

Dette er en oversettelse av den fastsatte læreplanteksten. Læreplanen er fastsatt på Bokmål

Laid down as a regulation by the Norwegian Directorate for Education and Training on 24 May 2007 as delegated in a letter of 26 September 2005 from the Ministry of Education and Research pursuant to the Act of 17 July 1998 no. 61 relating to primary and secondary education (Education Act) Section 3-4 first paragraph.

Valid from 01.08.2007

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Utgått

## Purpose

Health workers perform care, basic nursing and milieu therapy for patients and users of health and social services. Health work shall contribute to covering the need for competent health workers who can meet patients, users and affected family members and friends in a professional manner, and contribute to society's need for health and care services being seen to in the health and social services in municipalities and in specialised health services. The subject shall contribute to educating health workers who can cooperate with other occupational groups, promote enjoyment, physical and mental health and see to user involvement and patient rights.

Learning in the subject shall develop the ability to meet people from numerous cultural backgrounds in different circumstances in life, with different ability levels and opportunities for communication. Furthermore, learning in the subject shall contribute to developing professional workers who are able to show empathy and interact with people who have different needs for assistance. Health workers should learn to observe and use knowledge about different kinds of illnesses, injuries and suffering, and to implement preventive or treatment measures within their own area of responsibility and competence. Through health-promotion work, the health worker shall contribute to prevent isolation and arrange for a more active life. Learning in the subject shall help health workers learn to participate actively in environment, health and safety work and contribute to a good working environment.

The main subject areas amount to a total study program. Learning in the subject shall arrange for varied tasks in different areas of service that can help promote creativity and broad competence applicable to health and social services in municipalities and in specialised health services. Training completed and passed in the subject will lead to a Trade Certificate. The professional title is Health Worker.

## Structure

Health work consists of three main subject areas. The main subject areas complement each other, and should be viewed in relation to one another.

### Overview of the main subject areas:

Year level	Main subject areas		
Vg3 / In-service training at a training establishment	Health-promoting work	Communication and interaction	Practice of vocation

## Main subject areas

The main subject area is concerned with what habits, physical activity and diets mean for preventing illness and promoting physical and mental health. It also deals with professional health assistance work, health care and activities that promote a sense of mastery, good health, enjoyment and quality of life. The main subject area includes basic nursing, practical hygiene measures and preventing transmission of disease and infections. Furthermore, the main subject area deals with the relationship between the body's make-up and functions and learning about illness. Culture as a health-promoting and mobilising measure, and environment, health and safety along with first aid and prevention of repetitive strain injuries are included in the main subject area.

The main subject area deals with interpersonal communication and how this can promote health and social development. Empathy, respect and tolerance are fundamental values for an individual's self-esteem and integrity. These are central themes in the subject. Furthermore, various communication techniques to handle conflicts are also included. Objective observation, correct ways of responding to patients and relevant rules concerning confidentiality and protection of personal information are included in the main subject area.

The main subject area is concerned with viewing and caring for the human being as a whole person. Planning, doing, documenting and assessing one's own work is included in the main subject area. It also deals with relevant regulations and guidelines for work ethics. The health worker's role and responsibility to cooperate with other occupational groups is a central theme in the subject. Furthermore, the main subject area deals with the superior plans used by the health and social services sector, also documentation and implementing health-related, care-related and social measures.

## Basic skills

Basic skills are integrated into the competence aims for this course in areas where they contribute to the development of and are a part of the basic subject competence. In Health work, basic skills are understood as follows:

*Being able to express oneself orally and in writing* in Health work involves reporting and informing others in a correct and purposeful manner. It also means being able to fill in forms and schedules, and prepare plans. Furthermore, it involves being able to communicate and arrange dialogues when meeting with patients, users, colleagues and affected family members and friends.

*Being able to read* in Health work involves understanding the content of different texts and forms, patient documents, plans, statistics and relevant regulations. Being able to read also involves understanding and staying updated using professional literature.

*Numeracy* in Health work involves calculating and evaluating costs related to different activities in private homes and institutions. An understanding of numbers and figures also involves being able to reckon amounts, measurements, weights and meal times.

*Digital literacy* in Health work involves exchange documentation and information in professional work. This means being able to communicate with others and performing technical office routines.

## Competence aims

### Health-promoting work

*The aims of the training are to enable the apprentice to*

- prepare meals that care for the users' health and enjoyment, and substantiate your suggestions based on official Norwegian recommendations for nutrition
- plan, carry out and evaluate prevention and rehabilitation in nursing and care work
- implement and give reasons for measures chosen for illnesses and injuries, together with other occupational groups
- perform basic nursing care
- care for the seriously ill and dying
- comply with current existing rules and regulations for hygiene at the workplace
- plan and carry out measures that promote enjoyment and contribute to better quality of life
- evaluate the factors that can encourage physical and mental health
- plan and carry out activities based on the users' daily lives and functional levels
- use culture and cultural experiences as health-promoting measures
- guide users in how to use available aids and assistance
- evaluate the risk of fire and other home accidents, and suggest preventive measures
- perform first aid and follow routines to notify the correct authorities about accidents and injuries
- observe and report on the influences and side effects of medication
- follow ergonomic principles when practicing your occupation
- comply with current legislation for environment, health and safety

## Communication and interaction

*The aims of the training are to enable the apprentice to*

- perform work in a manner that communicates trust, establishes credibility and positive dialogue with users, patients and affected family members and friends
- communicate with users and patients using various communication skills
- observe and report on the individual user's overall needs
- comply with current rules and regulations for confidentiality and personal information protection related to the health and social sector
- guide users, patients and affected family members and friends in health-related questions
- orient users and affected family members and friends about their basic rights in health and social services
- use different strategies for handling conflicts
- handle aggressive and threatening persons
- perform work in line with the goals of an environmental therapist

## Practice of vocation

*The aims of the training are to enable the apprentice to*

- plan, carry out, document and evaluate own work, and recommend measures for improvement
- identify undernutrition and malnutrition, and recommend measures to prevent and handle these
- give professional care in line with current rules and regulations for the health care sector
- perform work according to guidelines for work ethics
- discuss and elaborate on the ethical problems related to practicing this occupation
- perform work in a manner that cares for the individual's independence, equality and belonging
- comply with current rules related to the use of force
- participate in interdisciplinary collaborations
- work toward user involvement
- map out user functional level and need for assistance, and implement measures together with the user
- recommend and implement measures that promote mastery, health, enjoyment and stimulate an active life
- perform work in accordance with current regulations and plans and routines for the workplace
- comply with existing rules and regulations for workplace routines for handling medication
- give an account of the idea of authorised co-workers

## Assessment

### Vg3 Health work

Provisions for final assessment:

Main subject areas	Provision
Health-promoting work Communication and interaction Practice of vocation	All apprentices shall sit for a Trade Examination, which is normally carried out over a period of five working days.

The provisions for assessment are stipulated in the regulations of the Norwegian Education Act.