



CARE WORKER

135737

CURRICULUM OF TALLINN HEALTH CARE COLLEGE						
<b>Educational institution</b>		<b>TALLINN HEALTH CARE COLLEGE</b>				
<b>Code of educational institution</b>		70003980				
<b>Curriculum group</b>		Social work and counselling				
<b>Title of the curriculum</b>		<i>HOOLDUSTÖÖTAJA</i>				
<b>Title of the curriculum in English</b>		<b>CARE WORKER</b>				
<b>Title of the curriculum in Russian</b>		<i>РАБОТНИК ПО УХОДУ</i>				
<b>Curriculum code in the Estonian Education Info-System (EHIS)</b>		135737				
<b>INITIAL TRAINING CURRICULUM</b>					<b>CONTINUING TRAINING CURRICULUM</b>	
EKR (EQF) 2	EKR (EQF) 3	EKR (EQF) 4 vocational secondary education	EKR (EQF) 4	EKR (EQF) 5	EKR (EQF) 4	EKR (EQF) 5
			X			
<b>Volume of the curriculum (ECVET)</b>		120 ECVET				
<b>The curriculum is based on:</b>		<ol style="list-style-type: none"> <li>Care worker, level 4 occupational standard (version 11), decision No 15 of Health Care and Social Work Occupational Qualification Council, adopted on 18.12.2019.</li> <li>Vocational Educational Institutions Act, passed 12.06.2013.</li> <li>The Government of Republic of Estonia's decree No 130 on August 26<sup>th</sup>, 2013, Standard of Vocational Education.</li> </ol>				
<b>Aim of the curriculum</b>		The objective of the studies is that the learner will acquire knowledge, skills, attitudes, and values to care for and assist the person in need and for their rehabilitation on the basis on the defined plan, to organise their dignified life and to achieve the highest quality of life that is possible.				
<b>Learning outcomes of the curriculum:</b>		<ol style="list-style-type: none"> <li>Deeply understands the profession and the professional area of care worker and implements the principles, theories, technologies of the professional area in traditional and in new work situations.</li> <li>Completes difficult and various work tasks, and the tasks requiring innovative solutions within their profession and professional area.</li> <li>Is responsible for the completion of their work tasks.</li> <li>Learns and continues educating and guiding oneself independently.</li> <li>Assesses and analyses the level of their knowledge.</li> </ol>				

	<ol style="list-style-type: none"> <li>6. Is able to give a detailed explanation of their point of view, expresses them in new situations, both orally and in written form.</li> <li>7. Uses specific source materials when solving vocational and professional problems, assesses the credibility and validness of the information used.</li> <li>8. Uses self-assessment for changing their behaviour.</li> <li>9. Proposes ways how to improve the results of their work.</li> <li>10. Participates effectively in different teams, is able to lead the teams if necessary.</li> <li>11. Instructs colleagues.</li> <li>12. Is able to understand the role of information technology, options and potential threats.</li> <li>13. Evaluates critically the credibility of the information available.</li> <li>14. Uses computer applications and options on the Internet for personal and work-related purposes.</li> <li>15. Uses support materials in order to create information, present it and to understand it, and uses internet-based search engines and other services.</li> <li>16. Thinks systematically and is creative and is able to assess their ideas critically and to find independent options for carrying them out.</li> <li>17. Initiates, develops and implements the ideas.</li> <li>18. Understands the principles of entrepreneurship.</li> <li>19. Compiles under instruction their own short-term and a long-term career plan.</li> <li>20. Independently finds options how to educate themselves professionally and how to activate themselves on labour market.</li> <li>21. Relates requirements of professional preparation with implementation options at labour market.</li> </ol>
<b>Implementation of the curriculum</b>	Studies are conducted in the form of internal study or distance learning.
<b>Requirements for beginning the studies</b>	<p>Basic education is prerequisite for beginning their studies within care worker curriculum.</p> <p>Admission requirements and rules are determined with the Rules for Student Admissions of Tallinn Health Care College.</p>
<b>Requirements for completing the studies</b>	<p>Care worker's level 4 studies of vocational education are considered as completed when the learner has achieved the learning outcomes that comply with qualification requirements described in the curriculum.</p> <p>Vocational exam is used for assessment of achieving learning outcomes. In case the learner receives negative grade for the vocational exam, alternatively, they have the right to take the professional final exam at the College to complete their studies.</p>
<b>Acquired upon completion of studies</b>	
Qualification:	Care worker, level 4
Partial vocation(s):	none

<b>Specialisations</b>	none
<b>Structure of the curriculum</b>	
Modules of main studies	
<ol style="list-style-type: none"> <li>1. Assistance in Activities of Daily Living and Completing Care Procedures (45 ECVET) <ol style="list-style-type: none"> <li>1.1 Creates safe environment to the person in need considering their care plan.</li> <li>1.2 Plans and completes necessary care activities.</li> <li>1.3 Performs various care activities according to the care plan and/or instructions.</li> <li>1.4 Informs the person in need about healthy nutrition considering their condition, preferences and opportunities, requirements for food hygiene.</li> <li>1.5 Supports in case of grief, considering cultural traditions and ethics.</li> <li>1.6 Gives first aid in case of conditions, accidents and traumas, calls help and gives CPR in case of clinical death.</li> </ol> </li> <li>2. Organisation of Housework (2 ECVET) <ol style="list-style-type: none"> <li>2.1 Records the activities in accordance with the regulations of the organisation, uses working techniques sustainable to the environment and to themselves.</li> <li>2.2 Organises necessary housework according to the contract/care plan, acts according to the instructions in emergency situations.</li> </ol> </li> <li>3. Working with Children (4 ECVET) <ol style="list-style-type: none"> <li>3.1 Notices the problems of children and their families, supports the family with managing their everyday life based on their assistance needs and financial situation.</li> <li>3.2 Supports the development of child's and family's values by including the social network.</li> </ol> </li> <li>4. Working with the Elderly (5 ECVET) <ol style="list-style-type: none"> <li>4.1 Assesses the influence of physical, psychological, and social changes related to ageing of the elderly person, based on their environment and occupational performance.</li> <li>4.2 Notices health problems of the elderly, helps and assists them in coping with their everyday life by supporting and maintaining their occupational performance.</li> </ol> </li> <li>5. Working with People with Special Needs (6 ECVET) <ol style="list-style-type: none"> <li>5.1 Notices the problems deriving from special needs of the person in need, finds appropriate services and allowances and motivates them to complete their goals.</li> <li>5.2 Assists the person in need how to use the assistive device and supports on completing their rehabilitation plan according to the needs and possibilities.</li> </ol> </li> <li>6. Communication and Teamwork (2 ECVET) <ol style="list-style-type: none"> <li>6.1 Chooses appropriate way of communication when socially networking, considering the position, individuality (inc. capabilities) and cultural background of the discussion partner.</li> <li>6.2 Notices problems and a conflict situation and solves the problem based on the person in need by using appropriate ways of communication.</li> <li>6.3 Organises teamwork, supports and assists colleagues within the scope of their competences considering the needs of the person in need.</li> </ol> </li> <li>7. Learning Path and Work in a Changing Environment (5 ECVET)</li> </ol>	

- 7.1 Plans their learning path considering personal, social, and work-related opportunities and limitations.
- 7.2 Understands the way society functions, the challenges of the employer and the organisation, their problems, and opportunities.
- 7.3 Plans their effort on creating values for themselves and others in cultural, social and/or financial context.
- 7.4 Understands their responsibility when developing work-related career and is motivated for self-development.

#### 8. Practical Training (30 ECVET)

- 8.1 Analyses their readiness for their future working lives based on the competences in their occupational qualification standard.
- 8.2 Creates safe environment for the person in need, considering their care plan.
- 8.3 Instructs and supports the person in need in their everyday living activities following the professional ethics.
- 8.4 Observes the condition of the person in need and cares the person in need in case of diseases of various organ systems by sparing the person in need and oneself.
- 8.5 Uses ergonomic working techniques and assistive devices by caring and instructs the patient how to use assistive devices.
- 8.6 Plans and conducts activities suitable for the age of the person in need and feasible for their activation.
- 8.7 Instructs the person in need how to organise the living place and in household chores, if necessary performs the tasks himself/herself.
- 8.8 Instructs and supports the person in need with applications for services and if necessary organizes the applications themselves.
- 8.9 Communicates with the client, colleagues and network with respect.
- 8.10 Participates in teamwork. Elective modules and options for choosing

A learner may choose in volume of 21 ECVET from the following modules:

1. Foreign Language (5 ECVET)
2. Estonian I (5 ECVET)
3. Estonian II (5 ECVET)
4. Alternative Communication (5 ECVET)
5. Mental Health and Welfare (5 ECVET)
6. Hair Care (5 ECVET)
7. Memory training of the Elderly (5 ECVET)
8. Basics of Massage (5 ECVET)
9. Basics of Nutrition Counselling (5 ECVET)
10. Person-centred care (3 ECVET)
11. E-solutions in Home Care (3 ECVET)
12. Oral Health (3 ECVET)
13. Home Care (3 ECVET)
14. Foot care (3 ECVET)
15. Multicultural and Religious Specificity (3 ECVET)
16. Health Care System in Estonia (4,5 ECVET)
17. Burnout (4,5 ECVET)
18. Mentorship (4,5 ECVET)

19. Supporting Physical Activity and Physiotherapy (5 ECVET)

20. Creative Activities and Supporting Creativity (5 ECVET)

The College has the right to decide, which elective studying options to offer considering College's opportunities and learners' wishes.

**Contact person of the curriculum**

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Comments

*Link to operational programme of [modules](#)*