

# Model Curriculum

## Home Health Aide

**SECTOR:** Healthcare

**SUB-SECTOR:** Allied Health & Paramedics

**OCCUPATION:** Home Health Aide

**REF ID:** HSS/Q5102, v2.0

**NSQF LEVEL:** 4



## Certificate

### CURRICULUM COMPLIANCE TO QUALIFICATION PACK – NATIONAL OCCUPATIONAL STANDARDS

is hereby issued by the

**HEALTHCARE SECTOR SKILL COUNCIL**

for the

### MODEL CURRICULUM

Complying to National Occupational Standards of  
Job Role/ Qualification Pack: '**Home Health Aide**' QP No. '**HSS/Q 5102 , v2.0 NSQF Level 4**'

Date of Issuance: **December 16<sup>th</sup>, 2019**

Valid up to: **December 16<sup>th</sup>, 2024**

\* Valid up to the next review date of the Qualification Pack

Authorised Signatory  
(Healthcare Sector Skill Council)

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# Home Health Aide

## CURRICULUM / SYLLABUS

This program is aimed at training candidates for the job of a “Home Health Aide”, in the “Healthcare” Sector/Industry and aims at building the following key competencies amongst the learner

<b>Program Name</b>	<b>Home Health Aide</b>		
<b>Qualification Pack Name &amp; Reference ID</b>	HSS/Q5102, version 2.0		
<b>Version No.</b>	1.0	<b>Version Update Date</b>	16/12/2019
<b>Pre-requisites to Training</b>	10 <sup>th</sup> Standard		
<b>Training Outcomes</b>	<p>After completing this programme, participants will be able to:</p> <ul style="list-style-type: none"> <li>• Explain the role and responsibilities of a home health aide</li> <li>• Provide care pertaining to hygiene and grooming at home setting</li> <li>• Maintain proper body mechanics while handling the patient</li> <li>• Ensure patient safety while carrying out procedures</li> <li>• Support patients with diverse needs such as geriatric/paralytic/immobile patient in implementation of their care plan</li> <li>• Apply infection control measures and dispose biomedical waste according to the standard protocols</li> <li>• Assist in maintaining nutrition and hydration and elimination needs</li> <li>• Promote safety and demonstrate proper usage of personal protective equipment</li> </ul>		

This course encompasses 7 out of 7 National Occupational Standards (NOS) of “Home Health Aide” Qualification Pack issued by “Healthcare Sector Skill Council”.

Sr. No.	Module	Key Learning Outcomes	Equipment Required
1	<p><b>Broad functions of home health aide</b></p> <p><b>Theory Duration</b> (hh:mm) 20:00</p> <p><b>Practical Duration</b> (hh:mm) 05:00</p> <p><b>Corresponding NOS Codes</b> Bridge Module</p>	<ul style="list-style-type: none"> <li>• Explain the functions to be performed by an HHA in a home setting</li> <li>• List down the roles and responsibilities that are included in the scope of an HHA</li> <li>• Explain techniques to maintain the personal hygiene needs of a patient</li> <li>• Explain various methods to ensure patient comfort and safety</li> <li>• Describe the importance of adhering to professional etiquettes while carrying out care activities</li> <li>• Explain professional conduct</li> </ul>	
2	<p><b>Introduction to human anatomy and physiology</b></p> <p><b>Theory Duration</b> (hh:mm) 05:00</p> <p><b>Practical Duration</b> (hh:mm) 05:00</p> <p><b>Corresponding NOS Code</b> HSS/N5104</p>	<ul style="list-style-type: none"> <li>• Explain the organisation of body cells, tissues, organs, organ systems, membranes and glands in the human body.</li> <li>• Describe cell and various types of tissues.</li> <li>• Describe different types of organ systems.</li> <li>• Identify different types of body fluids, secretions and excretions.</li> <li>• Identify different parts of the body using charts and models.</li> <li>• Explain the structure and functioning of human body systems using charts and models.</li> <li>• Design various working models depicting functioning of human body systems.</li> </ul>	<p>3D models of human body and accessory organs, model human skeletal system, organ specimen.</p>

Sr. No.	Module	Key Learning Outcomes	Equipment Required
3	<p><b>Personal hygiene</b></p> <p><b>Theory Duration</b> (hh:mm) 10:00</p> <p><b>Practical Duration</b> (hh:mm) 10:00</p> <p><b>Corresponding NOS Code</b> HSS/N9618</p>	<ul style="list-style-type: none"> <li>• Explain the significance of maintaining personal hygiene</li> <li>• Explain the method of hand washing to prevent cross infection</li> <li>• Explain the importance of personal protective equipment (PPE)</li> <li>• Explain the techniques of proper usage of personal protective equipment (PPE)</li> </ul>	<p>Hand sanitizer, Liquid soap, Wash basin, water supply, paper towel, PPE</p>
4	<p><b>Bathing, grooming and dressing up a patient</b></p> <p><b>Theory Duration</b> (hh:mm) 25:00</p> <p><b>Practical Duration</b> (hh:mm) 25:00</p> <p><b>Corresponding NOS Codes</b> HSS/N5133</p>	<ul style="list-style-type: none"> <li>• Explain the difference in care provided to routine patients, terminally ill and differently abled patients</li> <li>• Explain the importance of bathing and its types such as Sitz bath etc.</li> <li>• Enumerate points to observe during bathing which need to be reported</li> <li>• Explain the need of after bath care to the patient</li> <li>• List various skin changes to be observed and reported while providing bath and skin care</li> <li>• List early signs of pressure sores/ bed sores</li> <li>• Explain the causes of pressure sores (bed sores)</li> <li>• List various comfortable and appropriate lying/ sitting positions, positioning of pillows etc. for bed-ridden patients to avoid bed sores</li> <li>• Explain the importance of maintaining oral care, skin and nail care</li> <li>• Describe oral care in patients with dentures</li> <li>• Discuss the process of performing oral care in unconscious patients under supervision</li> <li>• List the steps of performing nail care under supervision</li> </ul>	<p>Manikin, charts, oral care tray, air mattress, bed linen, intake output charts, bath basins, bathing tray, hair care tray, shampoo, soap, spirit, oil, toothpaste, toothbrush, skin care tray, nail care tray wheelchair, trolley, bed sore dressing kit</p>

Sr. No.	Module	Key Learning Outcomes	Equipment Required
		<ul style="list-style-type: none"> <li>Discuss the procedure of performing hair care</li> <li>Explain the technique of dressing up a patient</li> </ul>	
5	<p><b>Nutrition and hydration</b></p> <p><b>Theory Duration</b> (hh:mm) 25:00</p> <p><b>Practical Duration</b> (hh:mm) 20:00</p> <p><b>Corresponding NOS Codes</b> HSS/N5104</p>	<ul style="list-style-type: none"> <li>Explain the concept of nutrition</li> <li>Explain the significance of proper dietary intake</li> <li>Explain the various components of food such as carbohydrates, fats, proteins etc.</li> <li>Enumerate various electrolytes crucial for patients</li> <li>Discuss appropriate diet for various medical conditions such as low salt intake in hypertensive patient.</li> <li>Differentiate between various types of diets such as solid diet, semi solid diets and liquid diet etc.</li> <li>List various precautions to be taken while feeding the patient</li> <li>List various signs of discomfort while feeding the patient.</li> <li>Discuss the signs of choking</li> <li>Explain the process of reporting an event of choking or aspiration to a senior healthcare professional immediately</li> <li>Discuss the principles of hygiene while assisting patient in feeding and drinking</li> <li>Explain the importance of intake and output record</li> <li>Discuss the process of recording the dietary intakes after feeding</li> </ul>	Diet charts, syringe, bowl, manikin, utensils for feeding, glass, waste paper bag, tray.
6	<p><b>Elimination</b></p> <p><b>Theory Duration</b> (hh:mm) 20:00</p> <p><b>Practical Duration</b> (hh:mm) 25:00</p> <p><b>Corresponding NOS Codes</b> HSS/N5105</p>	<ul style="list-style-type: none"> <li>Discuss the importance of various methods of caring during elimination needs</li> <li>Differentiate care plan activities in patient with urine and bowel incontinence and in patients with urinary catheter.</li> <li>Discuss the principles of hygiene and sanitation while assisting patient in elimination needs</li> <li>List the importance of colour and texture change of urine and stool</li> <li>Explain the usage of various equipment used in elimination needs such as adult diapers, bedpan, urinal etc.</li> <li>Describe the process of assisting a patient to the toilet</li> </ul>	Wheelchair, bedpan, urinal, bed linen, urinary catheter, adult and pediatric diapers, manikin, mackintosh/ rubber sheet

Sr. No.	Module	Key Learning Outcomes	Equipment Required
7	<p><b>Therapeutic communication with patient at home</b></p> <p><b>Theory Duration</b> (hh:mm) 15:00</p> <p><b>Practical Duration</b> (hh:mm) 15:00</p> <p><b>Corresponding NOS</b> HSS/N5123</p>	<ul style="list-style-type: none"> <li>Clarify common doubts of the patient and their acquaintances</li> <li>Describe common patient concerns and the importance of handling the same.</li> <li>Discuss the process of handling patient queries</li> <li>Explain the details of the patient care plan</li> <li>Discuss various types of consent applicable at home care settings</li> </ul>	<p>Patient care plan, consent forms</p>
8	<p><b>Principles of body mechanics</b></p> <p><b>Theory Duration</b> (hh:mm) 20:00</p> <p><b>Practical Duration</b> (hh:mm) 10:00</p> <p><b>Corresponding NOS Code</b> HSS/N5124</p>	<ul style="list-style-type: none"> <li>Explain the kinetics of joints and movements</li> <li>Discuss mechanisms that affect movements in the human body</li> <li>Explain the general principles of body movements</li> <li>Describe the principles of proper body mechanics to carry out patient activities for proper ergonomics</li> <li>Explain the significance of maintaining proper joint mobility</li> <li>Discuss the risk factors and considerations in faulty body postures</li> <li>Describe various methods to improve body posture and gait</li> <li>Discuss various exercises while sitting, standing, lifting, lying, etc.</li> </ul>	<p>Manikins, crutches, canes, walker, wheelchair, stretcher</p>





Sr. No.	Module	Key Learning Outcomes	Equipment Required
	<p><b>Practical Duration</b> (hh:mm) 20:00</p> <p><b>Corresponding NOS Codes</b> HSS/N5124</p>	<ul style="list-style-type: none"> <li>• Discuss the progress of the care plan with the patient and acquaintances</li> <li>• Discuss the importance of establishing a therapeutic environment for implementing care plan</li> <li>• Explain the significance of ensuring privacy and dignity of the patient</li> <li>• Describe action in event of a fall incident</li> <li>• Explain the use of protective devices (restraints, safety devices)</li> <li>• Describe care to be taken to avoid fall in high risk patients such as patient with altered sensorium, epileptic patients etc.</li> <li>• Describe measures to be taken in the event of fall</li> </ul>	
12	<p><b>Sanitation, Safety &amp; First Aid</b></p> <p><b>Theory Duration</b> (hh:mm) 15:00</p> <p><b>Practical Duration</b> (hh:mm) 05:00</p> <p><b>Corresponding NOS Codes</b> HSS/N9617</p>	<ul style="list-style-type: none"> <li>• Explain the basics of first aid.</li> <li>• Explain the precautions to be taken for personal safety.</li> <li>• Explain the process of Basic Life Support (BLS) as and when required.</li> <li>• Discuss hospital emergency codes.</li> <li>• Describe the standard procedures to be followed in case of institutional emergencies.</li> <li>• Explain the use of protective devices such as restraints and safety devices.</li> </ul>	CPR Nursing Manikin, Ambu Bag with Mask, Flashlight
13	<p><b>Infection control and prevention</b></p> <p><b>Theory Duration</b> (hh:mm) 10:00</p> <p><b>Practical Duration</b> (hh:mm) 05:00</p> <p><b>Corresponding NOS Codes</b> HSS/N9617</p>	<ul style="list-style-type: none"> <li>• Describe the importance of infection control and prevention and guiding others about it in accordance with healthcare team</li> <li>• Explain the factors which influence the outcome of an exposure to infection</li> <li>• List strategies for preventing transmission of pathogenic organisms</li> <li>• Explain the steps of spill management</li> <li>• Explain hand hygiene and infection control practices</li> <li>• Enumerate various nosocomial infections</li> <li>• Explain the importance of incident reporting</li> <li>• Develop techniques of self-grooming and maintenance</li> <li>• Explain the concept of immunization to reduce the health risks for self and</li> </ul>	Current guidelines on hand washing and hand rub techniques, Spill kit, PPE such as gown, gloves, head cap

Sr. No.	Module	Key Learning Outcomes	Equipment Required
		<p>patients.</p> <ul style="list-style-type: none"> <li>• Explain the concept of healthy living.</li> <li>• Explain the procedures of hand hygiene to prevent cross infection including effective hand washing to include; social and clinical techniques</li> <li>• Explain the techniques of proper usage of PPE</li> <li>• Explain the importance of PPE</li> <li>• Explain various vaccinations against common infectious diseases</li> </ul>	
14	<p><b>Bio Medical Waste Management</b></p> <p><b>Theory Duration</b> (hh:mm) 05:00</p> <p><b>Practical Duration</b> (hh:mm) 05:00</p> <p><b>Corresponding NOS Code</b> HSS/N9618</p>	<ul style="list-style-type: none"> <li>• Explain the importance of proper and safe disposal of bio-medical waste and treatment</li> <li>• Explain the categories of bio-medical waste</li> <li>• Discuss about disposal of bio-medical waste – colour coding, types of containers, transportation of waste, etc.</li> <li>• Explain standards for bio-medical waste disposal</li> <li>• Discuss means of bio-medical waste treatment</li> </ul>	Different colour bins, hospital protocols for colour coding bins
15	<p><b>Soft skills and communication</b></p> <p><b>Theory duration</b> (hh:mm) 10:00</p> <p><b>Practical Duration</b> (hh:mm) 05:00</p> <p><b>Corresponding NOS Code</b> Bridge Module</p>	<ul style="list-style-type: none"> <li>• Explain the significance of effective communication</li> <li>• Explain the use of effective communication with patients and family without using jargons and colloquial terms</li> <li>• Apply effective communication skills with colleagues using appropriate terminology in communication</li> <li>• Apply basic reading and writing skills</li> <li>• Apply goal setting and time management</li> <li>• Apply team building and teamwork</li> <li>• Apply thinking, reasoning and communicating with others</li> <li>• Apply problem solving and decision-making skills</li> <li>• Describe the need for customer service and service excellence in medical service</li> <li>• Explain work ethics in hospital set up</li> <li>• Discuss objection handling.</li> <li>• Analyze the information gathered from observation, experience,</li> </ul>	Case studies and modules of soft skills, scenario-based learning modules

Sr. No.	Module	Key Learning Outcomes	Equipment Required
		<ul style="list-style-type: none"> <li>reasoning, or communication to act efficiently</li> <li>Apply the information gathered from observation, experience, reasoning, or communication to act efficiently</li> <li>Evaluate the information gathered from observation, experience, reasoning, or communication to act efficiently</li> <li>Discuss planning and organization of work.</li> </ul>	
	<p><b>Total Duration</b></p> <p><b>Theory Duration</b> (hh:mm) 240: 00</p> <p><b>Practical Duration</b> (hh:mm) 180: 00</p> <p><b>Total mandatory OJT Duration</b> (hh:mm) 180:00</p> <p><b>Total recommended OJT Duration</b> (hh:mm)</p>	<p><b>Classroom equipped with following arrangements:</b></p> <p>3D models of human body and accessory organs, model human skeletal system, manikins, crutches, canes, walker, wheelchair, stretcher, weighing machine/scale, inch tape, inventory registers/checklist, heightometer, patient bed, Sample formats of reports and hospital documents, charts, oral care tray, air mattress, bed linen, intake output charts, bath basins, bathing tray, hair care tray, shampoo, soap, spirit, oil, toothpaste, toothbrush, skin care tray, nail care tray wheelchair, trolley, bedsore dressing kit, diet charts, syringe, bowl, manikin, utensils for feeding, glass, wastepaper bag, tray, bedpan, urinal, bed linen, urinary catheter, adult and pediatric, diapers, manikin, mackintosh/ rubber sheet, manikin, hospital bed with side rails, restrains, assistive devices, bed sheet, identification band/ label, personal care tray, patient dress, bandages, cotton, adhesive tape, CPR Nursing Manikin, Ambu Bag with Mask, flashlight, current guidelines on hand washing and hand rub techniques, spill kit, PPE such as gown, gloves, head cap, different colour bins, hospital protocols for colour coding bins, case studies and modules of soft skills, scenario-based learning modules, pan, commode chair, linen, bed, oral care tray, nail care tray, perineal care tray, personal care tray, hair care tray, first aid kit, bandages, adhesive tape, plate, spoon, bowl, glass, kidney tray, hand sanitizer, soap, sink, paper towel, Foleys catheter, diaper, diaper sheet.</p>	

Sr. No.	Module	Key Learning Outcomes	Equipment Required
	400:00	<p><b>Interactive lectures and discussion</b></p> <ul style="list-style-type: none"> <li>• Brain Storming</li> <li>• Charts and Models</li> <li>• Activity</li> <li>• Video presentation</li> </ul> <p><b>Skill lab equipped with following arrangements:</b></p> <ul style="list-style-type: none"> <li>• Unique equipment as enumerated at the last</li> <li>• Demonstration of various functions in practical lab and OJT</li> </ul>	

- Grand Total Course Duration 1000:00 Hours (240:00 Hours duration for Classroom, 180:00 Hours Skill Lab Training and 180:00 Hours of mandatory OJT)
- 180 Hours of mandatory OJT/Internship/Clinical or Laboratory Training
- 400 Hours of recommended OJT/Internship/Clinical or Laboratory Training

*(This syllabus/ curriculum has been approved by SSC: Healthcare Sector Skill Council)*

**Trainer Prerequisites for Job role: “Home Health Aide” mapped to Qualification Pack: “HSS/Q5102, v2.0”**

Sr. No.	Area	Details
1	<b>Description</b>	To deliver accredited training service, mapping to the curriculum detailed above, in accordance with the Qualification Pack “HSS/Q5102”.
2	<b>Personal Attributes</b>	Aptitude for conducting training, and pre/ post work to ensure competent, employable candidates at the end of the training. Strong communication skills, interpersonal skills, ability to work as part of a team; a passion for quality and for developing others; well-organised and focused, eager to learn and keep oneself updated with the latest in the mentioned field
3	<b>Minimum Educational Qualifications</b>	<ul style="list-style-type: none"> <li>• Medical Graduate Or</li> <li>• M.Sc. Nursing Or</li> <li>• B.Sc. (Nursing)/ Post Basic B.Sc. Nursing Or</li> <li>• GNM (General Nursing Midwifery)</li> </ul>
4a	<b>Domain Certification</b>	Certified for Job Role: “Home Health Aide” mapped to QP: “HSS/Q5102”, version 2.0 with scoring of minimum 80%.
4b	<b>Platform Certification</b>	Recommended that the Trainer is certified for the Job Role: “Trainer”, mapped to the Qualification Pack: “MEP/Q2601” with scoring of minimum 80%.
5	<b>Experience</b>	<ul style="list-style-type: none"> <li>• Medical Graduate with 2 years’ experience, with 1 year sector specific and 1 year teaching experience Or</li> <li>• M.Sc. Nursing with 2 years’ experience, with 1 year sector specific and 1 year teaching experience Or</li> <li>• B.Sc. (Nursing)/ Post Basic B.Sc. Nursing with 2 years’ experience, with 1 year sector specific and 1 year teaching experience Or</li> <li>• GNM (General Nursing Midwifery) with 3 years’ experience, with 2 year sector specific and 1 year teaching experience</li> </ul>

## Assessment Criteria

For the Assessment Criteria, please refer to the QP PDF.