



MCAST

MQF Level 1

CS1-01-21

Introductory Certificate in Care

Course Specification

Course Description

The course is an ideal start to a career in Health and Social Care as it provides the student with the basic knowledge and understanding of what it is like to work in this sector. Although it does not qualify the student to work in the sector, it helps the student gain the key competencies so as to progress to Level 2 and then to Level 3 in health and social care where the student is trained for employment.

The course includes both practical and theoretical lectures, which cover the basics of health and social care including basic nutrition, first aid, interpersonal communication with service users that projects respect, integrity, dignity, and anti-discrimination. The student is presented with knowledge about the typical tasks and roles that care workers undertake and the type of clients (service users) who would require health and social care services. Prospective students should preferably have an interest in working with elderly persons and people with special needs.

Students are also given the opportunity to strengthen their key skills: English, Maltese, Mathematics, Science, Information Technology and Personal Development.

Programme Learning Outcomes

At the end of the programme the students are able to -

- 1. Understand the role of care workers with different service user groups*
- 2. Appreciate the importance of nutrition in health and social care*
- 3. Practise basic interpersonal communication skills for dealing with service users*
- 4. Explore the importance of care, compassion, integrity and non-discrimination in care relationships*

Entry Requirements

- Finished Compulsory Education

Other Entry Requirements

- Initial Assessment Tests (as may be applicable)

Current Approved Programme Structure

Unit Code	Unit Title	ECVET
CSHSC-106-1900	An Introduction to Health and Social Care Roles	6
CSHSC-106-1901	An Introduction to Care Relationships	6
CDKSK-105-1926	Mathematics	5
CDKSK-105-1927	English	5
CDKSK-105-1928	Malti	5
CDKSK-105-2106	Information Technology	5
CDKSK-103-2101	Community Social Responsibility	3
CDKSK-105-1930	Science	5
Total ECVET		40

Unit: CSHSC-106-1900 - An Introduction to Health and Social Care Roles

Unit level (MQF): 1

Credits : 6

Unit description

This unit aims to give learners an understanding of the health and social care sector, the range of potential service users and the roles of health and social care workers. The aim of health and social care work is to enable people who are unable to care for themselves to the full extent to live as independently as possible within the constraints of their social circumstances. Also, its aim is to help them maintain and improve the quality of their lives through the provision of assistance which meets their daily living needs and helps them maintain their dignity, self-respect, privacy and self-esteem however possible.

As the average age of the population increases, so does the proportion of people requiring care and assistance. Developments in modern medical technology have led to the increase in life expectancy and the increasing ability for many people to survive acute conditions such as heart attacks, strokes and cancers. However, some of them are left with residual disabilities or restrictions on their ability to live independently. At the same time, the economic downturn worldwide has led many people, of all ages, to find themselves in difficult social circumstances with increases in poverty, unemployment, immigration, homelessness and many more difficult circumstances.

This unit will explore the types of care required by different service user groups from the very old to the very young and from the disabled to the socially disadvantaged.

It will also explore the different roles of care workers engaged with different service user groups and care settings in order to give learners an introduction to the health and social care sector. Teaching sessions and simulation training will be enhanced with visits to health and social care services to experience at first-hand what health and social care entails. The unit will also introduce some of the essential knowledge required in the delivery of personal care with an emphasis on the importance of an individualised care plan. It will also cover some of the basic principles of first aid.

Finally, the unit will focus on the need for health and social care workers to present themselves in a confident, competent and professional way. Service users can rely heavily on care workers for their daily living needs. Both the service users and the care workers' employers need to have confidence that the people delivering the care have the attributes required for such an important vocation.

Learning Outcomes

On completion of this unit learners should be able to:

1. *Distinguish the types of care settings available in Malta for different service user groups;*
2. *Recognise different roles and types of professionals engaged in health and social care;*
3. *Understand the importance of daily living needs of service users, and maintaining their dignity, self-respect, privacy and self-esteem;*
4. *Understand the basic principles of first aid;*
5. *Present oneself in a confident, competent and professional way.*

Unit: CSHSC-106-1901 - An Introduction to Care Relationships

Unit level (MQF): 1

Credits : 6

Unit description

This unit aims to give learners an understanding of the non-technical skills needed by care workers. Skills such as respect, reliability, confidentiality, integrity, honesty and freedom from discrimination. There are many people in society who are for a range of reasons, vulnerable, disadvantaged, disabled or unable to fully care for themselves. The problems can be short term or long term and can vary in nature and severity. The quality of life of people in these circumstances does not only depend on the care and attention they receive from health and social care workers but also on the way they receive it.

The unit begins to explore some of the basic human issues involved in delivering health and social care. It looks at basic communication skills both in verbal and non-verbal communication. The unit addresses the rights and expectations of people receiving care, the issue of discrimination and its effects, as well as the basic ideas underpinning psychology and behavioural sciences.

It encourages learners to explore their own values and principles and become more aware of their own behaviour and attitudes. In particular, it will encourage learners to look at health and social care from the perspective of the service user. The unit enables learners to understand the meaning of being dependent on others for daily activities, which are usually taken for granted, or to be socially isolated. It also encourages learners to explore issues of discrimination in the society, in areas such as gender, sexual orientation, mental health, socio-economic status, race, culture, religion and many others in order to help them recognise and overcome such barriers as they progress in their careers.

As with Unit 1, teaching and classroom activities will be reinforced with visits to care settings to meet people with care needs and gain appreciation of their circumstances. This will be reinforced through group discussions, case studies and examples of the types of problems many people face in their lives.

Learning Outcomes

On completion of this unit learners should be able to:

1. *Understand the values that a care worker must possess for an effective caring relationship;*
2. *Understand the issues related to discrimination and its impact on individuals and groups;*
3. *Apply the basics of verbal and non-verbal communication in a caring relationship;*
4. *Understand own emotional wellbeing and issues that affect one's self-esteem;*