



CONFINEMENT CARE & CAREGIVER



LEVEL 3 VOCATIONAL DIPLOMA IN CONFINEMENT CARE & CAREGIVER

Basic Communication Skills &

Computer Applications

Confinement Cooking (Herbal Meals,
Nutrition)

Postpartum Mental Health Support

Baby Care: Bathing, Feeding,
Laundries Monitoring

Breastfeeding Support

Sleep routines for Newborn

Postnasal massage & recovery care

Hygiene & Infection Control

CAREER PROSPECTS

- Caregiver/Nanny Confinement
- Massage Therapist
- Administrative Executive

ENTRY REQUIREMENTS

- Minimum 18 years to 45 years old
- Level 3 Qualification is required
- Progression student need to provide previous qualification transcript*
- 16 to 40 years old
- Required Health Screenings
- While specific requirements can vary by branch, standard pre-employment medical check-ups in the Malaysian healthcare and confinement industry typically include:
 - Infectious Disease Screening: Blood tests to screen for communicable diseases such as HIV, Hepatitis B, and Syphilis are mandatory to ensure the safety of infants.
 - General Fitness: A full blood count (FBC) to check for conditions like anemia, along with blood glucose and cholesterol levels.
 - Vaccinations: You may be required to show proof of or receive vaccinations for Typhoid (especially if handling food) and Hepatitis B.
 - Physical Examination: This includes checking your Blood Pressure, BMI, and vision, as well as a Chest X-ray to rule out Tuberculosis.

WORK-BASE LEARNING

- Training provided by KNOWSKILLS TVET COLLEGE and LABEBE CONFINEMENT CENTRE
- Allowance provided
- Certificate awarded for Work-based Learning



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Practical Learning, Lifetime Success