N·S·D·C
-INTERNATIONAL-
ENABLING GLOBAL CAREERS

QAI
Authenticating Learning
Qualifications and Assessments International, UK

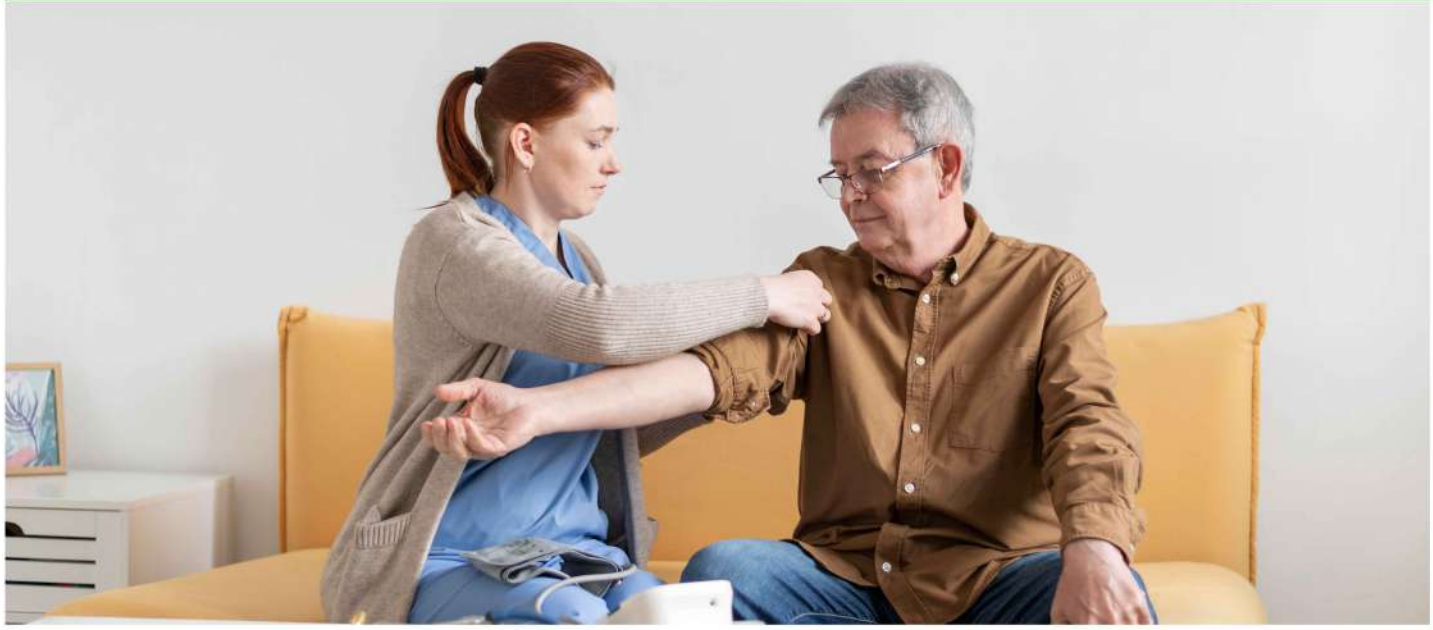


QAI Level 4 Diploma in Caregiving and Midwifery

For anyone wanting a career in health and caregiving in Britain

- **No degree or experience required**
- **Total Qualification Time: 1200 hours (120 credit)**
- **Nine modules and Internship**

A course for anyone wanting a career in health and caregiving in Britain



This course is for you if you are leaning towards working in British healthcare and would either like to fulfil band 2, 3 and 4 positions (e.g., healthcare assistants, emergency care assistants, etc.) or would like to get a taste before committing yourself to a traineeship, apprenticeship or Access course. The skills you develop on a course as practical as the QAI Level 4 Diploma in Caregiving and Midwifery are highly sought-after by British employers. The academic modules of the course (Modules 1-7) focus on information and skills specific to healthcare, social care and midwifery in addition to centring upon living and working in the UK. The seventh module centres upon the improvement of your English language skills in order to equip you with excellent communication skills within the contexts of health and social care. This module also equips you with the skills necessary to achieve Level B2 at an international proficiency exam within the context of healthcare called GETS Nursing. The practical skills component of the course (i.e. the ten workshops in Module Nine) provide you with practical knowledge in crucial areas such as CPR, nutrition, first aid, basic nursing care techniques and performing personal care tasks with proficiency and compassion. It also focuses on palliative care, meditation, yoga and Panchkarma techniques as well as the use of natural herbal oil massage therapies. Lastly, the 500-hour internship component (i.e. Module Ten), spread across three months, offers invaluable first-hand exposure to the daily operations of health and care facilities, providing you with practical insights.

Assessment and Certification

The course entails continuous assessment achieved through coursework (e.g., practical demonstrations, case-study analyses, reflective journals, role-play exercises, oral presentations, research projects and written assignments) and end-of-module tests. The internship component of the course is externally assessed and awarded with a Certificate of Experience and a Letter of Reference.

Upon successful completion, participants will receive a certification indicating their preparedness for employment in health and caregiving in the UK, contingent upon fulfilling UK visa and professional registration criteria.

- Pass with Distinction : 75% and above
- Pass with Merit : 60% - 74%
- Pass : 40% - 59%
- Fail : below 40%

Entry Requirements

- minimum qualifications and English language level:
  - 10+2 equivalent
  - 70% in English language

Programme highlights

This course equips you with

- a comprehensive understanding of the knowledge and competencies required for healthcare assistant positions within the NHS;
- a comprehensive understanding of the knowledge and competencies required for care workers and midwives in the UK;
- insight into the skills, knowledge, roles and responsibilities common among health and care professionals in the UK;
- familiarity with patient-centred care principles and practices;
- knowledge of health and safety regulations relevant to the UK health and care sector;
- awareness of the values and fundamental principles that guide the British health and care systems;
- clarity regarding personal and professional expectations in the UK;
- understanding of British recruitment procedures;
- competence in providing holistic and empathetic care to individuals with mental health issues and dementia;
- the emotional competencies necessary for delivering compassionate and patient-centred care.
- practical knowledge in crucial areas such as CPR, first aid, nutrition, basic nursing care techniques, palliative care, alternative therapies and performing personal care tasks with proficiency and compassion;
- hands-on experience with invaluable insights into the day-to-day operations of health and care facilities;
- proficiency in verbal and non-verbal communication skills crucial in health and care settings;
- confidence in using English for general as well as specific health and care-related purposes;
- strategies and tips for achieving level B2 at the GETS Nursing English language examination;
- guidance on relocating to the UK with minimal stress and disruption;
- enhanced employment prospects globally.





QAI Level 4 Diploma in Caregiving and Midwifery Modules

English Language Skills (180 hrs.)

This module comprises three courses: General English, English for Specific Purposes and Exam Preparation.

The General English course enhances your proficiency in the English language, focusing on the core areas of speaking, listening, reading and writing. This course is designed to build the foundational language skills necessary for effective communication in various contexts, including professional and social settings. By the end of the course, you will have improved your fluency, accuracy and confidence in using English, and you will be ready for more advanced language studies and practical applications.

The English for Specific Purposes component develops your English language skills in the core areas of speaking, listening, reading and writing within a health and care context. Emphasis will be placed on improving your fluency and building your confidence when communicating in English in health and care settings. This component will also equip you to navigate the linguistic challenges inherent in the fields of health and care with confidence and competence.

The third course that forms part of the English Language Skills module prepares you for the GETS Nursing test, focusing on enhancing the language skills required to achieve level B2 in the examination.

This course helps you develop the specific linguistic competencies and test-taking strategies needed for the GETS Nursing test, which assesses the English language proficiency of healthcare professionals. Emphasis will be placed on all four sub-tests – Listening, Reading, Writing and Speaking – ensuring that you can effectively demonstrate your ability to communicate in a healthcare setting and succeed in the examination.

Assessment: Coursework (e.g., role-play exercises, oral presentations and written assignments), mock exams and the GETS Nursing Proficiency Exam

Introduction to British Health and Caregiving (40 hrs.)

The aim of this module is to develop your awareness of the fundamental characteristics of the British health and caregiving sector.

The module delves into the history of the National Health Service (NHS), including its background, founding principles and the political reforms that have shaped it. Additionally, the module broadens your knowledge about the multidisciplinary approach to health and caregiving in the UK, cross-cultural factors and challenges, the British culture of speaking up and questioning decisions, and the roles and responsibilities of health and care worker. Special attention will be given to the structure and organisation of care services, the integration of health and social care, and the specific challenges faced by care homes and community care settings.

Assessment: Continuous assessment through coursework (e.g., practical demonstrations, case-study analyses, reflective journals, role-play exercises, oral presentations, research projects and written assignments) and an end-of-module written exam

The Characteristics of Patient-Centred Care (40 hrs.)

This module focuses on patient-centred care and support in the UK. You will learn about equality and diversity within healthcare, the rights of the individual in a healthcare setting and the impact of equality and diversity legislation on healthcare provision. You will also learn about the sociological factors that influence the relationships between patients and healthcare professionals, the role of social motivational factors in health and ill health and the significance of social support networks in healthcare and maintenance.

Assessment: Continuous assessment through coursework (e.g., practical demonstrations, case-study analyses, reflective journals, role-play exercises, oral presentations, research projects and written assignments) and an end-of-module written exam

The fundamentals of Health and Safety in Care (50 hrs.)

This module provides a thorough understanding of health and safety regulations pertinent to the British health and care sectors. You will learn about emergency first aid protocols and how to respond effectively in critical situations. Additionally, you will learn about infection control measures and explore strategies to mitigate the spread of pathogens within care environments. You will also gain insight into safety procedures tailored to healthcare settings, ensuring the well-being of both patients and staff members, along with gaining awareness of safeguarding and protection in health and social care settings.

Assessment: Continuous assessment through coursework (e.g., practical demonstrations, case-study analyses, reflective journals, role-play exercises, oral presentations, research projects and written assignments) and an end-of-module written exam

Interpersonal Skills in Healthcare (50 hrs.)

This module focuses on cultivating clear, effective and respectful communication skills in a health and care context. Through engaging activities and practical scenarios tailored to the unique demands of healthcare environments, you will learn to navigate sensitive conversations with empathy and professionalism. You will also learn about the nuances of non-verbal communication, including body language and facial expressions, which will enable you to convey empathy and reassurance effectively. By fostering a culture of open communication and mutual respect, this module empowers you to forge strong connections with patients, ultimately enhancing the quality of care delivery and patient outcomes.

Assessment: Continuous assessment through coursework (e.g., practical demonstrations, case-study analyses, reflective journals, role-play exercises, oral presentations, research projects and written assignments) and an end-of-module written exam





Mental Health and Dementia (70 hrs.)

By fostering empathy, sensitivity and cultural competence, this module equips you with the skills and knowledge necessary to provide holistic and compassionate care to individuals with mental health concerns and dementia. The module provides a multifaceted exploration of mental health and dementia, addressing both theoretical foundations and practical applications and examines the interplay between mental health and overall wellbeing, exploring strategies for promoting mental wellness and resilience in individuals and communities. The module also provides practical guidance on supporting individuals with dementia, including person-centred care techniques, communication strategies and activities to promote cognitive function and emotional wellbeing.

Assessment: Continuous assessment coursework (e.g., practical demonstrations, case-study analyses, reflective journals, role-play exercises, oral presentations, research projects and written assignments) and an end-of-module written exam

Midwifery (50 hrs.)

This module provides you with a comprehensive understanding of midwifery practices in the UK. It includes theoretical knowledge and practical skills related to prenatal care, childbirth and postnatal care. You will learn about the roles and responsibilities of midwives, the legal and ethical frameworks governing midwifery practice and the latest guidelines and best practices in maternal and newborn care. Through a combination of classroom instruction, case studies and practical exercises, you will be equipped to support and care for pregnant women, new mothers and newborns effectively and compassionately.

Assessment: Continuous assessment through coursework (e.g., practical demonstrations, case-study analyses, reflective journals, role-play exercises, oral presentations, research projects and written assignments) and an end-of-module written exam

Professional Practices and Professional Development (40 hrs.)

This module centres on the foundational principles of ethics and professional conduct within the landscape of health and social care. Through interactive discussions and case studies, you will explore ethical dilemmas commonly encountered in health and care settings, learning to navigate complex situations with integrity and sensitivity. This module will also focus on building and assessing the emotional competencies necessary for health and care workers in order to be able to deliver compassionate and patient-centred care.

You will also gain a deeper understanding of the diverse career pathways available, identifying opportunities for advancement and personal growth as the module also provides valuable insights into career planning and development within the British health and care sectors.

Assessment: coursework (e.g., practical demonstrations, case-study analyses, reflective journals, role-play exercises, oral presentations, research projects and written assignments), an end-of-module written exam and an Emotional Competences test

Practical Skills Workshops (180 hrs.)

This module comprises a series of ten workshops designed to enhance practical skills essential for effective caregiving in diverse health and care settings.

Each workshop will offer hands-on training and experiential learning opportunities in crucial areas such as CPR (Cardiopulmonary Resuscitation), equipping you with the knowledge and confidence to respond swiftly and effectively in emergency situations involving cardiac arrest or respiratory distress.

Additionally, the workshops will cover fundamental nursing care skills, including patient positioning, wound care and medication administration, fostering competence in delivering high-quality care to individuals across the lifespan.

You will also engage in practical sessions focused on personal care tasks, such as bathing, grooming, and assisting with activities of daily living. Moreover, the workshops will include training on the safe and proper use of care equipment, such as mobility aids, patient lifts and medical devices, nutrition, hygiene and health promotion, palliative care, meditation, herbal oil massage therapy, Panchkarma and yoga therapy.

Assessment: coursework (e.g., practical demonstrations, case-study analyses, reflective journals, role-play exercises, oral presentations, research projects and written assignments) and an end-of-module written exam

Internship (500 hrs.)

The Internship component of the course offers you a valuable opportunity to gain practical, hands-on experience within a healthcare environment, thereby bridging the gap between classroom learning and real-world application.

Through immersive placements in clinical or care settings, including Indian hospitals, community care centres and nursing homes, you will have the chance to put your theoretical knowledge into practice, work alongside experienced healthcare professionals, observe and actively participate in the delivery of care to patients, refine your skills, build confidence and develop a deeper understanding of the role of a healthcare assistant, midwife and care worker.



N·S·D·C
INTERNATIONAL
ENABLING GLOBAL CAREERS

QAI
Qualifications and Assessments International, UK
Authenticating Learning

Training and Certificating For International Job Opportunities in Health Care

QAI UK and NSDC International have come together to train and certify Nurses and Caregivers for International Job Opportunities. The QAI-NSDCI programmes are suited for students who have completed their 10+2, GNM, ANM or B.Sc. Nursing.

NSDC International is a 100% subsidiary company of NSDC that is enabling the Skill India International objectives to make India a global source for quality talent, provide global job opportunities for resident Indians, provide global career mobility for overseas Indians, and create an internationally benchmarked quality skills ecosystem. NSDCI aims to position India as the preferred hub for supply of skilled workforce across the globe. NSDCI plays a pivotal role in creating enabling systems and steering national and international partnerships for overseas employment through specific programs, mapped to global job requirements and benchmarked to international standards.

Qualifications and Assessments International (QAI) is UK's international awarding body that offers assessments, qualifications, certifications, and assessment of prior learning. The qualifications are mapped to the Regulated Qualifications Framework (RQF) of England, Wales and Northern Ireland. The English language proficiency certification (GETS Higher), is independently benchmarked by Ecctis (formerly UK NARIC), which operates the official recognition services on behalf of the UK Government.



INDIA

+91 888 292 7416



UNITED KINGDOM

+44 208 2260 357

nsdc.theqai.org

nsdc@theqai.org