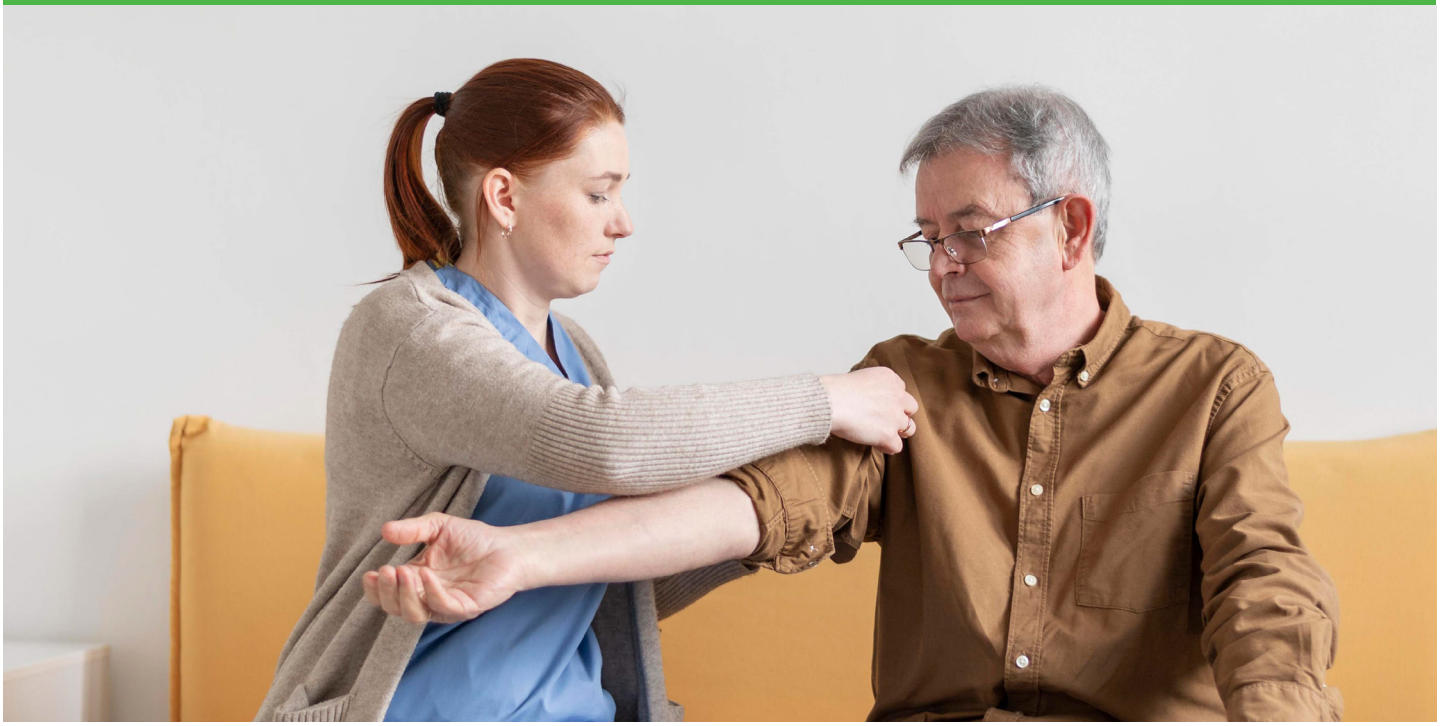


# QAI Level 4 International Diploma in Caregiving

## For anyone wanting a career in health and caregiving across the world

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

## A course for anyone wanting a career in health and caregiving across the world



This course is for you if you are leaning towards working in international health and caregiving, as the skills you develop on a course as practical as the QAI Level 4 International Diploma in Caregiving are highly sought-after by employers worldwide. The academic modules of the course (Modules 2-8) focus on information and skills specific to health, caregiving and midwifery in addition to preparing you for living and working in diverse international healthcare settings. The first module centres upon the improvement of English language skills in order to equip you with excellent communication skills within the contexts of health and 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 Healthcare. The practical skills component of the course (i.e. the eight courses in Module Nine) provides you with practical knowledge in crucial areas such as CPR, nutrition, first aid, geriatrics and performing personal care tasks with proficiency and compassion. It also focuses on palliative care, geriatrics, the use of care equipment, meditation, yoga and Panchakarma 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, observations, role-play exercises, oral presentations, research projects and written assignments) and end-of-module tests. The internship component of the course is also 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, subject to meeting the visa and professional registration requirements of the country in which they seek employment.

- 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
  - 60% in English language

## Programme Highlights

- a comprehensive understanding of the knowledge and competencies required for healthcare assistant positions across global healthcare systems;
- a comprehensive understanding of the knowledge and competencies required for care workers internationally;
- insight into the skills, knowledge, roles and responsibilities common among health and care professionals worldwide;
- familiarity with patient-centred care principles and practices;
- knowledge of health and safety regulations relevant to international health and care sectors;
- awareness of the values and fundamental principles that guide global health and care systems;
- clarity regarding personal and professional expectations in diverse healthcare environments;
- understanding of international recruitment procedures in the health and care industry;
- competence in providing holistic and empathetic care to individuals with mental health issues, learning difficulties and dementia;
- the emotional competencies necessary for delivering compassionate and patient-centred care;
- practical knowledge in crucial areas such as CPR, first aid, nutrition, geriatrics, palliative care, the use of care equipment, 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 Healthcare English language examination;
- guidance on relocating internationally with minimal stress and disruption;
- enhanced employment prospects globally.





## QAI Level 4 International Diploma in Caregiving Modules

### English Language Skills (180 hrs.)

This module includes three comprehensive courses: General English, English for Specific Purposes and Exam Preparation for the IELTS test.

The General English course builds foundational English language skills across speaking, listening, reading and writing. It is designed to enhance your fluency, accuracy and confidence, equipping you with the necessary language tools for effective communication in a variety of contexts — social, professional and beyond. By the end of this course, you will be prepared for advanced language studies and practical applications of English in real-world settings.

The English for Specific Purposes component focuses on developing English language skills tailored to the healthcare environment. Emphasis is placed on improving fluency and confidence in speaking, listening, reading and writing, specifically within health and care settings. By completing this course, you will gain the linguistic skills needed to navigate the communication challenges inherent in health and caregiving, enabling you to interact with confidence and competence in these contexts.

The final course in this module, called Exam Preparation for the IELTS Test, is dedicated to preparing you for the IELTS test. This preparation includes specific test taking strategies and targeted practice in listening, reading, writing and speaking. This course aims to ensure that you can effectively demonstrate your communication skills at the independent user level of the Common European Framework of Reference for languages.

**Assessment:** Coursework, GETS Healthcare and Mock IELTS tests.

## Introduction to International Health and Caregiving (40 hrs.)

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

The module explores the development of major global healthcare systems, including their backgrounds, founding principles, and the political and cultural influences that have shaped them. Additionally, the module broadens your knowledge about the multidisciplinary approach to health and caregiving across different countries, cross-cultural factors and challenges, the importance of open communication and critical thinking in healthcare, and the diverse roles and responsibilities of health and care workers globally. Special attention will be given to the structure and organisation of care services, and the specific challenges faced by care homes and community care settings in various international contexts.

**Assessment:** Coursework including quizzes, structured written and oral tasks (e.g. case study analyses, reflective journal writing, oral presentations and role-plays) and an end-of-module written exam.

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

This module provides an in-depth exploration of patient-centred care and support within international health and caregiving sectors. You will gain insights into equality and diversity within global care environments, the rights of individuals in these settings, and the impact of equality and diversity policies on service provision. Additionally, the module delves into sociological factors influencing relationships between patients and professionals in health and caregiving, the role of social and motivational factors in health and ill health, and the importance of social support networks in health and caregiving.

**Assessment:** Coursework including quizzes, structured written and oral tasks (e.g. case study analyses, patient-interaction analyses, care plan reviews, oral presentations and role-plays) 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 relevant to global 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. The module also offers insight into safety procedures tailored to diverse health and care settings, ensuring the well-being of both patients and staff members. Furthermore, you will gain awareness of safeguarding and protection practices in various international healthcare contexts.

**Assessment:** Coursework including quizzes, structured written and oral tasks (e.g. case study analyses, report writing, oral presentations and role-plays) 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 health and care 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:** Coursework including quizzes, structured written and oral tasks (e.g. case study analyses, reflective journal writing, oral presentations and role-plays) 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, learning disabilities and dementia. The module provides a multifaceted exploration of mental health, learning disabilities 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 person-centred care techniques, communication strategies and activities to promote cognitive function and emotional wellbeing.

**Assessment:** Coursework including quizzes, structured written and oral tasks (e.g. case study analyses, report writing, oral presentations and role-plays) and an end-of-module written exam.

## Midwifery (50 hrs.)

This module provides you with a comprehensive understanding of midwifery practices in international healthcare contexts. It focuses on preparing trainees to support expectant and new mothers through safe, compassionate, and practical care before and after childbirth. The module covers essential non-clinical aspects of maternal and infant care, including prenatal wellbeing, emotional support, newborn care, feeding guidance and postnatal recovery. Through classroom learning, case studies and practical activities, you will develop the skills and confidence to assist qualified professionals and provide respectful, culturally sensitive care in a range of community and care settings.

**Assessment:** Coursework including quizzes, structured written and oral tasks (e.g. reflective journal writing, oral presentations and role-plays) 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 caregiving. 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 health and care sectors across the world.

**Assessment:** Coursework including quizzes, structured written and oral tasks (e.g. case study analyses, reflective journal writing, oral presentations and research report writing) and an end-of-module written exam.

## Practical Skills (180 hrs.)

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

Each course offers 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 courses cover essential caregiving 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 courses 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, geriatrics, meditation, herbal oil massage therapy, Panchakarma and yoga therapy.

**Assessment:** Coursework including quizzes, structured written and oral tasks (e.g. case study analyses, reflective journal writing, oral presentations, completing observation record sheets and patient record sheets and demonstrations) 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 health and care 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 and care worker.

**Assessment:** Coursework including quizzes, reflective portfolio, workplace supervisor evaluation and a simulated job interview.



N·S·D·C
– INTERNATIONAL –

QAI®
Authenticating Learning

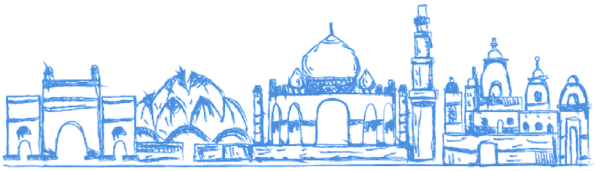
Qualifications and Assessments International, UK

**Training and Certificating For International Job Opportunities in Health Care**

QAI UK and NSDC International have come together to train and certify individuals for international job opportunities in the healthcare sector. 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 of 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 the supply of skilled workforce globally. NSDCI is pivotal in creating enabling systems and steering national and international partnerships for overseas employment through specific programmes mapped to global job requirements and benchmarked to international standards.

Qualifications and Assessments International (QAI) is a UK-based, non-regulated, international provider of assessments, professional programmes, and courses. It also undertakes assessment of prior learning. The programmes and courses are mapped to the Regulated Qualifications Framework (RQF) of England, Wales, and Northern Ireland. Ecctis has independently benchmarked QAI's English language proficiency certification – GETS Higher. Ecctis is a trusted provider of solutions and services in international education, training and skills to governments, awarding organisations and education providers worldwide, supporting the global portability of programmes and courses for over 25 years.



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