant professional while providing care at home set up or in old age homes 	<ul style="list-style-type: none"> • Identify various equipments and tools. • Prepare a chart on medical terminology use in daily activities to practice. • Prepare a chart on Medical and Surgical equipment.
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: Assisting geriatric in maintaining daily living activities.

Mapped to: HSS/N6003

Terminal Outcomes:

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

Duration: 15:00	Duration: 20:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Describes steps involved while dressing up the patient. • Ensure patients privacy while dressing/diaper changing etc. • Describe the difference in procedure of dressing in special situations like physical disability, unconscious patient, etc. • Describe importance of bathing • Explain different types of bathing, frequency and time for bathing • Enlist points to observe during bathing which need to be reported • Explain the need of perineal care. • Explain the need of after bath care • Describe skin as largest part of body, need, and functions in Human beings • Identify rashes, abrasions, Dryness, changes in color, pressure areas, temperature, bruise and swelling • Identify pressure sores, understand causes for pressure sores (Bed sores). • Describe oral care and advantages of good oral care • Demonstrate steps of oral care/Hygiene • Explain the steps of oral care in case of dentures • Explain the procedure/ method of oral care for paralytic/immobile patient • Explain the Hair & nails care procedure and its importance • Explain the process for excreta disposal in human body • Explain the importance of bladder and bowel care in case of urine and bowel Incontinence or patient with urinary catheter. • Explain the need of special precautions to be taken in while assisting or giving care to the patient. • Observation of urine and stools for routine as well as special reporting • Explain the methods of special procedures like feeding & elimination methods like enema, catheterization, suppositories, ryle's tube etc. • To apply appropriate intervention as per case with special focus and attention for Care of patients with Alzheimer's disease, immobile/semi or unconscious patients, geriatrics suffering with dementia & its different manifestation etc. 	<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"> ○ Enema ○ Suppository ○ Feeding through Ryle tube etc • 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 the correct technique of bed sore dressing. • Demonstrate the functioning of devices or equipment used in transportation such as wheelchair, clutches, cane, bed etc.

Classroom Aids:

Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster, , Power point presentation

Tools, Equipment and Other Requirements

Mannequin, charts, demonstration kits of different body mechanics & positions & internet use, stretcher, wheelchair, trolley, patient assisted devices, kidney tray, bed sore treating kit, catheter, specimen, Ryle's tube, 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).

Module 8: Nutrition and Hydration

Mapped to: HSS/N6003

Terminal Outcomes:

- Describe the concept of nutrition, nutrients, and calories.
- Provide support to geriatric while feeding them.

Duration: 10:00	Duration: 10:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Understand concept of nutrition, nutrients and calories • Understand support to patient while feeding • Preservation of food and Different types of food of importance to geriatric • How to follow Diet plans for elderly • Identify discomfort to geriatric and report to concerned person or authority immediately • Identify the precautions required for before fulfilling the patient preference's • To apply 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. • Understand the importance of special diets such as diabetic diet hypertensive diet etc. 	<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 9: Administration of oral Medication

Mapped to: HSS/N6003

Terminal Outcomes:

- Explain the SOP's related to Caring Procedures

Duration: 10:00	Duration: 12:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • To know about rights of patients for effective administration of medication (conduct as per limits of competence & authority) • To know about storage of medication • To seek guidance of concerned authority for any clarification if required • To apply appropriate intervention/process/procedure 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. • Describe various routes, frequency and types of drug administration like IV, IM, Sublingual, Subcutaneous, oral, topical, TDS, BD, OD, SOS, QID, HS, etc. • To apply process for insertion of vaginal & rectal drug administration 	<ul style="list-style-type: none"> • Demonstrate the correct technique of oral medication administration. • Practice role play on insertion of vaginal and rectal drug administration.
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, oral medicines, suppository etc	

Module 10: Lifting and Moving Patients

Mapped to: HSS/N6003

Terminal Outcomes:

- Explain the use of correct body mechanics to prevent any injury to self and patient.

Duration: 15:00	Duration: 20:00
<p>Theory – Key Learning Outcomes</p> <ul style="list-style-type: none"> • Define body mechanics. • Discuss the guidelines and safety precautions that need to be followed when lifting a geriatric. • Describe the safe lifting of cots, stretchers, household beds etc. • Describe the guidelines and safety precautions for carrying patients and/or equipment. • Discuss one-handed carrying techniques. • Describe correct and safe carrying procedures on stairs. • State the guidelines for pushing and pulling. • Discuss the general considerations of moving patients. • State three situations that may require the use of an emergency move. • To apply 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. 	<p>Practical – Key Learning Outcomes</p> <ul style="list-style-type: none"> • Demonstrate the correct use of body mechanics while lifting or transferring or moving the patient. • Demonstrate the correct use of cot, stretcher, beds etc while lifting or transferring or moving the patient.
<p>Classroom Aids:</p> <p>Charts, Models, Video presentation, Flip Chart, Whiteboard/Smart Board, Marker, Duster.</p>	
<p>Tools, Equipment and Other Requirements</p> <p>Patient trolley, wheelchair, stretcher, bed sheets, screens, Support devices etc</p>	

Module 11: Assisting for special procedures.

Mapped to: HSS/N6004

Terminal Outcomes:

- Explain the SOP's related to special procedures.

Duration: 20:00	Duration: 20:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Describe standard procedures for administration of oxygen in home set up's • Describe basic knowledge of IV set ups • Describe various types of samples like urine, stool, sputum, etc. along with their collection methodology. • To apply 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 in a role play the role during special procedures while assisting nurse/physician <ul style="list-style-type: none"> ○ Administering Oxygen ○ Suctioning ○ Catheterization ○ Enema ○ Specimen collection ○ IV infusion
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, enema, Ryle's tube, suppositories, IV line samples, charts of medicines dose, diapers etc.	

Module 12: Introduction to Ageing and Ageing process

Mapped to: HSS/N6004

Terminal Outcomes:

- Explain the concept of Ageing and related concerns.

Duration: 05:00	Duration: 10:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Describe the changes occurring during the ageing process in the human body top to bottom • Assisting geriatric to cope with ill health conditions • Assist geriatric for ageing process • Counselling of geriatric related to ageing process 	<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 13: Rights & Responsibilities of Elderly

Mapped to: HSS/N6004

Terminal Outcomes:

- Explain elderly's rights and responsibilities.

Duration: 05:00	Duration: 10:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Discuss the National Policy on Older Persons and its Implementation. • Describe the general provisions/schemes/promotions etc. under laws related to geriatric welfare • Understand sensitivities involved in patient's right • Learn Geriatric Care Assistant's role in maintaining patient's rights 	<ul style="list-style-type: none"> • Prepare a chart on patients' rights and responsibilities • Prepare a chart on policies/schemes/provisions etc related to geriatric welfare system.
Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, Whiteboard/Smart Board, Marker, Duster.	
Tools, Equipment and Other Requirements	
PPE, Hand Wash area, sink, towel, different color of bins etc	

Module 14: Rehabilitation of Geriatrics

Mapped to: HSS/N6004

Terminal Outcomes:

- Learn about range of motion exercise suitable for elderly.
- Rehabilitation techniques and coping mechanism.

Duration: 15:00	Duration: 20:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Describe techniques to promote rehabilitation of geriatrics maintaining active & passive exercise • Assist for restoration of skills & competencies. • Assisting geriatric to cope with ill health conditions 	<ul style="list-style-type: none"> • Demonstrate range of motion exercise. • 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 15: Care of dying aged

Mapped to: HSS/N6004

Terminal Outcomes:

- Importance of providing care related to end of life.

Duration: 15:00	Duration: 15:00
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 states of consciousness as death approaches • Identify some of the typical needs of dying person that will influence the goals of care • Demonstrate an understanding of the need for and value of effective pain management 	<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 16: Consent, Reporting & Documentation

Mapped to: HSS/N6004

Terminal Outcomes:

- Demonstrate technical skills of Storage and retention and retrieval of database and records.
- Maintain confidentiality of records

Duration: 10:00	Duration: 10:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Define the Geriatric Care Assistant’s scope of practice. • 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 during home-care. • Explain various types of records to be maintained by Geriatric Care Assistant’s • Demonstrate essential components of various records and method of documentation and their retrieval. 	<ul style="list-style-type: none"> • Enter data in various forms and format according to the standard guidelines. • Create a sample set of documents to record procedure related information of client. • Demonstrate how to compile all the records and report of patient. • Practice to document intake and output measurements.
Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster, power point presentation	
Tools, Equipment and Other Requirements	
Sample formats of reports and hospital documents, various forms of consent	

Module 17: Basic computer knowledge

Mapped to: HSS/N6004,

Terminal Outcomes:

- Demonstrate the use of computers and internet operations.
- Apply basic computer knowledge in performing various activities

Duration: 10:00	Duration: 15:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • To gain broad understanding about Application of computers • Introduction to Computers: <ul style="list-style-type: none"> • –Block diagram • –Input and Output devices • –Storage devices • Introduction to operating systems <ul style="list-style-type: none"> • –Need of Operating systems (OS) • –Function of OS • –Windows 2000 – Utilities and basic operations • –Microsoft office 2000 – MS Word, MS Excel 	<ul style="list-style-type: none"> • Demonstrate the use of browser functionsto surf on the Internet, send emails. • Demonstrate the use of window, word, excel etc.
Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster, AV Aids for Understanding Human Body Structure and Function	
Tools, Equipment and Other Requirements	
Computer, keyboard, mouse, CPU, printer etc	

Module 18: Soft skills and communication

Mapped to: HSS/N9615

Terminal Outcomes:

- Communicate effectively with co-workers.
- Organize and prioritize work to complete assignments on time.
- Adhere to organizational code of conduct while handling conflicts.

Duration: 15:00	Duration: 15:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Understand Art of Effective Communication • Able to handle effective Communication with Patients & Family • Able to handle effective Communication with Peers/ colleagues using medical terminology in communication • Learn basic reading and writing skills • Learn sentence formation • Learn grammar and composition • Learn how to enhance vocabulary • Learn Goal setting, team building, team work, time management, thinking and reasoning & communicating with others • Learn problem solving • Understand need for customer service and service excellence in Medical service • Learn objection handling • Learn Telephone and Email etiquettes • Learn to analyse, evaluate and apply the information gathered from observation, experience, reasoning, or communication to act efficiently • Learn identification of rapidly changing situations and adapt accordingly • Learn decision making ability • Learn planning and organization of work 	<ul style="list-style-type: none"> • Demonstrate the usage of technical terms to ensure effective communication. • Apply time management skills • Demonstrate the use of reading and writing skills in written communication. • Demonstrate problem solving and decision-making skills in different situations. • Demonstrate skills of team- work and work prioritization in different team activities. • Demonstrate basic telephone and email etiquettes. • Prepare reports using the information gathered from observation, experience, reasoning, or communication.
-Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster	
Tools, Equipment and Other Requirements	
Document and guidelines with detailed role description and limitations	

Module 19: Professional Behavior

Mapped to: HSS/N9616,

Terminal Outcomes:

- Discuss the importance of maintaining professional relationships with co-workers in the organization.

Duration: 10:00	Duration: 05:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Describe the factors to establish and maintain peaceful environment • Learn General and Specific etiquettes to be observed on duty • Explain need for compliance of organizational hierarchy and reporting • Explain the legal and ethical issues • Explain importance of conservation of resources • Explain your boundaries, roles and responsibilities • Explain how you have to use relevant research based protocols and guidelines as evidence to inform one’s practice • Explain how you have to promote and demonstrate good practice as an individual and as a team member and the reason for doing this. • Explain the risks to quality and safety if you do not keep up to date with best practice • Explain how you have to manage potential risks to the quality and safety of practice • Describe how to evaluate and reflect on the quality of your work and made continual improvements • Explain the importance of using the best practice guidelines at all times, and the importance of evaluating oneself to see if any improvement needs to be done • Explain the importance of individuals or team compliance with legislation, protocols and guidelines and organizational systems and requirements • Explain how to report and minimize risk • Discuss when to seek support from others 	<ul style="list-style-type: none"> • Prepare a sample report on professional etiquette and ethics. • Prepare a sample report on ethical and legal issues.
Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, Whiteboard/Smart Board, Marker, Duster.	
Tools, Equipment and Other Requirements	
PPE, Hand Wash area, sink, towel, different color of bins etc	

Module 20: Basic Life Support

Mapped to: HSS/N9617

Terminal Outcomes:

- Perform CPR in medical emergency situations, as and when required.

Duration: 10:00	Duration: 10:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Describe identification of cardiac arrest • Understand Principles of basic life support (Adult chain of survival, CABDs of giving CPR) • Describe the correct protocol of chest compression, ventilation and assessment steps • Differentiate the single rescuer and two rescuer CPR • Describe the conditions when choking occurs • Describe the protocol of giving life support during choking 	<ul style="list-style-type: none"> • Demonstrate the correct technique of CPR. • Demonstrate the correct technique of abdominal thrust and CPR during chocking.
Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, Whiteboard/Smart Board, Marker, Duster.	
Tools, Equipment and Other Requirements	
CPR nursing manikin, Ambu bag with mask adult, torch, physical restraints	

Module 21: Institutional Emergencies, Fire safety and & security

Mapped to: HSS/N9617,

Terminal Outcomes:

- Respond to institutional emergencies safely and appropriately
- Perform Basic Life Support or basic first aid in medical emergency situations, as and when required

Duration: 10:00	Duration: 10:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Learn to be initiated in case of fire • Describe how to use fire extinguisher • Understand suspicious behaviour of individuals and tracking the same • To apply appropriate intervention in case of Institutional Emergencies 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 usage of hospital emergency codes and basic fire safety in a mock drill depicting an institutional emergency. • Demonstrate the correct technique of using fire extinguisher.
Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, Whiteboard/Smart Board, Marker, Duster.	
Tools, Equipment and Other Requirements	
Emergency Codes, fire extinguisher, charts to display, deviation from normal health condition (sign & symptoms)	

Module 22: Safety and First Aid

Mapped to: HSS/N9617

Terminal Outcomes:

- Apply the standard protocols of providing first aid.
- Respond to institutional emergencies appropriately.

Duration: 10:00	Duration: 10:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Describe common emergency conditions and what to do in medical emergencies • Describe basics of first aid • To develop understanding and precautions to ensure self- safety • Provide care to the patients while moving & transferring • Demonstrate the use of protective devices (restraints, safety devices) • Describe the process of bandaging & hot & cold application • To apply 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. • To seek for assistance from appropriate authority in a timely manner 	<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. • 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	
Nursing Manikin, Torch, Stretcher, cot, scoop, wheelchair, First Aid kit	

Module 23: Infection Control and Prevention

Mapped to: HSS/N9618,

Terminal Outcomes:

- Develop techniques of self-hygiene
- Apply infection control policies and procedures during daily activities

Duration: 10:00	Duration: 10:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Identification of deviation from normal health • Explain the management of different types of spillages and their management • Explain the types of Hand Hygiene: Infection Control/Exposure Control/ PPE • Describe hospital/ emergency borne infections. • Explain the process of Sterilization and Disinfection of Patientcare/Rooms • Explain the practices to curb infection. • Explain the process of prevention and treatment of needle stick injury 	<ul style="list-style-type: none"> • Demonstrate the steps of spill management. • Demonstrate the procedures of hand hygiene. • Demonstrate the process of donning and doffing of PPE.
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 24: Personal Hygiene

Mapped to: HSS/N9618,

Terminal Outcomes:

- Develop techniques of self-hygiene
- Demonstrate the correct technique of donning and doffing of PPE.

Duration: 10:00	Duration: 15:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • To develop understanding of the concept of Healthy Living • To develop understanding & procedures of Hand Hygiene to prevent cross infection including effective hand washing to include; social and clinical techniques • To develop techniques of Grooming of elderly • To be equipped with Techniques of Use of PPE: the need for and types • To be vaccinated against common infectious diseases: immunisation to reduce the health risks for self, patients. • Understanding of Mandated, Highly Recommended, and Other Vaccines for Healthcare Personnel Workers 	<ul style="list-style-type: none"> • Demonstrate the correct technique of hand hygiene • Demonstrate the correct technique of donning and doffing of PPE • Prepare a chart of use of different PPE.
Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, Whiteboard/Smart Board, Marker, Duster.	
Tools, Equipment and Other Requirements	
PPE, Hand Wash area, sink, towel, different color of bins etc	

Module 25: Bio Medical Waste Management

Mapped to: HSS/N9618,

Terminal Outcomes:

- Dispose of different types of biomedical waste in appropriate color coded bins/containers.
- Apply local guidelines of biomedical waste disposal system during daily activities.

Duration: 10:00	Duration: 05:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • To gain understanding of importance of proper and safe disposal of bio- medical waste & treatment • To gain understanding of categories of bio- medical waste • To learn about disposal of bio-medical waste – colour coding, types of containers, transportation of waste, etc. • To gain broad understanding of standards for bio-medical waste and treatment 	<ul style="list-style-type: none"> • Segregate the biomedical waste applying the local guidelines. • Create a chart depicting different types of biomedical waste and various types of colour coded bins/containers used for disposal of biomedical waste. • Prepare a report on the observations from field assignment about the structure of transportation and treatment of biomedical waste.
Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, Whiteboard/Smart Board, Marker, Duster.	
Tools, Equipment and Other Requirements	
Different coded color bins, chart for color coding of bins Visit to biomedical waste treatment plant for field assignment	

Module 26: Employability Skills (60 hours)
Mapped to DGT/VSQ/N0102: Employability Skills (60 Hours)

Mandatory Duration: 60:00			
Location: On-Site			
S.N o.	Module Name	Key Learning Outcomes	Duration (hours)
1.	Introduction to Employability Skills	<ul style="list-style-type: none"> Discuss the Employability Skills required for jobs in various industries. List different learning and employability related GOI and private portals and their usage. 	1.5
2.	Constitutional values - Citizenship	<ul style="list-style-type: none"> Explain the constitutional values, including civic rights and duties, citizenship, responsibility towards society and personal values and ethics such as honesty, integrity, caring and respecting others that are required to become a responsible citizen. Show how to practice different environmentally sustainable practices. 	1.5
3.	Becoming a Professional in the 21st Century	<ul style="list-style-type: none"> Discuss importance of relevant 21st century skills. Exhibit 21st century skills like Self-Awareness, Behavior Skills, time management, critical and adaptive thinking, problem-solving, creative thinking, social and cultural awareness, emotional awareness, learning to learn etc. in personal or professional life. Describe the benefits of continuous learning. 	2.5
4.	Basic English Skills	<ul style="list-style-type: none"> Show how to use basic English sentences for every day conversation in different contexts, in person and over the telephone. Read and interpret text written in basic English Write a short note/paragraph / letter/e -mail using basic English. 	10
5.	Career Development & Goal Setting	<ul style="list-style-type: none"> Create a career development plan with well-defined short- and long-term goals. 	2
6.	Communication Skills	<ul style="list-style-type: none"> Demonstrate how to communicate effectively using verbal and nonverbal communication etiquette. Explain the importance of active listening for effective communication. Discuss the significance of working collaboratively with others in a team. 	5
7.	Diversity & Inclusion	<ul style="list-style-type: none"> Demonstrate how to behave, communicate, and conduct oneself appropriately with all genders and PwD. Discuss the significance of escalating sexual harassment issues as per POSH act. 	2.5
8.	Financial and Legal Literacy	<ul style="list-style-type: none"> Outline the importance of selecting the right financial institution, product, and service. Demonstrate how to carry out offline and online financial transactions, safely and securely. List the common components of salary and compute 	5

		income, expenditure, taxes, investments etc. <ul style="list-style-type: none"> Discuss the legal rights, laws, and aids. 	
9.	Essential Digital Skills	<ul style="list-style-type: none"> Describe the role of digital technology in today's life. Demonstrate how to operate digital devices and use the associated applications and features, safely and securely. Discuss the significance of displaying responsible online behavior while browsing, using various social media platforms, e-mails, etc., safely and securely. Create sample word documents, excel sheets and presentations using basic features. Utilize virtual collaboration tools to work effectively. 	10
10.	Entrepreneurship	<ul style="list-style-type: none"> Explain the types of entrepreneurship and enterprises. Discuss how to identify opportunities for potential business, sources of funding and associated financial and legal risks with its mitigation plan. Describe the 4Ps of Marketing-Product, Price, Place and Promotion and apply them as per requirement. Create a sample business plan, for the selected business opportunity. 	7
11	Customer Service	<ul style="list-style-type: none"> Describe the significance of analyzing different types and needs of customers. Explain the significance of identifying customer needs and responding to them in a professional manner. Discuss the significance of maintaining hygiene and dressing appropriately. 	5
12	Getting Ready for Apprenticeship & Jobs	<ul style="list-style-type: none"> Create a professional Curriculum Vitae (CV). Use various offline and online job search sources such as employment exchanges, recruitment agencies, and job portals respectively. Discuss the significance of maintaining hygiene and confidence during an interview. Perform a mock interview. List the steps for searching and registering for apprenticeship opportunities. 	8

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.

Mandatory Duration: 780

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 skill and capacities in counseling and management of age care institutions.

Annexure

Trainer Requirements

Trainer Prerequisites						
Minimum Educational Qualification	Specialization	Relevant Industry Experience		Training Experience		Remarks
		Years	Specialization	Years	Specialization	
Medical Graduate	MBBS/BAMS/BHMS /BUMS	1	1 Experience working with geriatrics	1		
PhD	Nursing	1	1 Experience working with geriatrics	1		
M. Sc.	Nursing	1	1 Experience working with geriatrics	1		
B.Sc.	Nursing/Post Basic Bsc Nursing	2	2 Experience working with geriatrics	1		
Diploma	General Nursing and Midwife (GNM)	3	3 year experience working with the home set up/Old Age Home)	1		
Trainer Certification						
Domain Certification				Platform Certification		
Certified for Job Role: "Geriatric Care Assistant" mapped to QP HSS/Q6001 v2.0" with minimum score of 80%.				Recommended that the Trainer is certified for the Job Role: "Trainer", mapped to the Qualification Pack: "MEP/Q2601" with minimum score of 80%.		

Assessor Requirements

Assessor Prerequisites						
Minimum Educational Qualification	Specialization	Relevant Industry Experience		Training/Assessment Experience		Remarks
		Years	Specialization	Years	Specialization	
Medical Graduate	MBBS/BAMS/BHMS/BUMS	2	Experience working with geriatrics	2		
PhD	Nursing	2	Experience working with geriatrics	2		
M. Sc.	Nursing	2	Experience working with geriatrics	2		
B.Sc.	Nursing/Post Basic Bsc Nursing	3	Experience working with geriatrics	2		
Diploma	General Nursing and Midwife (GNM)	4	4 year experience working with the home set up/Old Age Home)	3		

Assessor Certification

Domain Certification	Platform Certification
Certified for Job Role: "Geriatric Care Assistant" mapped to the Qualification Pack: "HSS/Q6001 v2.0" with minimum score of 80%.	Recommended that the Assessor is certified for the Job Role: "Assessor", mapped to the Qualification Pack: "MEP/Q2701 v1.0" 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	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