



Accredited Africa Training Institute for Capacity Development

Unit FO409, Hatfield Plaza · 1122 Burnett St, Hatfield 0028 · Pretoria, Gauteng · South Africa

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COURSE BROCHURE

Home Based Care Support Skills For Healthcare Workers Training

Health Sciences and Social Services / Curative Health

Unit Standard 117004 · NQF Level 3 · 16 Credits · 13 Days

COURSE OVERVIEW

This course equips healthcare workers with the essential skills to provide holistic home-based care support to individuals, families, and communities. It focuses on practical caregiving, communication, infection control, and ethical considerations within the South African healthcare context. Learners will gain the competence to deliver safe, compassionate, and effective care in home settings.

Category	Health Sciences and Social Services
Subfield	Curative Health
Unit Standard	117004
Accreditation	SAQA Accredited · NQF Level 3 · 16 Credits
Duration	13 days
Training Method	Online, On-Campus, In-House
Certificate	Issued via AATICD LMS – verifiable online

LEARNING OUTCOMES

- Apply principles of infection prevention and control in a home-based care setting.
- Demonstrate effective communication skills when interacting with patients, families, and healthcare team members.
- Analyze the physical, emotional, and social needs of patients requiring home-based care.
- Implement basic nursing care procedures, including wound care, medication administration, and vital sign monitoring.
- Evaluate the safety and suitability of the home environment for patient care.
- Demonstrate ethical and legal conduct in accordance with South African healthcare regulations.

WHO SHOULD ATTEND

- This course is designed for healthcare workers, including community health workers, nursing assistants, and caregivers who provide or intend to provide home-based care services.
- It is also suitable for volunteers and family members seeking formal training in home care support.

COURSE OUTLINE

Day 1: Introduction to Home Based Care

- Definition and philosophy of home based care
- Overview of the South African healthcare system
- Ethical considerations and patient confidentiality
- Legal aspects: scope of practice and liability
- The home based care team: roles and communication
- Cultural competence in diverse communities
- Introduction to the care plan and documentation

Day 2: Infection Prevention and Control

- Chain of infection and breaking transmission
- Hand hygiene techniques (WHO 5 moments)
- Types of PPE and correct usage
- Safe handling and disposal of sharps and clinical waste
- Cleaning and disinfection of the home environment
- Prevention of catheter-associated infections and wound infections
- Managing exposure incidents: needlestick injuries

Day 3: Basic Patient Assessment and Vital Signs

- Temperature, pulse, respiration, and blood pressure measurement
- Oxygen saturation and pain assessment
- Normal ranges and common variations
- Head-to-toe assessment basics
- Skin assessment for pressure sores and rashes
- Recognizing signs of deterioration
- Documentation: charts and reporting

Day 4: Personal Care and Hygiene Support

- Bathing and bed bath techniques
- Oral care for dependent patients
- Pressure ulcer prevention: turning, repositioning, and support surfaces
- Incontinence care and catheter care
- Assisting with toileting and commodes
- Dressing and grooming assistance
- Maintaining patient dignity and independence

Day 5: Nutrition and Hydration Support

- Basic nutrition principles and dietary guidelines
- Special diets: diabetic, low-salt, soft, pureed
- Modified consistency foods for dysphagia
- Fluid balance monitoring and intake-output charts
- Feeding techniques for dependent patients
- Enteral feeding (nasogastric tube) overview
- Cultural and religious dietary considerations

Day 6: Medication Management and Administration

- Medication routes and abbreviations
- The 6 rights of medication administration
- Oral medication administration techniques
- Topical applications and inhalers
- Storage and disposal of medications
- Monitoring for side effects and interactions
- Documentation and reporting of medication administration

Day 7: Wound Care and Basic First Aid

- Wound healing process and types of wounds
- Aseptic technique for wound care
- Types of dressings and their indications
- Pressure ulcer staging and care
- First aid for cuts, burns, falls, and choking
- Managing bleeding and shock
- When to refer to a higher level of care

Day 8: Palliative and End-of-Life Care

- Palliative care philosophy and goals
- Pain assessment and non-pharmacological pain relief
- Symptom management: nausea, dyspnea, constipation
- Communication with dying patients
- Advance care planning and living wills
- Care of the body after death
- Grief and bereavement support

Day 9: Chronic Disease Management – HIV, TB, Diabetes, Hypertension

- HIV/AIDS: antiretroviral therapy, opportunistic infections, adherence
- Tuberculosis: infection control, directly observed therapy (DOT), side effects
- Diabetes: blood glucose monitoring, insulin administration, hypoglycemia management
- Hypertension: medication compliance, diet, and exercise
- Chronic disease self-management education
- Recognizing red flags and when to refer

Day 10: Maternal, Child, and Neonatal Care

- Postnatal care: perineal care, uterine involution, lochia assessment
- Newborn care: cord care, bathing, temperature regulation
- Breastfeeding positioning and common challenges
- Infant feeding options and formula preparation
- Growth monitoring and immunization schedule
- Recognition of postpartum depression
- Danger signs in mother and baby requiring referral

Day 11: Mental Health and Psychosocial Support

- Common mental health disorders: depression, anxiety, dementia
- Communication skills: active listening, empathy, validation
- Psychosocial support for patients and families
- Substance abuse identification and harm reduction

- Stress management and resilience building
- Referral pathways for mental health services
- Self-care for the home care worker

Day 12: Care Planning, Documentation, and Team Collaboration

- Components of a care plan: goals, interventions, evaluations
- Daily care notes and incident reporting
- SBAR (Situation, Background, Assessment, Recommendation) communication
- Multidisciplinary team roles: social workers, physiotherapists, nurses
- Handover techniques and shift reporting
- Confidentiality and data protection
- Quality improvement and audit in home care

Day 13: Practical Integration, Assessment, and Certification

- Comprehensive simulation: patient assessment, care planning, and intervention
- Practical stations: vital signs, wound care, medication administration, personal care
- Written examination covering key concepts
- Feedback and remediation
- Certification requirements and portfolio of evidence
- Career pathways and continuing professional development
- Course evaluation and closing

ASSESSMENT & CERTIFICATION

Delegates are assessed through exercises and a final test. A mark of **50% or above** earns an **AATICD Certificate of Completion**, issued digitally with a unique verification code. This course carries **16 NQF credits** at **NQF Level 3**.

PRICING (PER DELEGATE, EX-VAT)

Delegates	Training Method	Price per Delegate	Total
1	Online	R 43,500.00	R 43,500.00
1	In-House	R 56,600.00	R 56,600.00
1	On-Campus (Pretoria)	R 65,200.00	R 65,200.00

UPCOMING SESSIONS

Start	End	Method	Venue
07 Jul 2026	23 Jul 2026	On-Campus	Kinshasa, DRC
08 Jul 2026	24 Jul 2026	On-Campus	Kampala, Uganda
08 Jul 2026	24 Jul 2026	On-Campus	Mbabane, Eswatini
09 Jul 2026	27 Jul 2026	On-Campus	Mombasa, Kenya
10 Jul 2026	28 Jul 2026	On-Campus	Luanda, Angola
13 Jul 2026	29 Jul 2026	On-Campus	Kinshasa, DRC
14 Jul 2026	30 Jul 2026	On-Campus	Kampala, Uganda
15 Jul 2026	31 Jul 2026	On-Campus	Accra, Ghana

Contact us if no suitable date is listed – on-demand sessions can be arranged for groups.

HOW TO GET A QUOTE OR APPLY

- 1. Get an instant quotation online:** visit www.aaticd.co.za, open the page for this course (Unit Standard 117004) and click **Get A Quote / Apply**. Select your training method and number of delegates – your quotation is generated immediately and emailed to you with the course brochure attached.
- 2. Apply by email:** send the course title, your preferred training method (Online, In-House or On-Campus Pretoria), the number of delegates and your preferred dates to apply@aaticd.co.za – our team will reply with a formal quotation.
- 3. Apply by phone or WhatsApp:** call **+27 12 004 8389** or WhatsApp **+27 65 077 6310** and we will prepare your quotation and reserve your seats.
- 4. Confirm your booking:** accept the quotation and settle the invoice. As soon as payment is confirmed your delegates are enrolled and receive their AATICD LMS login details by email, along with joining instructions for their chosen training method.

Group discounts apply automatically – the more delegates you enrol, the lower the price per delegate. No payment is required to request a quotation.

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