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*Visit us at <http://familycarers.ie/home-care-services/training/>*

**For further information on QQI, visit their designated site:  
[www.QQI.ie](http://www.QQI.ie)**

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## **TRAINING IN HEALTH CARE**

**Interested in training for a career  
in the Healthcare Sector?**

We can offer you:

- Real employment opportunities
- High quality training
- Expert tutors
- Supportive & caring learning environment



## BECOMING A HEALTHCARE WORKER

Choosing a role within a Healthcare environment can be a rewarding and life changing experience. The idea of being able to extend help to those who need it and to provide Care that is much-appreciated and very important highlights the prospect of choosing this career to shine even brighter.

If you want to make a difference, enjoy the company of other people and are empathic and patient, this information brochure may confirm your decision to taking the first step to becoming a Healthcare Worker.

### THINGS TO CONSIDER BEFORE REGISTERING FOR A TRAINING COURSE

#### Previous knowledge and experience

Ideally participants should have some exposure to a caring role or at least a strong interest in working within the care sector before considering attending the course. This is helpful, but not essential. Perhaps some participants may have completed an earlier foundation course in a related discipline.

#### Time Commitment

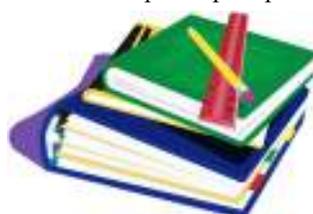
For QQI level 5 training, in addition to attending the course you are required to spend at least 3 hours per week on your coursework. It is important to ensure that you can allocate this time to your learning.

#### Attending Sessions

Ensure you are available to attend all training sessions. Before commencing the course, check the dates carefully.

#### Completing Assignments/Assessments

As part of the QQI curriculum, all participants will be required to complete either assignments or assessments. Sufficient notice, support and guidance will be given by the tutor to each participant prior to completing coursework.



## COURSE/MODULE PRICE LIST

The five modules highlighted in blue are mandatory modules. These must be completed if you wish to achieve a QQI Level 5 Major Award in Healthcare  
Support. The remaining 3 can be chosen based on your area of interest i.e. Care of the Older Person, Palliative Care Support etc.

Module Code	Module Name	Duration	Cost	Comments
5N2770	Care Skills	150 Hrs	€295	1 QQI L5 Module minimum 12 per class.
5N1356	Work Experience	150 Hrs	€295	1 QQI L5 Modules minimum 12 per class
5N0758	Care Support	150 Hrs	€295	1 QQI L5 Module minimum 12 per class
5N1794	Safety & Health at Work	150 Hrs	€295	1 QQI L5 Module minimum 12 per class
5N0690	Communications	150 Hrs	€295	1 QQI L5 Module minimum 12 per class
5N0690	Anatomy and Physiology	150 Hrs	€295	1 QQI L5 Module minimum 12 per class
5N3707	Activities of Living Patient Care	150 Hrs	€295	1 QQI L5 Module minimum 12 per class
5N2706	Care of the Older Person	150 Hrs	€295	1 QQI L5 Module minimum 12 per class
5N3769	Palliative Care Support	150 Hrs	€295	1 QQI L5 Module minimum 12 per class
5N4325	Nursing Theory & Practice	150Hrs	€295	1 QQI L5 Module minimum 12 per class
5N2668	Exercise & Fitness	150 Hrs	€295	1 QQI L5 Module minimum 12 per class
5N1207	Occupational First Aid	50 Hrs	€210	Certificate Valid for 2 years. Minimum of 10 per class
N/A	Patient Moving & Handling	1 Day	€90	Certificate Valid for 2 years. Minimum of 10 per class

**Title: Healthcare Support**  
**Code: 5M4339**  
**Level: 5**  
**Type: Major**

### **Certification Requirements:**

Learners will be required to achieve a minimum of 120 credits to attain the full level 5 QQI/QQI Major Award Healthcare Support 5M4339. Five modules within the programme will be compulsory, allowing for a choice by electives (minimum 3 modules). Details of compulsory and elective modules contained in this programme are outlined detailed below:

The total credit value for this certificate is 120. To achieve this please refer to the following outline:

<b>A minimum credit value of 45 from the following component (s)</b>			
<b>5N0690</b>	Anatomy and Physiology	5	15
<b>5N3707</b>	Activities of Living Patient Care	5	15
<b>5N2706</b>	Care of the Older Person	5	15
<b>5N3769</b>	Palliative Care Support	5	15
<b>5N4325</b>	Nursing Theory & Practice	5	15
<b>5N2668</b>	Exercise & Fitness	5	15
<b>5N1207</b>	Occupational First Aid	5	5

## **THE CARING PROFESSION**

### **COMMON TYPES OF HEALTHCARE POSITIONS**

#### **Family Carers**

None of us are born natural Carers, however at no stage of our lives do we know when we may be required to care for a family member. A Family Carer is a person who cares within his/her own home. Many Carers are caring 24 hours a day, 7 days a week.

#### **Home Respite Worker**

A Home Respite Worker is a person who is employed and paid to provide a break for a Family Carer to enable them to attend appointments, do shopping etc which will allow the Family Carer to take a well deserved break from his/her caring responsibilities. They are trained to take over from the Carer and should be able to take on most of the Family Carers responsibilities in their absence.

#### **Care Attendants or Healthcare Assistants**

A Care Attendant, Nursing Assistant or Healthcare Assistant supports the delivery of patient/client care under the supervision and direction of a registered nurse.

Care Attendants or Healthcare Assistants work in a variety of care facilities in the public, private and voluntary care sectors. The care facilities range from the acute general, maternity and children's hospitals to the long-stay care facilities. Long stay facilities can be hospitals and nursing homes that are public, voluntary or private. They also work in the community, in day care facilities or day hospitals.

#### **Special Needs Assistants**

A Special Needs Assistant is usually assigned to a child with a disability within a classroom situation. Main duties include assisting that child in participating fully in mainstream school and undertaking the one-to one assistance that may be required as well as any personal care tasks. The Special Needs Assistant will be instructed on the child's disability, the level of support required etc.

#### **Personal Assistants**

A Personal Assistant is usually assigned to a person with a disability to assist the person living more independently. The person with the disability is in charge and decides what tasks the personal assistant helps them with. This is also paid employment.

## WHY CHOOSE TO COMPLETE A COURSE WITH FAMILY CARERS IRELAND

### QQI Level 5 National Standard

The new required standard for individuals wishing to gain employment in the Healthcare Sector is a relevant QQI Level 5 Major Award such as the QQI Level 5 Major Award in Healthcare Support ((5M4339) or equivalent. The aim of introducing a National standard is to ensure the highest level of care provision regardless of where that care is provided i.e. home environment, hospital, nursing home or day care centre.

### We are an employer so we can offer employment possibilities for learners—a major plus!

Family Carers Ireland offer a dedicated Home Respite Service. This means that QQI Level 5 learners could be offered a paid working opportunity to engage with the Carer to help with caring duties such as moving and transferring, feeding and dressing. In some cases the Home Respite Workers will take over the caring duties completely, giving the Carer a well earned break.

Family Carers Ireland look to their database of trained participants who previously completed our QQI Level 5 training programmes for possible employees.

**Remember:** We are an employer and on occasion, where funding is available, we may be in a position to offer you employment following successful completion of our recruitment & selection criteria. We know you have been trained to provide the highest level of care.

### All our tutors have a Nursing qualification plus often additional post-graduate qualifications

Every tutor is carefully selected based on their qualifications, experience and expertise in their subject matter to ensure that every learner has a rewarding and positive learning experience.

In order to ensure our tutors are of a very high caliber they all partake in a comprehensive interview and induction process and satisfy our QQI quality assurance standards prior to being selected onto our database of qualified tutors.



Mandatory modules are those that must be completed. In the case overleaf those mandatory modules are -Care Skills, Care Support, Safety and Health at Work, Communications and Work Experience. Elective modules are those that can be chosen, given the individual learners interest in a particular area e.g. Nutrition, Care of the Older Person, Palliative Care and so on. 3 of these must be completed..

There are four other possible Major Awards that a learner could work towards in the Care Sector.

These are outlined as follows in the Learner Handbook:-

**Title**           **Healthcare Support**  
**Code**           **5M4339**  
**Level**           **5**  
**Type**           **Major**

### **Certification Requirements:**

**Learners will be required to achieve a minimum of 120 credits to attain the full level 5 QQI/QQI Major Award Healthcare Support 5M4339. Five modules within the programme will be compulsory, allowing for a choice by electives (minimum 3 modules). Details of compulsory and elective modules contained in this programme are outlined detailed below: The total credit value for this certificate is 120. To achieve this please refer to the following outline:**

Code	Title	Level	Credit Value
<b>Learners <u>must</u> complete all of the following component (s) 75 credit value</b>			
<b>5N2770</b>	Care Skills	5	15
<b>5N0758</b>	Care Support	5	15
<b>5N1794</b>	Safety & Health at Work	5	15
<b>5N0690</b>	Communications	5	15
<b>5N1356</b>	Work Experience	5	15



### Entry Level & Special Requirements

Flat, comfortable shoes and loose, comfortable clothes are essential for this training. All learners must have arrived in advance of training commencing otherwise they will not be allowed to attend the training day. This is due to the detailed, legislative training that is being provided where the Instructor is required to ensure that the Learner has been informed of all of the legislation and explanation for what is being done and why as well as seeing the demonstrations and carrying out the assessment of the load and demonstrating the correct procedure.

### Progression Route

Learners who complete this module can progress towards the full QQI Level 5 Major Award in Healthcare Support 5M4339.

### Assessment

The course is a mixture of theory and practical demonstrations by the tutor. This is followed up by the learner demonstrating the correct procedures on a number of key moves.

### Course Delivery

All training is delivered in a people centred, friendly and enjoyable learning environment to ensure each learner is given every opportunity to acquire the necessary knowledge, skills and abilities in order to excel in their caring role. Training is delivered using a variety of methodologies involving class tuition, group discussions and skills demonstrations.

## UNDERSTANDING QQI

Courses leading to QQI Awards are made up of **modules** or components (very like one subject for example in the Leaving Certificate).

For each module or component where the required standard has been achieved, the learner will gain a **Credit or a Minor Award**.

By successfully completing one of the subjects in the table overleaf you would receive a QQI Level 5 **Minor Award** or **one credit** towards a full QQI Level 5 Major Award. As you continue to successfully complete eight different modules/subjects you build up your credits towards achieving a QQI Level 5 Major Award.

In the case overleaf, Family Carers Ireland can offer a potential learner the prospect of completing a full QQI Level 5 Major Award in Healthcare Support (5M4339X). It is important to note however that in order to achieve a full QQI Level 5 in the case overleaf, Family Carers Ireland can offer a potential learner the prospect of completing a full QQI Level 5 Major Award in Healthcare Support (5M4339X). It is important to note however that in order to achieve a full QQI Level 5 Major award the learner is required to complete both mandatory and elective Modules.

### ABOUT US

Family Carers Ireland is a registered charity (number CHY 10962) and a company limited by guarantee, emerging from the coming together of two long standing charities of over 25 years – Family Carers Ireland and Caring for Carers in 2016. The merger brings the best of both charities together whilst broadening the range of services and supports to family carers and giving one national voice to represent fairness for carers.

### Merger Story

The members of both Family Carers Ireland and Carer for Carers voted at an EGM on 7th February 2015 to merge both organisations based on the principles outlined in the Merger Agreement.

The formation of Family Carers Ireland represents a very significant and positive milestone for Ireland's family carers, there is approximately 200,000 family carers. Family Carers Ireland and Caring for Carers Ireland have come together to form one stronger, dedicated, carer-centred organisation. Stronger than the sum of its parts.

The merged organisation, Family Carers Ireland, is sustainable and in a better position to support, lobby for and advocate on behalf of Ireland's family carers.

**Carers are at the heart of everything we do.**

### Support

Following on from completing our QQI modules, the training unit can offer employment advice such as where to seek employment and issue contact lists for employment, We provide high quality training– focused on provision of high quality care, supportive and encouraging learning environment and complete support to learners throughout the completion of their course.

### Topic Specific Workshops

Based on demand Family Carers Ireland can tailor a range of Healthcare related training/workshops to suit your individual training need such as MRSA Workshops, Food Hygiene, Peg Feeding, Managing Challenging Behaviour, Patient Moving and Handling training and much more

Non accredited Healthcare related training programmes can be devised such as dependent adult training covering topics such as Practical Care Skills, Stress Management, Stoma care, Diabetes, Continence Management, Pressure Area Management, Feeding a Dependent Adult etc. If you have a training need, we can respond to it!

If there is a specific course you require, please contact us– we will strive to respond to your need.

All of our courses are run on a demand basis



## OUR COURSES



**Course Name:** **QQI Level 5 Care Skills Module**  
**Course Code:** 5N2770  
**Duration:** 150 Hours  
**Location:** Nationwide, subject to demand  
**Module status:** Compulsory  
**Accreditation:** QQI Level 5 Component Certificate  
Mandatory Module on the QQI Level 5 Major Award in Healthcare Support

### Course Content

The specific learning outcomes are grouped into 3 units

Unit 1 – Client care skills

Unit 2 – Use of equipment within the care setting

Unit 3 – Application of client care skills.

### Course Aim

The course is designed to ensure learners have the skills and knowledge to recognise and respond to the needs of clients and to create and maintain a safe, healthy and hygienic environment.

### Entry Level & Special Requirements

QQI Level 4 Certificate, Leaving Certificate or equivalent qualifications **and/or** relevant life and work experiences. Learners should hold a Heart saver CPR Certificate or equivalent.

### Progression Route

Learners who complete this module can progress towards the full QQI Level 5 Major Award in Healthcare Support 5M4339.

### Assessment

Learners who wish to achieve this QQI Level 5 Module or Component Certificate must complete 3 skills demonstrations (60%) and 2 assignments (20% each).

### Course Delivery

All training is delivered in a people centred, friendly and enjoyable learning environment to ensure each learner is given every opportunity to acquire the necessary knowledge, skills and abilities in order to excel in their caring role. Training is delivered using a variety of methodologies involving class tuition, group discussions, role plays, skills

**Course Name:** **Patient Moving & Handling Training**  
**Course Code:** None  
**Duration:** 1 day  
**Location:** Nationwide, subject to demand  
**Accreditation:** Certificate of Attendance by an authorised Patient Moving & Handling Instructor. Certificate is valid for 2 years from date of training at which point, it needs to be repeated to ensure best practice in safe moving and handling of people.



### Course Content

Legislation - Safety, Health and Welfare at Work Act (2005), Safety Health and Welfare at Work (General Applications) Regulations 2007 SI No 299 of 2007 & Manual Handling Regulations 68 & 69.

The specific learning outcomes are as follows:-

- The back: how it works
- The back: how it is injured
- Fitness and Flexibility
- Ergonomics
- Anatomy
- Hazardous Loads
- Spinal Biomechanics
- Manual Handling Assessment
- Inanimate and Patient Handling Practical Sessions
- Personal Protective Equipment
- Good Housekeeping

### Course Aim

The aim of the training day is to give participants a good knowledge of Safe Moving & Handling principles and practice for both inanimate objects and patients. This training is essential for any individual working in the Healthcare sector to ensure that both the worker and the patient are protected from injury and experiential learning.

**Course Name:** QQI Level 5 Nursing Theory & Practice  
**Course Code:** 5N4325  
**Duration:** 150 Hours  
**Module status:** Optional  
**Location:** Nationwide, subject to demand  
**Accreditation:** QQI Level 5 Component Certificate  
Elective Module on the QQI Level 5 Major Award in Healthcare Support or Mandatory Module on the QQI Level 5 Major Award in Nursing Studies.

#### **Course Content**

This Module is not grouped into units but instead covers a range of specific learning outcomes which covers the history and development of nursing, the structure and function of the health care service in Ireland, models of care, basic nursing skills, common nursing/medical terminology and outlines the various specialities in nursing.

#### **Course Aim**

The course is designed to provide learners with an introduction to the nursing profession, the role of the nurse in the health service and within the multi-disciplinary team. It also gives great insight into the work of a nurse, the disciplines and specialities that are on offer and the importance of nursing ethics and etiquette in various care situations. This is a lovely module for those individuals who are working within various healthcare environments where nurse professionals may be their line managers so they can understand the role and responsibilities of the nurse. Equally it is an important module to consider if an individual was thinking about a career in nursing and applying for or transferring to a nursing degree programme in the future.

#### **Entry Level & Special Requirements**

QQI Level 4 Certificate, Leaving Certificate or equivalent qualifications and/or relevant life and work experiences.

#### **Progression Route**

Learners who complete this module can progress towards the full QQI Level 5 Major Award in Healthcare Support 5M4339 or the QQI Level 5 Major Award in Nursing Studies.

#### **Assessment**

Learners who wish to achieve this QQI Level 5 Module or Component Certificate must complete an examination (50%) consisting of 10 short answer questions (20%) and 3 structured questions (30%). In addition there are 5 skills demonstrations required (50%).

#### **Course Delivery**

All training is delivered in a people centred, friendly and enjoyable learning environment to ensure each learner is given every opportunity to acquire the necessary knowledge, skills and abilities in order to excel in their caring role. Training is delivered using a variety of methodologies involving class tuition, group discussions, role plays, skills demonstrations, experiential learning and simulated situations.

**Course Name:** QQI Level 5 Care Support Module  
**Course Code:** 5N0758  
**Duration:** 150 Hours  
**Location:** Nationwide, subject to demand  
**Module status:** Compulsory  
**Accreditation:** QQI Level 5 Component Certificate  
Mandatory Module on the QQI Level 5 Major Award in Healthcare Support

#### **Course Content**

The specific learning outcomes are grouped into 4 units

Unit 1 – Relating to the Client

Unit 2 – Reflection & Development

Unit 3 – Working with Others

Unit 4 – Working in Care

#### **Course Aim**

The course is designed to equip learners with the skills and knowledge to work effectively in a care setting and to understand their role and responsibilities as part of the healthcare team. The module aims to promote good practice and respect for diversity in lifestyle, religion and culture in care work. It also reinforces the need for continuous training, development and reflection in order to provide the very best care possible.

#### **Entry Level & Special Requirements**

QQI Level 4 Certificate, Leaving Certificate or equivalent qualifications **and/or** relevant life and work experiences. Learners should hold a Heartsaver CPR Certificate or equivalent.

#### **Progression Route**

Learners who complete this module can progress towards the full QQI Level 5 Major Award in Healthcare Support 5M4339.

#### **Assessment**

Learners who wish to achieve this QQI Level 5 Module or Component Certificate must complete a learner record (70%) and a assignment (30%).

#### **Course Delivery**

All training is delivered in a people centred, friendly and enjoyable learning environment to ensure each learner is given every opportunity to acquire the necessary knowledge, skills and abilities in order to excel in their caring role. Training is delivered using a variety of methodologies involving class tuition, group discussions, role plays, skills demonstrations and simulated situations.

**Course Name:** QQI Level 5 Safety & Health at Work  
**Course Code:** 5N1794  
**Duration:** 150 Hours  
**Location:** Nationwide, subject to demand  
**Module status:** Compulsory  
**Accreditation:** QQI Level 5 Component Certificate  
Mandatory Module on the QQI Level 5 Major Award in  
Healthcare Support

### Course Content

The specific learning outcomes are grouped into 4 units

Unit 1—Health & Safety Legislation

Unit 2—Health & Safety in the Workplace – hazard identification, risk assessment and control measures, roles and responsibilities

Unit 3—Health Promotion

Unit 4—Accident prevention in the workplace

### Course Aim

The course is designed to provide learners with the skills and knowledge to promote and maintain safety and health in the working environment and most particularly in the care environment for our learners.

### Entry Level & Special Requirements

QQI Level 4 Certificate, Leaving Certificate or equivalent qualifications **and/or** relevant life and work experiences.

### Progression Route

Learners who complete this module can progress towards the full QQI Level 5 Major Award in Healthcare Support 5M4339.

### Assessment

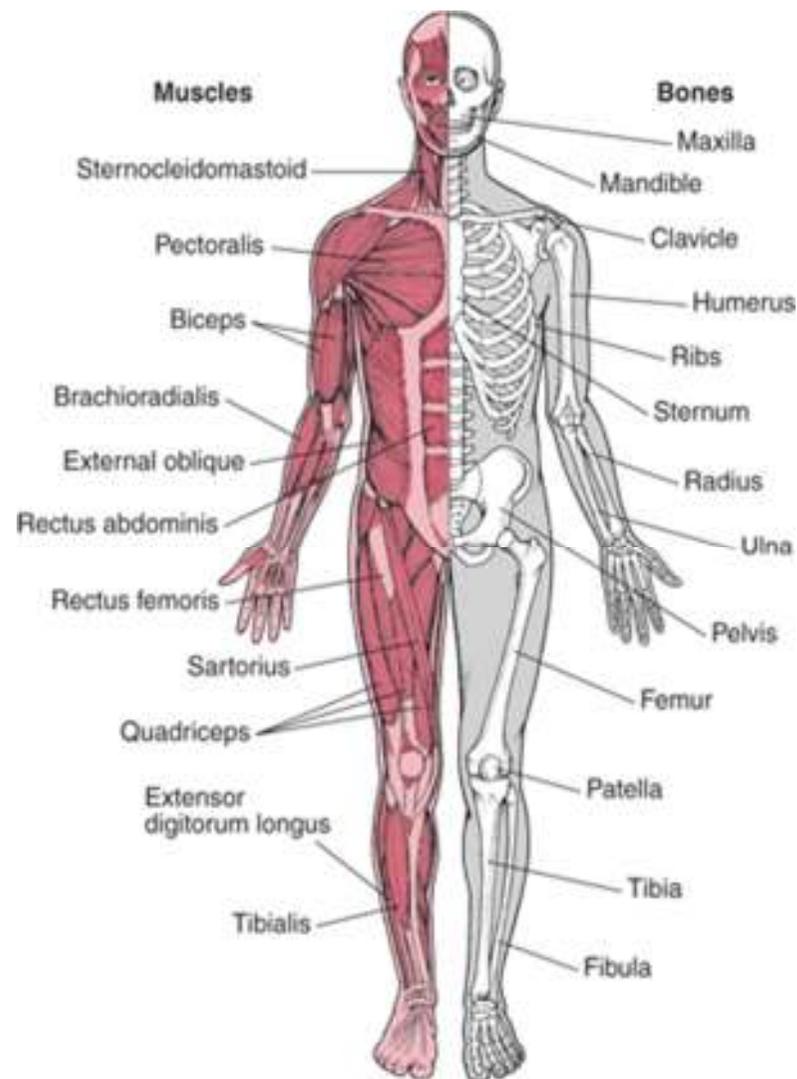
Learners who wish to achieve this QQI Level 5 Module or Component Certificate must complete a theory based examination (40%) comprising of 12 short answer questions (10 to be answered) and 3 structured questions (2 to be answered) and 2 assignments (30% each) designed to demonstrate the Learners understanding and application of a range of specific learning outcomes.

### Course Delivery

All training is delivered in a people centred, friendly and enjoyable learning environment to ensure each learner is given every opportunity to acquire the necessary knowledge, skills and abilities in order to excel in their caring role. Training is delivered using a variety of methodologies involving class tuition, group discussions, role plays, skills demonstrations and simulated situations .

### Course Delivery

All training is delivered in a people centred, friendly and enjoyable learning environment to ensure each learner is given every opportunity to acquire the necessary knowledge, skills and abilities in order to excel in their caring role. Training is delivered using a variety of methodologies involving class tuition, group discussions, role plays, skills demonstrations and simulated .



**Course Name:** QQI Level 5 Anatomy and Physiology  
**Course Code:** 5N0690  
**Duration:** 150 Hours  
**Location:** Nationwide, subject to demand  
**Module Status:** Optional  
**Accreditation:** QQI Level 5 Component Certificate  
Elective Module on the QQI Level 5 Major Award  
in Healthcare Support

### Course Content

The specific learning outcomes are grouped into 12 units

Unit 1	Introduction to Anatomy and Physiology
Unit 2	Skeletal System
Unit 3	The Muscular System
Unit 4	The Circulatory System
Unit 5	The Lymphatic System
Unit 6	The Digestive System
Unit 7	The Respiratory System
Unit 8	The Nervous System
Unit 9	The Endocrine System
Unit 10	The Reproductive System
Unit 11	The Urinary System
Unit 12	The Skin

### Course Aim

The course is designed to equip the learner with knowledge, skill and competence to understand the structure and function of the human body and the Interrelationship between its systems.

### Entry Level & Special Requirements

QQI Level 4 Certificate, Leaving Certificate or equivalent qualifications **and/or** relevant life and work experiences.

### Progression Route

Learners who complete this module can progress towards the full QQI Level 5 Major Award in Healthcare Support 5M4339.

### Assessment

Learners who wish to achieve this QQI Level 5 Module or Component Certificate must complete 2 Assignments weighing (40%) and an examination with 12 short answer questions in which 10 are required to be answered and also 5 structured questions in which learners are required to answer 4 (60%).

**Course Name:** QQI Level 5 Communications Module  
**Course Code:** 5N0690  
**Duration:** 150 Hours  
**Location:** Nationwide, subject to demand  
**Module Status:** Compulsory  
**Accreditation:** QQI Level 5 Component Certificate  
Mandatory Module on the QQI Level 5 Major Award in  
Healthcare Support

### Course Content

The specific learning outcomes are grouped into 4 units

Unit 1	– Listening & Speaking
Unit 2	– Reading & Writing
Unit 3	– Non-verbal and Visual Communication
Unit 4	– Communications Technology

### Course Aim

The course is designed to develop awareness in the learner of the essential role communication plays in human interaction and the relevance of good communication skills in the workplace. It also explores the most effective principles and practices in gathering and disseminating information and focuses on developing good communication skills through a variety of media.

### Entry Level & Special Requirements

QQI Level 4 Certificate, Leaving Certificate or equivalent qualifications **and/or** relevant life and work experiences.

### Progression Route

Learners who complete this module can progress towards the full QQI Level 5 Major Award in Healthcare Support 5M4339.

### Assessment

Learners who wish to achieve this QQI Level 5 Module or Component Certificate must complete a collection of work which will be allocated by the tutor (50%) and a Skills Demonstration (50%) which focuses on Listening and Speaking Skills and Visual Communication Skills.

### Course Delivery

All training is delivered in a people centred, friendly and enjoyable learning environment to ensure each learner is given every opportunity to acquire the necessary knowledge, skills and abilities in order to excel in their caring role. Training is delivered using a variety of methodologies involving class tuition, group discussions, role plays, skills demonstrations and simulated situations.

**Course Name:** QQI Level 5 Work Experience Module  
**Course Code:** 5N1356  
**Duration:** 150 Hours (classroom contact) plus work experience placement days are additional  
**Location:** Nationwide, subject to demand  
**Module Status:** Compulsory  
**Accreditation:** QQI Level 5 Component Certificate  
Mandatory Module on the QQI Level 5 Major Award in Healthcare Support

#### **Course Content**

The specific learning outcomes are grouped into 3 units

Unit 1 – Planning & Preparation

Unit 2 – Experience

Unit 3 – Review & Evaluation

#### **Course Aim**

The course is designed to prepare learners for the workplace as it focuses on preparing and planning for work, working under direction in a care setting and reviewing and evaluating that work. The work experience placement supports learners in putting new skills learned into practice, try new work environments within the sector, evaluate their own performance and identify skills deficits and areas of strength as well as perhaps reviewing where to focus their career aspirations or subject choices going forward.

#### **Entry Level**

QQI Level 4 Certificate, Leaving Certificate or equivalent qualifications **and/or** relevant life and work experiences.

#### **Special Requirements**

The Learner must complete 10 to 15 days of work experience. This placement must be sought by the Learner.

#### **Progression Route**

Learners who complete this module can progress towards the full QQI Level 5 Major Award in Healthcare Support 5M4339.

#### **Assessment**

Learners who wish to achieve this QQI Level 5 Module or Component Certificate must complete the required days of work experience and also complete a Learner Record which will be allocated by the tutor (50%) and a Skills Demonstration (30%) plus an assignment allocated by the tutor (20%).

#### **Course Delivery**

All training is delivered in a people centred, friendly and enjoyable learning environment to ensure each learner is given every opportunity to acquire the necessary knowledge, skills and abilities in order to excel in their caring role. Training is delivered using a variety of methodologies involving class tuition, group discussions, role plays, skills demonstrations and simulated situations.

**Course Name:** QQI Level 5 Activities of Living Patient Care  
**Course Code:** 5N3707  
**Duration:** 150 Hours  
**Location:** Nationwide, subject to demand  
**Module Status:** Optional  
**Accreditation:** QQI Level 5 Component Certificate  
Elective Module on the QQI Level 5 Major Award in Healthcare Support

#### **Course Content**

The specific learning outcomes are grouped into 2 units

Unit 1 – Activities of Living Theory

Unit 2 – Caring for Individuals utilising Activities of Living

#### **Course Aim**

The course is designed to equip the learner with the skills, knowledge and competencies to provide care for people in a variety of settings, working under the direction and supervision of nursing/midwifery staff.

#### **Entry Level & Special Requirements**

QQI Level 4 Certificate, Leaving Certificate or equivalent qualifications **and/or** relevant life and work experiences

#### **Progression Route**

Learners who complete this module can progress towards the full QQI Level 5 Major Award in Healthcare Support 5M4339.

#### **Assessment**

Learners who wish to achieve this QQI Level 5 Module or Component Certificate must complete an assignment brief (40%) allocated by the tutor, and a skills demonstration which each learner will be assessed in demonstrating a variety of specific skills (60%).

#### **Course Delivery**

All training is delivered in a people centred, friendly and enjoyable learning environment to ensure each learner is given every opportunity to acquire the necessary knowledge, skills and abilities in order to excel in their caring role. Training is delivered using a variety of methodologies involving class tuition, group discussions, role plays, skills Demonstrations and simulated.

**Course Name:** **QQI Level 5 Exercise and Fitness**  
**Course Code:** 5N2668  
**Duration:** 150 Hours  
**Location:** Nationwide, subject to demand  
**Module Status:** Optional  
**Accreditation:** QQI Level 5 Component Certificate  
Elective Module on the QQI Level 5 Major Award in  
Healthcare Support

### **Course Content**

The specific learning outcomes are grouped into 3 units  
Unit 1 – Applied Anatomy and Physiology & Lifestyle Management  
Unit 2 – Fitness Training Theory  
Unit 3 – Good Exercise Practice

### **Course Aim**

The course is designed to equip the learner with the knowledge, skill and competencies in a variety of forms of physical exercise, to enable the learner to design, implement and evaluate exercise and fitness programmes in a variety of contexts in line with best practice.

### **Entry Level & Special Requirements**

QQI Level 4 Certificate, Leaving Certificate or equivalent qualifications **and/or** relevant life and work experiences

### **Progression Route**

Learners who complete this module can progress towards the full QQI Level 5 Major Award in Healthcare Support 5M4339.

### **Assessment**

Learners who wish to achieve this QQI Level 5 Module or Component Certificate must complete a Fitness Assessment, Exercise to Music, Circuit Training and Flexibility, Flexibility/Stretching and Resistance Training (50%). There is also an examination consisting of 12 short answer questions in which 10 has to be answered and also 3 structured questions in which 2 has to be answered (30%) plus an assignment allocated by the tutor (20%).

### **Course Delivery**

All training is delivered in a people centred, friendly and enjoyable learning environment to ensure each learner is given every opportunity to acquire the necessary knowledge, skills and abilities in order to excel in their caring role. Training is delivered using a variety of methodologies involving class tuition, group discussions, role plays, skills demonstrations and simulated.

**Course Name:** **QQI Level 5 Care of the Older Person Module**  
**Course Code:** 5N2706  
**Duration:** 150 Hours  
**Module Status:** Optional  
**Location:** Nationwide, subject to demand  
**Accreditation:** QQI Level 5 Component Certificate  
Elective Module on the QQI Level 5 Major Award  
in Healthcare Support

### **Course Content**

The specific learning outcomes are grouped into 4 units  
Unit 1 – The Ageing Process  
Unit 2 – Working with the Older Person  
Unit 3 – Caring with the Older Person with Specific Needs  
Unit 4 – Care Settings

### **Course Aim**

The course is designed to ensure learners have the skills and knowledge to provide a high level of care to older people in a variety of care settings.

### **Entry Level & Special Requirements**

QQI Level 4 Certificate, Leaving Certificate or equivalent qualifications **and/or** relevant life and work experiences.

### **Progression Route**

Learners who complete this module can progress towards the full QQI Level 5 Major Award in Healthcare Support 5M4339.

### **Assessment**

Learners who wish to achieve this QQI Level 5 Module or Component Certificate must complete specific planned tasks or activities in the workplace as skills demonstrations (60%) and a project designated by the tutor designed to demonstrate the Learners understanding of older people with specific needs (40%).

### **Course Delivery**

All training is delivered in a people centred, friendly and enjoyable learning environment to ensure each learner is given every opportunity to acquire the necessary knowledge, skills and abilities in order to excel in their caring role. Training is delivered using a variety of methodologies involving class tuition, group discussions, role plays, skills demonstrations and simulated situations.

**Course Name:** QQI Level 5 A Palliative Care Approach Module  
**Course Code:** 5N3769  
**Duration:** 150 Hours  
**Location:** Nationwide, subject to demand  
**Module Status:** Optional  
**Accreditation:** QQI Level 5 Component Certificate  
Elective Module on the QQI Level 5 Major Award  
in Healthcare Support

### Course Content

The specific learning outcomes are grouped into 4 units

Unit 1 – Working with a Palliative Care Approach

Unit 2 – Communication Skills

Unit 3 – Death and Dying

Unit 4 – Bereavement Care

### Course Aim

The course is designed to equip learners with the skills and knowledge of the palliative care approach to enable them to care for the person diagnosed with a life-limiting illness throughout the illness and in the last days of the person's life, with dignity, respect and in a holistic manner. It also focuses on providing support to the family of the person with the life-limiting illness and working with the family, the individual and the multi-disciplinary team to ensure a dignified and comfortable passing.

### Entry Level & Special Requirements

QQI Level 4 Certificate, Leaving Certificate or equivalent qualifications **and/or** relevant life and work experiences.

### Progression Route

Learners who complete this module can progress towards the full QQI Level 5 Major Award in Healthcare Support 5M4339.

### Assessment

Learners who wish to achieve this QQI Level 5 Module or Component Certificate must complete a Learner Record allocated by the tutor (70%) and an assignment designed by the tutor to assess understanding and application of a range of specific learning outcomes (30%).

### Course Delivery

All training is delivered in a people centred, friendly and enjoyable learning environment to ensure each learner is given every opportunity to acquire the necessary knowledge, skills and abilities in order to excel in their caring role. Training is delivered using a variety of methodologies involving class tuition, group discussions, role plays, skills demonstrations and simulated situations

**Course Name:** QQI Level 5 Occupational First Aid Module  
**Course Code:** 5N1207  
**Duration:** 50 Hours  
**Location:** Nationwide, subject to demand  
**Module status:** Optional  
**Accreditation:** QQI Level 5 Component Certificate  
Elective Module on the QQI Level 5 Major Award  
in Healthcare Support

### Course Content

The specific learning outcomes are grouped into 8 units

Unit 1 – First Aid in the Workplace

Unit 2 – Patient Assessment

Unit 3 – Respiratory Emergencies

Unit 4 – Cardiac First Response

Unit 5 – Wounds and Bleeding

Unit 6 – Altered Levels of Consciousness

Unit 7 – Musculoskeletal Injuries

Unit 8 – Burns and Scalds, Chemicals and Electric shock

### Course Aim

The course is designed to provide learners with the knowledge, practical skills and understanding required to provide and co-ordinate first aid in the workplace in compliance with the requirements of the Safety, Health and Welfare at Work (General Application) Regulations 2007 and the associated guide to these regulations.

### Entry Level & Special Requirements

QQI Level 4 Certificate, Leaving Certificate or equivalent qualifications **and/or** relevant life and work experiences.

### Progression Route

Learners who complete this module can progress towards the full QQI Level 5 Major Award in Healthcare Support 5M4339.

### Assessment

Learners who wish to achieve this QQI Level 5 Module or Component Certificate must complete 2 Skills Demonstrations (70%) – one on Basic Life Saving Skills (CPR & AED – 40%) and 2 other occupational first aid skills (30%). There is also an examination consisting of 22 short answer questions of which 20 must be answered (30%).

### Course Delivery

All training is delivered in a people centred, friendly and enjoyable learning environment to ensure each learner is given every opportunity to acquire the necessary knowledge, skills and abilities in order to excel in their caring role. Training is delivered using a variety of methodologies involving class tuition, group discussions, skills demonstrations, experiential learning and simulated situations. The module combines the theory behind the body systems and how they are relevant to provision of occupational first aid and hands on experience of performing first aid, CPR and AED.