

<b>CURRICULUM OF TALLINN HEALTH CARE COLLEGE</b>						
Curriculum group		<b>Health care and social services</b>				
Title of the curriculum		<i>Hooldustöötaja</i>				
		In English: Care worker In Russian: <i>работник по уходу</i>				
Curriculum code in the Estonian Education Info-System (EHIS)		<b>135737</b>				
INITIAL TRAINING CURRICULUM					CONTINUING TRAINING CURRICULUM	
<b>EKR (EQF) 2</b>	<b>EKR (EQF)3</b>	<b>EKR (EQF) 4 vocational secondary education</b>	<b>EKR (EQF) 4</b>	<b>EKR (EQF) 5</b>	<b>EKR (EQF) 4</b>	<b>EKR (EQF) 5</b>
			X			
Volume of the curriculum (ECVET):		<b>120 ECVET</b>				
The curriculum is based on:		The Government of Republic of Estonia's decree No 130 on August 26th, 2013, Standard of Vocational Education, Occupational qualification standard Care worker, level 4, decision No 9/31.05.2012 of Professional Council of Healthcare and Social Work.				
Learning outcomes of the curriculum:		<ol style="list-style-type: none"> <li>1. 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>2. Completes difficult and various work tasks, and the tasks requiring innovative solutions within their profession and professional area.</li> <li>3. Is responsible for the completion of their work tasks.</li> <li>4. Learns and continues educating and guiding oneself independently.</li> <li>5. Assesses and analyses the level of their knowledge.</li> <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</li> </ol>				

	<p>available.</p> <p>14. Uses computer applications and options on the Internet for personal and work-related purposes.</p> <p>15. Uses support materials in order to create information, present it and to understand it, and uses internet-based search engines and other services.</p> <p>16. Thinks systematically and is creative and is able to assess their ideas critically and to find independent options for carrying them out.</p> <p>17. Initiates, develops and implements the ideas.</p> <p>18. Understands the principles of entrepreneurship.</p> <p>19. Compiles under instruction their own short-term and a long-term career plan.</p> <p>20. Independently finds options how to educate themselves professionally and how to activate themselves on labour market.</p> <p>21. Relates requirements of professional preparation with implementation options at labour market.</p>
Implementation of the curriculum (for target groups and forms of study in use):	Studies are conducted in the form of internal study or distance learning.
Requirements for beginning the studies:	<p>A person with secondary education or corresponding qualification or with basic education or corresponding qualification and works as a care worker/carer is allowed to begin their studies.</p> <p>Admission requirements and rules are determined with the Rules for Student Admissions of Tallinn Health Care College.</p>
Requirements for completing the studies:	Studies are considered as completed when the learner has achieved the learning outcomes of the curriculum and performed tasks necessary for the completion: performs theoretical test within the learning outcomes of main learning area, or completes a final paper and solves situation tasks.
Acquired upon completion of studies	
Qualification of a care worker:	Qualification of "Care worker, EKR (EQF) level 4" is acquired upon full completion of learning outcomes of the curriculum and corresponding competences.
Partial vocation(s):	none
<p><b>Structure of the curriculum:</b></p> <p>Main studies:</p> <p>1. <b>Basics of Care (11 ECVET)</b></p> <p>Learning outcomes:</p> <p>1.1. Describes the system of services and benefits for different target groups; requirements of the services and principles of Estonian social policy.</p> <p>1.2. Knows the way for creating safe and supporting environment by taking into account a human being as a whole.</p> <p>2. <b>Care Procedures (20 ECVET)</b></p> <p>Learning outcomes:</p> <p>2.1. Instructs and supports the person in need in their everyday living activities.</p>	

- 2.2. Uses ergonomic working techniques and assistive devices by caring and instructs the patient how to use assistive devices.
- 2.3. Cares the person in need in case of diseases of various organ systems.
- 2.4. Gives first aid in case of conditions, accidents and traumas, calls help and gives CPR in case of clinical death.

### **3. Development, Instructing and Activisation of the Person in Need (16 ECVET)**

Learning outcomes

- 3.1. Describes social, cognitive and physical development of a person when coping with changes in different stages of life cycle.
- 3.2. Plans and conducts activities suitable for the age of the person in need and feasible for their activisation.
- 3.3. Helps the person in need with household, cleaning, sorting out chores in the institution and home environment of the person.

### **4. Instructing and Organisation of Teamwork (2 ECVET)**

Learning outcomes:

- 4.1. Explains the principles of teamwork according to the task.

### **5. Working with Families with Children (4 ECVET)**

Learning outcomes:

- 5.1. Describes the daily and economic management of the family, explains how to compile a family-budget and how to follow it.
- 5.2. Notices the problems of the families with children in the society and describes options for solving them.

### **6. Working with the Elderly (5 ECVET)**

Learning outcomes:

- 6.1. Describes according to the task the coping with life problems related to aging and development of need for help, based on the basic knowledge of gerontology and geriatrics.
- 6.2. Assesses the health problems and coping with life of the elderly patient according to their tasks and instructs how to find solutions for coping with life every day, based on the basic knowledge of gerontology and geriatrics.
- 6.3. Explains the person in need and their close relatives the processes of organising services and benefits in the network using an understandable way of explanation.

### **7. Working with People with Special Needs (6 ECVET)**

Learning outcomes:

- 7.1. Assists, instructs and supports the person in need based on their special needs.
- 7.2. Supports and guides the person with special needs and their network in solving the problems of coping with daily life management problems.

### **8. Career Planning and Entrepreneurship (6 ECVET)**

Learning outcomes:

- 8.1. Understands their responsibility on making informed decisions in life-long process of career planning.
- 8.2. Understands the nature of economy and functioning of economic environment.
- 8.3. Rethinks their role in the business environment.
- 8.4. Understands their rights and responsibilities when functioning in work environment.
- 8.5. Behaves in the way supporting mutual communication.

### **9. Practical Training (30 ECVET)**

Learning outcomes:

- 9.1. Analyses their readiness for the future work-life.
- 9.2. Implements the principles of creating safe and supporting environment.
- 9.3. Instructs and supports the person in need in their everyday living activities

following the professional ethics.

- 9.4. 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.
- 9.5. Uses ergonomic working techniques and assistive devices by caring and instructs the patient how to use assistive devices.
- 9.6. Plans and conducts activities suitable for the age of the person in need and feasible for their activation.
- 9.7. Instructs the person in need how to organise the living place and in household chores, if necessary performs the tasks himself/herself.
- 9.8. Instructs and supports the person in need with applications for services and if necessary organizes the applications themselves.
- 9.9. Communicates with the client, colleagues and network with respect.
- 9.10. Participates in teamwork.

Elective studies in volume 25 ECVET, the learner must choose the volume of 15 ECVET

1. Russian/Estonian (5 ECVET)
2. Basics of Massage (5 ECVET)
3. Basics of Occupational Therapy and Assistive Devices (5 ECVET)
4. Basics of Nutrition Counselling (5 ECVET)
5. Valuing Kindness in Caring the Person in Need (4 ECVET)
6. Alternative Communication (4 ECVET)
7. Home Care (4 ECVET)
8. Computing Education for Beginners (5 ECVET)

Specialisations (names and volume of the modules): none

Contact person of the curriculum

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Comments

Annexes:

1. [Operational programmes of the modules](#)
2. [Correspondence table of indicators of professional standard and modules of the curriculum](#)