



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

Palliative Care Principles For Life Threatening Disease Management Training

Health Sciences and Social Services / Rehabilitative Health/Services

Unit Standard 117009 · NQF Level 3 · 10 Credits · 7 Days

COURSE OVERVIEW

This course equips healthcare professionals and caregivers with the foundational principles of palliative care for managing life-threatening diseases. It focuses on holistic patient-centered approaches, pain and symptom management, psychosocial support, and ethical considerations in end-of-life care. Learners will gain the skills to improve quality of life for patients and their families.

Category	Health Sciences and Social Services
Subfield	Rehabilitative Health/Services
Unit Standard	117009
Accreditation	SAQA Accredited · NQF Level 3 · 10 Credits
Duration	7 days
Training Method	Online, On-Campus, In-House
Certificate	Issued via AATICD LMS – verifiable online

LEARNING OUTCOMES

- Apply the principles of palliative care to manage physical, psychological, social, and spiritual needs of patients with life-threatening diseases.
- Analyze pain and symptom management strategies using pharmacological and non-pharmacological interventions.
- Evaluate communication techniques for facilitating difficult conversations with patients and families about prognosis and end-of-life care.
- Design a holistic care plan that integrates multidisciplinary team collaboration and ethical decision-making.
- Implement strategies to support bereavement and grief in families and caregivers.
- Demonstrate cultural sensitivity and respect for patient autonomy in palliative care settings.

COURSE OUTLINE

Day 1: Introduction to Palliative Care and the South African Context

- Definition and philosophy of palliative care
- Epidemiology of life-threatening diseases in South Africa
- Principles of the palliative care approach
- Ethical and legal frameworks (e.g., National Health Act, Patient Rights Charter)
- Introduction to the multidisciplinary team (MDT)
- Communication basics in palliative care

Day 2: Holistic Assessment and Symptom Management

- Holistic assessment tools (e.g., ESAS, IPOS)
- Pain management: WHO analgesic ladder, opioid use
- Management of nausea, dyspnoea, fatigue, and other symptoms
- Psychological and spiritual assessment
- Introduction to advance care planning
- Documentation and care planning

Day 3: Communication, Counselling, and Psychosocial Support

- Breaking bad news (SPIKES protocol)
- Active listening and empathy
- Family meetings and conflict resolution
- Psychosocial assessment and support
- Grief and bereavement counselling
- Cultural and spiritual considerations
- Self-care for healthcare providers

Day 4: Ethical and Legal Issues in Palliative Care

- Ethical principles: autonomy, beneficence, non-maleficence, justice
- Withholding and withdrawing treatment
- Informed consent and capacity assessment
- Legal frameworks: National Health Act, Children's Act
- Advance directives and living wills
- Euthanasia and assisted dying debate
- Case studies and ethical decision-making

Day 5: End-of-Life Care and the Dying Process

- Signs of approaching death
- Symptom management in the last days
- Terminal agitation and its management
- The Liverpool Care Pathway (adapted)
- Spiritual care at end of life
- Family support and presence
- Last offices and cultural rituals
- Organ donation and post-mortem procedures

Day 6: Bereavement Support and Self-Care

- Grief theories (Kübler-Ross, Worden)

- Normal vs. complicated grief
- Bereavement assessment and support
- Cultural practices in mourning
- Self-care and resilience
- Burnout, compassion fatigue, and moral distress
- Staff support and debriefing

Day 7: Integration, Quality Improvement, and Practical Application

- Integration of palliative care across disease trajectories
- Quality improvement in palliative care (e.g., audits
- Palliative care in different settings (hospital, home, hospice
- Interdisciplinary team collaboration
- Case studies and group presentations
- Personal action plan development
- Course evaluation and certification

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 **10 NQF credits** at **NQF Level 3**.

PRICING (PER DELEGATE, EX-VAT)

Delegates	Training Method	Price per Delegate	Total
1	Online	R 28,200.00	R 28,200.00
1	In-House	R 36,700.00	R 36,700.00
1	On-Campus (Pretoria)	R 42,300.00	R 42,300.00

UPCOMING SESSIONS

Start	End	Method	Venue
10 Aug 2026	18 Aug 2026	On-Campus	Cape Town, South Africa
11 Aug 2026	19 Aug 2026	On-Campus	Dubai, UAE
12 Aug 2026	20 Aug 2026	On-Campus	Pretoria, South Africa
13 Aug 2026	21 Aug 2026	On-Campus	Abu Dhabi, UAE
14 Aug 2026	24 Aug 2026	On-Campus	Durban, South Africa
14 Aug 2026	24 Aug 2026	On-Campus	Mauritius
17 Aug 2026	25 Aug 2026	On-Campus	Harare, Zimbabwe
17 Aug 2026	25 Aug 2026	On-Campus	Dubai, UAE

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 117009) 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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