



Model Curriculum

QP Name: Home Health Aide

QP Code: HSS/Q5102

QP Version: 4.0

NSQF Level: 3.5

Model Curriculum Version: 1.0

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Training Parameters

Sector	Healthcare
Sub-Sector	Allied Health & Paramedics
Occupation	Patient Care Services
Country	India
NSQF Level	3.5
Aligned to NCO/ISCO/ISIC Code	NCO-2015/2240.0400
Minimum Educational Qualification And Experience	11 th Grade Pass or 10 th Grade pass with 1.5 years relevant experience or 8th grade pass with 4.5 years relevant experience or Previous relevant qualification of NSQF level 3 with 1.5-year relevant experience
Pre-Requisite License or Training	Not Applicable
Minimum Job Entry Age	18 Years
Last Reviewed On	12/03/2026
Next Review Date	12/03/2029
NSQC Approval Date	12/03/2026
QP Version	4.0
Model Curriculum Creation Date	12/03/2026
Model Curriculum Valid Up to Date	12/03/2029
Model Curriculum Version	1.0
Minimum Duration of the Course	600 Hrs.
Maximum Duration of the Course	600 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 the role and responsibilities of a Home Health Aide.
- Provide care pertaining to hygiene and grooming at home setting.
- Maintain proper body mechanics while handling the patient.
- Ensure patient safety while carrying out procedures.
- Support patients with diverse needs such as geriatric/paralytic/ immobile patient in implementation of their care plan.
- Apply infection control measures and dispose biomedical waste according to the standard protocols.
- Assist in maintaining nutrition and hydration and elimination needs.
- Prepare patient unit.
- Demonstrate the ability to perform clinical skills, essential in providing basic healthcare services.
- Promote safety, understand the usage of protective devices and demonstrate precautions to be taken while using oxygen devices.
- Demonstrate professional behavior, personal qualities and characteristics of Home Health Aide
- Demonstrate Basic Life Support and other skills evident in medical emergencies.
- Communicate clearly, accurately, and professionally.
- Performing patient care activities by rendering sound knowledge of the type of patients of the specific department.

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/N5142: Assist patient in bathing, dressing up and grooming in home settings	55:00	25:00	55:00	00:00	135:00
Module 1: Introduction to the healthcare system	20:00	05:00	15:00	00:00	50:00
Module 2: Broad Functions of Home Health Aide	10:00	10:00	15:00	00:00	35:00
Module 3: Bathing, grooming and dressing up a patient	25:00	10:00	25:00	00:00	60:00

HSS/N5104: Support individuals to eat and drink	35:00	25:00	30:00	00:00	90:00
Module 4: Introduction to human anatomy and physiology	10:00	10:00	15:00	00:00	35:00
Module 5: Nutrition and hydration	25:00	15:00	15:00	00:00	55:00
HSS/N5105: Assist patient in maintaining normal elimination	20:00	10:00	15:00	00:00	45:00
Module 6: Elimination needs	20:00	10:00	15:00	00:00	45:00
HSS/N5136: Support patients with diverse needs in coping up with their health conditions	25:00	15:00	05:00	00:00	45:00
Module 7: Therapeutic Communication with patient at home	25:00	15:00	05:00	00:00	45:00
HSS/N5137: Implement the interventions planned for patients with diverse needs	45:00	30:00	45:00	00:00	120:00
Module 8: Principles of body mechanics and ergonomics	25:00	15:00	20:00	00:00	60:00
Module 9: Care plan implementation and fall Prevention	20:00	15:00	25:00	00:00	60:00
HSS/N6008: Support geriatrics as a companion while promoting Rehabilitation, Yoga, Exercise	30:00	15:00	30:00	00:00	75:00
Module 10: Companionship	10:00	10:00	10:00	00:00	30:00
Module 11: Consent, observing, Reporting and documentation	10:00	05:00	20:00	00:00	35:00
HSS/N9620: Comply with infection control and biomedical waste disposal policies	15:00	15:00	00:00	00:00	30:00
Module 12: Infection Control and Prevention	05:00	05:00	00:00	00:00	10:00
Module 13: Personal Hygiene	05:00	05:00	00:00	00:00	10:00
Module 14: Bio Medical Waste management	05:00	05:00	00:00	00:00	10:00
HSS/N9624: Maintain a safe and secure working environment	05:00	05:00	20:00	00:00	30:00
Module 15: Maintain conducive Environment in Emergency Situations	02:00	03:00	00:00	00:00	15:00
Module 16: Basic Life Support and First Aid	03:00	02:00	00:00	00:00	15:00

Total	230:00	140:00	200:00	00:00	580:00
Module 17: Employability Skills (30 Hours): DGT/VSQ/N0101	30:00	00:00	00:00	00:00	30:00
Total	260:00	140:00	200:00	00:00	600:00

Module Details

Module 1: Introduction to the healthcare system

Mapped to: HSS/N5133,

Terminal Outcomes:

- Describe the basic structure and function of healthcare delivery system in India.

Duration: 20:00	Duration: 05:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
Introduction to healthcare delivery system - Identify the healthcare delivery system in India. - Discuss about Home Service Providers and their functioning - Differentiate the various types of healthcare organization based on objective, size or scope of service/s offered. - Discuss different types of hospital departments and comprehensive services offered. - Discuss different types of departments related to support services and comprehensive services offered such as Kitchen, Mortuary, CSSD, Nursing Station, Store, Medical Store etc. - List the appropriate use of related medical terminology in daily activities with colleagues and work area.	Visit to various departments of the hospital for field assignment.
Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster,	
Tools, Equipment and Other Requirements	
Visit to various healthcare settings for field assignment	

Module 2: Broad Functions of Home Health Aide

Mapped to: HSS/N5133,

Terminal Outcomes:

- Describe the key roles and responsibilities of a Home Health Aide (HHA).

Duration: 10:00	Duration: 10:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
- Explain the functions to be performed by an HHA in a home setting - List down the roles and responsibilities that are included in the scope of an HHA - Discuss the dos and don'ts depicting roles and responsibility of a home health aide. - Explain various methods to ensure patient comfort and safety - Describe the importance of adhering to professional and personal etiquette while carrying out care activities - Explain the significance of safety protocols and emergency numbers deployed in home care settings as per organizational policies and protocols	Prepare a chart depicting roles and responsibilities of a Home Health Aide.
Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster	
Tools, Equipment and Other Requirements	
3D models of human body and accessory organs, model human skeletal system, organ specimen, medical equipment's like Sphygmomanometer, Thermometer, weighing machine, stethoscope, ECG etc.	

Module 3: Bathing, Grooming and Dressing up a patient.

Mapped to: HSS/N5133,

Terminal Outcomes:

- Demonstrate the types and techniques of Bed Bath.
- Demonstrate the technique of dressing up a patient.
- Demonstrate the techniques of Nail, Hair, Eye, Oral and Back care.

Duration: 25:00	Duration: 10:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
Introduction to patient rights: • Describe importance of patient rights in home care settings. • Understand the role of HHA for compliance of patients' rights as per his scope of work. • Discuss the escalation matrix in case of deviation. • Describe necessary arrangements to ensure patient safety and comfort in home environment. • Discuss patient's right to privacy and confidentiality Patients' Environment: • Discuss Patient's right to safe, clean and supportive environment. • Explain the importance of cleanliness at the workplace. • Discuss the importance of maintaining congenial temperature, humidity, odor of patient's environment. • List uses of various means of maintaining privacy (like curtains, locking the door, etc.) • Discuss the importance of sensitivity to culture, gender, age, preferences of the patient. • Discuss the importance of avoiding unnecessary physical touch while providing care. • Discuss importance of encouraging patients to do as much as possible to promote independence. • Discuss how to raise the alarm if any warning sign is identified. • Discuss various type of equipment used for patient care in home environment. • Explain the limitations and use of low-resources settings. • Discuss how and when to take help of family members Bathing, grooming and dressing up a patient • Explain the importance of bathing and its types such as (Bed bath, sponge bath, Sitz bath) • Enumerate points to observe during bathing which need to be reported. • Identify the need of after bath care to the patient. • Understand the importance of providing care to private body parts of patient.	Bathing, grooming and dressing up a patient • Demonstrate the correct technique of bed bath. • Demonstrate the correct techniques of oral, nail, hair, eye and back care • Demonstrate the technique of position changing of a patient. • Demonstrate the technique of donning and doffing of clothes. • Demonstrate the technique of dressing up a patient. Alarming signs: • Demonstrate the role play on raising the alarm. • Prepare a chart on HAPI (Hospital-Acquired Pressure Injury) and CAPI (Community-Acquired Pressure Injury)

- Understand about HAPI (Hospital-Acquired Pressure Injury) and CAPI (Community-Acquired Pressure Injury)
- List early signs of pressure injuries/ bed sores.
- Explain the causes and prevention measures of pressure injuries (bed sores).
- Discuss the standard precautions and protocols to be followed during grooming of the patient (like shaving, oral hygiene, eye care, hair care and cutting nails, etc.), as per the condition and comfort of the patient.
- Explain the special considerations to be taken care of during oral hygiene in case of dentures and unconscious patients.
- Explain the proper technique of dressing up a patient in different scenarios.
- Discuss the importance of showing patient how they look after the grooming task is finished.

Classroom Aids:

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

Tools, Equipment and Other Requirements

Hygiene trays, Nail care tray, hair care tray, oral care tray, eye care tray, linen, patient clothes, towel, face towel, gloves, basins, water, etc.

Module 4: Introduction to Human Anatomy and Physiology

Mapped to: HSS/N5104,

Terminal Outcomes:

- Describe basic structure and function of the human body.

Duration: 10:00	Duration: 10:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
Overview of the Human Body - Basic understanding of the major systems of the human body (e.g., respiratory, circulatory, musculoskeletal, nervous, digestive, reproductive, genitourinary and endocrine) and their primary functions. - Understand basic anatomy and physiology of body systems. - Understand about various body positions and alignments.	- Identify various body parts/organs using 3D models of human organ system. - Demonstrate body positions and alignments.
Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster.	
Tools, Equipment and Other Requirements	
3Dmodels of human body and accessory organs, model human skeletal system, organ specimen	

Module 5: Nutrition and Hydration

Mapped to: HSS/N5104,

Terminal Outcomes:

- Demonstrate the techniques of oral feeding.
- Determine the importance of Nutrition and Hydration at home.

Duration: 25:00	Duration: 15:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
• Explain the concept of nutrition and balanced diet. • Discuss about Food Pyramid. • Differentiate between various types of diets such as solid diet, semi solid diets and liquid diets, etc. • Discuss the process of meal serving to the patient in home care settings. • List various signs of discomfort while feeding the patient such as signs of choking. • Explain the process of reporting an event of choking or aspiration to a senior healthcare professional immediately. • Discuss the principles of hygiene while assisting patients in feeding and drinking. • Discuss the significance of monitoring intake and output.	• Prepare a chart on balanced diet. • Demonstrate the correct technique of oral feeding. • Identify the components of a sample chart on intake and output of a patient and perform a class discussion on outcomes from the same.
Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster, B	
Tools, Equipment and Other Requirements	
Cutlery, food, water, tray, napkin, ryles tube, syringe, kidney tray, face towel, gloves etc	

Module 6: Elimination Needs

Mapped to: HSS/N5105,

Terminal Outcomes:

- Demonstrate the correct technique of using bedpan, urinal, and diaper for bedridden patients.

Duration: 20:00	Duration: 10:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
• Differentiate care plan activities in patients with urine and bowel incontinence and urinary catheter. • Discuss the method to discard the consumables related to elimination needs • List the importance of color and texture change of urine and stool. • Explain the usage of various consumables used in elimination needs such as adult diapers, bedpan, urinal, commode etc. • Explain the process of safely assisting a mobile patient to the toilet. • Discuss the importance of various methods of caring for elimination needs. • Discuss the principles of hygiene and sanitation while assisting patient in elimination needs.	• Demonstrate the correct technique of using bedpan, urinal, commode and diaper for bedridden patients. • Prepare a chart depicting changes in colour and texture of urine and stool and its underlying causes.
Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, Whiteboard/Smart Board, Marker, Duster.	
Tools, Equipment and Other Requirements	
Bed pan, Urinal, gloves, Adult diaper, draw sheet, under pads, dustbin, urobag, etc	

Module 7: Therapeutic Communication with patients at home

Mapped to: HSS/N5136,

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: 25:00	Duration: 15:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
• Understand the importance of establishing therapeutic communication with patients and his/her significant others. • Understand the importance of attitude building with dignity, privacy, integrity, sensitivity to age, gender, religious beliefs, etc. • Ensure that the patient and their careers are made to feel comfortable, and that they understand that their needs are important and are being addressed. • Discuss with patients and their carers their own role and responsibilities for the care of the patient. • Describe how to demonstrate empathy when interacting with patients and their families who may be experiencing distress or anxiety. • Explain the key components of active listening and how to apply them effectively in communication with patients and colleagues. • Discuss the importance of maintaining courtesy and respectful communication in all interactions • Identify any communication differences that exist and try to address them. • Discuss the common doubts, query and concerns of patients and their acquaintances with them and how to handle the query or escalate to supervisor in case of further doubt • Understand the importance of providing the emotional and psychological support and companionship	• Demonstrate the use of reading and writing skills in written communication. • Demonstrate basic telephone and email etiquettes. • Demonstrate the use of various types of communication like verbal nonverbal and therapeutic through role play. • Role-play activities where participants practice using therapeutic communication techniques in home care scenarios.
Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, Whiteboard/Smart Board, Marker, Duster.	
Tools, Equipment and Other Requirements	
Sample of consent forms	

Module 8: Principles of body mechanics and ergonomics

Mapped to: HSS/N5137,

Terminal Outcomes:

- Explain the use of correct body mechanics and different positions to prevent any injury to self and patient.
- Explain the importance of positioning in the treatment and recovery of patient.
- Demonstrate the use of assisted devices like wheelchairs, stretchers, walkers, crutches and canes in the mobility and transportation of patients.

Duration: 25:00	Duration: 15:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
● Describe the principles of proper body mechanics to carry out patient activities for proper ergonomics. ● Describe active and passive exercises. ● Discuss the risk factors and considerations in faulty body postures. Positioning ● Explain the importance of positioning of a patient. ● Explain various types of positions and postures (supine, prone, semi fowler, fowler, lithotomy, lateral, Sims, Trendelenburg, Knee-chest, Kidney position, Jackknife, side-lying). ● Discuss the dos and don'ts /role of HHA performing and maintaining the positions. ● List various kinds of means available for transferring patients in the home settings ● Describe care to be taken while transferring patient ● Explain usage of wheelchair, shifting of patient from bed to wheelchair and wheelchair to bed ● Discuss the importance of assisting patients with transportation to medical appointments or hospital visits.	● Perform a class activity on identifying incorrect and correct body postures. ● Demonstrate the various types of positions like supine, left lateral, lithotomy, fowlers etc.in skill lab. ● Demonstrate usage of wheelchairs, stretchers, shifting of patient from bed to stretcher, stretcher to operation theatre table etc., and in special situations. ● Demonstrate usage of assisted devices like walkers, cane, crutches etc. while walking the patient.
Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, Whiteboard/Smart Board, Marker, Duster.	
Tools, Equipment and Other Requirements	
Nursing manikin, bed, chair, bed, wheelchair, stretcher, cane, crutches, walker, operation table etc	

Module 9: Care Plan implementation and fall prevention.

Mapped to: HSS/N5137,

Terminal Outcomes:

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

Duration: 20:00	Duration: 15:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
● Discuss the process of implementing a care plan keeping patient's safety in consideration ● Discuss the steps to collect routine samples of stool, urine and sputum in the home settings. ● Explain the need to assist for medical reminders as per basic prescribed medicines under guidance of family members. ● Discuss the importance of assisting in nebulization, steam inhalation, hot/cold compress, inhaler etc. ● Enumerate the equipment necessary for implementing the care plan ● Discuss any concerns of the patient while applying the interventions ● Discuss the usage of air mattresses. ● Discuss the progress of the care plan with the patient and acquaintances ● Explain the significance of ensuring privacy and dignity of the patient ● Describe action in event of a fall incident ● Explain the use of protective devices (including comfort device, assistive device) ● Describe care to be taken to avoid falling in high-risk patients such as patients with altered sensorium, epileptic patients etc. ● Discuss the usage of physical restraints to prevent fall or injury after obtaining consent from healthcare provider/carer's ● Explain home bed making, spill management especially in incontinence of urine and stool or vomiting ● Explain the significance of self-care of HH by practicing yoga and meditation for self to promote self-relaxation and make oneself stress free.	● Demonstrate the usage of Comfort devices, Assistive devices, mobility devices ● Demonstrate the usage of air mattresses. ● Demonstrate the use of physical restraints with valid consent to prevent fall or injury. ● Apply the use of side rails in bed to prevent fall. ● Demonstrate home bed making, spill management especially in incontinence of urine and stool or vomiting.
Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, Whiteboard/Smart Board, Marker, Duster.	
Tools, Equipment and Other Requirements	
Manikin, bed, air mattress, rubber sleepers, restraints, bandages, etc	

Module 10: Companionship

Mapped to: HSS/N6008,

Terminal Outcomes:

- Explain the significance of being a companion for a patient in home care settings.

Duration: 10:00	Duration: 10:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
• Explain the concept of Companionship and Socialization. • Discuss the importance of Caring, kind and being compassionate. • Understanding patience and empathetic behavior. • Importance of Companionship while assisting with Shopping, Transportation to Appointments, Meal Preparation or Planning, Light Housekeeping and Laundry. • Discuss 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 identifying 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 patient including strategies for ensuring home safety (Labelling, Faucets, Door Lock, uncluttered, walkways etc.	• 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.
Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster	
Tools, Equipment and Other Requirements	
Visit to Senior Citizen Home care, Stretcher, mannequins, cots, patient safety measures tools, wheelchair, side rails, assisted devices	

Module 11: Consent, Observing, Reporting and Documentation

Mapped to: HSS/N6008,

Terminal Outcomes:

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

Duration: 10:00	Duration: 05:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
• Discuss the importance of observing changes in patients' overall condition and reporting to healthcare provider and carer's • Discuss the importance of home service providers, their reporting and recording formats • Describe how to report to healthcare team changes in patients' overall condition • Discuss the importance of keeping track of patients' vital signs, temperature, and respiration, and provide updates on their condition to healthcare team regularly • Define the scope of practice for HHA in observing and reporting. • Explain the use and importance of records and reports. • Describe how to keep records of patient care and document the services provided. • Explain various types of records of importance for HHA. • Explain the essential components of various records and the method of their documentation and retrieval. • Explain the importance of observing and reporting the conditions of patients as well as taking verbal consent while assisting the patient.	• Enter data in various forms and formats according to the standard guidelines. • Create a sample set of documents to record procedure related information of client. • Demonstrate how to compile all the relevant information in sample formats necessary to create a database of clients.
Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, Whiteboard/Smart Board, Marker, Duster.	
Tools, Equipment and Other Requirements	
Sample formats of reports and documents, various forms of consent	

Module 12: Infection Control and Prevention

Mapped to: HSS/N9620,

Terminal Outcomes:

- Apply infection control policies and procedures during daily activities

Duration: 05:00	Duration: 05:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
• Identify deviation from normal health • Understand management of different types of spillages and their management. • Understanding hand hygiene: infection control/exposure control/Standard precautions of PPE. • Understand prevention and treatment of needle stick and sharp injury. Importance of Infection control • Describe the importance of infection control and prevention. • List strategies for preventing transmission of pathogenic organisms. • Describe the nosocomial infections. • Explain the importance of incident reporting. • Understand the standard precautions. Immunization and vaccination • Explain the concept of immunization. • Explain various vaccinations against common infectious diseases.	• 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 13: Personal Hygiene

Mapped to: HSS/N9620,

Terminal Outcomes:

- Develop techniques of self-hygiene.

Duration: 05:00	Duration: 05:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
• Develop understanding of the concept of Healthy Living • Develop understanding & procedures of Hand Hygiene • Develop techniques of self-grooming and maintenance. • Discuss how to develop a self-grooming and maintenance plan focused on preventing and managing look, touch, feel and body odor. • Equip with techniques of use of PPE: the need for and types • Vaccinate against common infectious diseases: immunization to reduce the health risks for self, patients. • Understand mandated, highly recommended, and other vaccines for healthcare personnel workers. • Demonstrate the understanding on Pressure Ulcer and its effects. Hand hygiene and Personal protective equipment • Describe the hand-hygiene guidelines and procedures used in healthcare settings. • Explain the importance of using Standards precautions • List the types of Standards precautions. • Describe the process of wearing and removing each of Standard's precautions.	• Demonstrate the procedures of hand hygiene. • Demonstrate the process of donning and doffing. • Play a role play on the importance of vaccination against common infectious diseases. • Demonstrate the steps of spill management.
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: Bio Medical Waste Management

Mapped to: HSS/N9620,

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: 05:00	Duration: 05:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
Categorize of different types of waste • Categorize the different types of biomedical waste. • Explain the importance and mechanism of proper and safe disposal, transportation and treatment of bio-medical waste. Importance of color-coded bins • Identify the various types of color-coded bins/containers used for disposal of biomedical waste. • Explain the importance of following local guidelines of biomedical waste disposal.	• Segregate biomedical waste applying the local guidelines. • Create a chart depicting different types of biomedical waste and various types of color 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 15: Maintain conducive Environment in Emergency Situations

Mapped to: HSS/N9624,

Terminal Outcomes:

- Encourage for safety at workplace.
- Follow safety protocols at workplace.
- Perform Basic Life Support or basic first aid in medical emergency situations, as and when required.
- Respond to institutional emergencies safely and appropriately.

Duration: 02:00	Duration: 03:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
• Describe things necessary to make the patient feel safe and comfortable • Describe the impact of comfort on one's health. • Describe the importance and methodology of cleanliness, and hygiene environment. • Describe variation of patient's environment according to settings: road, home, ambulance, hospital, etc. Introduction to institutional emergencies • Definition of types of institutional emergencies. • Understand the importance of preparedness and response planning. • Discuss how to identify hospital emergency codes and understand how to raise the code blue. • Apply standard procedures to be followed in case of institutional emergencies. • Explain the use of protective devices such as restraints and safety devices. Fire safety management • Understanding fire hazards in healthcare settings - Common causes of fire in hospitals. - Fire prone areas (ICUs, Operation theaters, Labs, Electrical panels etc.). • Describe Fire prevention measures - Safe handling of flammable materials. - Proper use and maintenance of electrical equipment. • Fire safety equipment and procedures - Fire extinguisher types and usages. - Fire alarm and sprinkler system. - emergency exit and evacuation routes. Fire evacuation plan & patient safety - Ensuring safe patient evacuation (including bedridden and critical patients). - Coordination with fire safety officers and hospital staff. - Assisting in patient relocation and communication. Security management in healthcare institutions • Importance of security in hospitals - Protecting patients' staff and visitors. - Preventing unauthorized access. • Role of Individual in security - Assisting in patient identification and visitors' management. - Reporting suspicious activities or security threats.	• Demonstrate usage of hospital emergency codes and basic first aid in a mock drill depicting an institutional emergency. • Create a chart depicting different types of protective devices such as restraints and safety devices. • Demonstrate managing a fire evacuation scenario.

Classroom Aids:

Charts, Models, Video presentation, Flip Chart, Whiteboard/Smart Board, Marker, Duster.

Tools, Equipment and Other Requirements

Fire extinguisher, evacuation plan, hospital directory.

Module 16: Basic Life Support and First Aid

Mapped to: HSS/N9624,

Terminal Outcomes:

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

Duration: 03:00	Duration: 02:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
Introduction • Describe common emergency conditions and what to do in medical emergencies. Identification of cardiac arrest • Describe identification of cardiac arrest. • Understand Principles of basic life support (Adult chain of survival, CABDs of giving CPR). Cardiopulmonary resuscitation and First Aid • 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 while choking. • Explain the basics of first aid. • Identify precautions to take for personal safety. • Perform basic life support (BLS) as and when required.	• Demonstrate the correct technique of CPR. • Demonstrate the correct technique of chest compression and ventilation with single rescuer and two rescuers. • Demonstrate the correct technique of abdominal thrust and CPR during choking. • Demonstrate the hands on assisting a patient who has fainted in a waiting area. • Perform a role play on responding to a minor burn injury in the hospital premises.
Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, Whiteboard/Smart Board, Marker, Duster.	
Tools, Equipment and Other Requirements	
Crash cart trolley, first aid box, CPR nursing manikin, Ambu bag with mask adult, torch, physical restraints, fire extinguisher.	

Module 17: Employability Skills

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

Mandatory Duration: 30:00			
Location: On-Site			
S.N o.	Module Name	Key Learning Outcomes	Duration (hours)
1.	Introduction to Employability Skills	Discuss the importance of Employability Skills in meeting the job requirements.	1
2.	Constitutional values - Citizenship	- 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	- 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	Use appropriate basic English sentences/phrases while speaking.	2
5.	Communication Skills	- Demonstrate how to communicate in a well-mannered way with others. - Demonstrate working with others in a team.	4
6.	Diversity & Inclusion	- 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	- 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	- Show how to operate digital devices and use the associated applications and features, safely and securely. - Discuss the significance of using the internet for browsing, accessing social media platforms, safely and securely.	3
9.	Entrepreneurship	Discuss the need for identifying opportunities for potential business, sources for arranging money and potential legal and financial challenges.	7
10.	Customer Service	- 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	- Create a biodata. - Use various sources to search for 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

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

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

Mandatory Duration: 180:00

Module Name: On-the-Job Training

Location: On Site

Terminal Outcomes

- Demonstrate the correct technique of bed bath.
- Demonstrate the correct techniques of oral, nail, hair, and eye care
- Demonstrate the steps of back care.
- Demonstrate the technique of position changing of a patient.
- Demonstrate the technique of donning and doffing of clothes
- Demonstrate the technique of dressing up a patient
- Demonstrate the usage of Comfort devices, Assistive devices, mobility devices
- Demonstrate the usage of air mattresses.
- Demonstrate the use of physical restraints to prevent fall or injury.
- Apply the use of side rails in bed to prevent fall.
- Demonstrate the correct technique of measuring Height, Weight
- Demonstrate the correct technique of cleaning and managing the spill on the floor
- Prepare a sample report on patients' records
- Demonstrate the correct technique of bed making.
- Demonstrate preparation of an empty bed, occupied bed and room after discharge etc.
- Prepare room/unit for admission and discharge procedure.
- Demonstrate the different methods of sterilizing different types of equipment, tools, and instruments.
- Demonstrate the different types of disinfection processes as required for surfaces, equipment, soiled linen, and materials.
- Demonstrate the method of disposal of consumable items according to the hospital protocols.
- Demonstrate managing Last Offices including preparing and packing body
- Demonstrate the steps of spill management.
- Demonstrate the procedures of hand hygiene.
- Demonstrate the process of donning and doffing of PPE.
- Select different types of waste and various types of colour coded bins/containers used for disposal of waste.
- Demonstrate the technique of Basic Life Support and Chain of survival.

Annexure

Trainer Requirements

Trainer Prerequisites						
Minimum Educational Qualification	Specialization	Relevant Industry Experience		Training Experience		Remarks
		Years	Specialization	Years	Specialization	
Medical Graduate	(MBBS, BAMS, BHMS)	1	working experience with the home set up			
PhD	Nursing	1	working experience with the home set up			
B.Sc. (Nursing)/ Post Basic B.Sc. Nursing	Nursing	1	working experience with the home set up			
GNM (General Nursing Midwifery)	Nursing	3	working experience with the home set up			

Trainer Certification	
Domain Certification	Platform Certification
Certified for Job Role: "Home Health Aide" mapped to the Qualification Pack: "HSS/Q5102 v4.0" 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	
Medical Graduate	(MBBS, BAMS, BHMS)	1		0.5		
Phd	Nursing	1		0.5		
B.Sc. (Nursing)/ Post Basic B.Sc. Nursing	Nursing	1		1		
GNM (General Nursing Midwifery)	Nursing	3		1		

Assessor Certification	
Domain Certification	Platform Certification
Certified for Job Role: "Home Health Aide" mapped to the Qualification Pack: "HSS/Q5102 v4.0" 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 the 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 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