



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

HIV And AIDS Information Treatment Options Community Care Support Training

Health Sciences and Social Services / Promotive Health and Developmental Services

Unit Standard 117493 · NQF Level 3 · 6 Credits · 3 Days

COURSE OVERVIEW

This course equips learners with comprehensive knowledge of HIV and AIDS, including treatment options and community care strategies. It empowers participants to provide informed support, reduce stigma, and promote wellness in diverse settings.

Category	Health Sciences and Social Services
Subfield	Promotive Health and Developmental Services
Unit Standard	117493
Accreditation	SAQA Accredited · NQF Level 3 · 6 Credits
Duration	3 days
Training Method	Online, On-Campus, In-House
Certificate	Issued via AATICD LMS – verifiable online

LEARNING OUTCOMES

- Apply knowledge of HIV transmission, prevention, and treatment options to real-world scenarios.
- Analyze the psychosocial and ethical aspects of HIV and AIDS to provide empathetic support.
- Evaluate community care strategies for people living with HIV and AIDS.
- Demonstrate effective communication skills in discussing HIV and AIDS with individuals and groups.
- Implement basic care and support practices that respect confidentiality and dignity.

WHO SHOULD ATTEND

- Healthcare workers, community caregivers, and corporate employees seeking to enhance their understanding of HIV and AIDS management and support.

COURSE OUTLINE

Day 1: Foundational Knowledge of HIV and AIDS

- Introduction to HIV: structure, lifecycle, and immune system impact.
- Modes of transmission and risk factors.
- Progression from HIV to AIDS: stages and clinical features.
- Opportunistic infections and co-infections (e.g., TB).
- HIV testing methods, window period, and confidentiality.
- Prevention: ABC approach, condom use, PrEP, and PEP.
- Stigma and discrimination: social and psychological impact.
- Legal and ethical considerations in South Africa.

Day 2: Treatment Options and Adherence Support

- Overview of ART: goals, classes of drugs, and standard regimens.
- Initiating ART: eligibility, baseline tests, and monitoring.
- Managing side effects: common and severe reactions.
- Drug interactions: with TB medication, contraceptives, etc.
- Adherence challenges: barriers, disclosure, and mental health.
- Strategies for adherence support: pillboxes, reminders, counselling.
- Nutritional considerations: supplements and food security.
- Treatment as prevention (U=U).

Day 3: Community Care and Support Integration

- Psychosocial support: counselling, support groups, and peer education.
- Home-based care: infection control, basic nursing, and wound care.
- Palliative care: pain management, symptom control, and bereavement.
- Linking clients to services: clinics, social grants, and NGOs.
- Advocacy and community mobilisation: reducing stigma.
- Vulnerable populations: children, pregnant women, and key populations.
- Monitoring and evaluation of community interventions.
- Developing a personal or organisational action plan.

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 **6 NQF credits** at **NQF Level 3**.

PRICING (PER DELEGATE, EX-VAT)

Delegates	Training Method	Price per Delegate	Total
1	Online	R 17,900.00	R 17,900.00
1	In-House	R 23,300.00	R 23,300.00
1	On-Campus (Pretoria)	R 26,800.00	R 26,800.00

UPCOMING SESSIONS

Start	End	Method	Venue
10 Aug 2026	12 Aug 2026	On-Campus	Abu Dhabi, UAE
10 Aug 2026	12 Aug 2026	On-Campus	Cape Town, South Africa
11 Aug 2026	13 Aug 2026	On-Campus	Durban, South Africa
11 Aug 2026	13 Aug 2026	On-Campus	Dubai, UAE
12 Aug 2026	14 Aug 2026	On-Campus	Pretoria, South Africa
12 Aug 2026	14 Aug 2026	On-Campus	Mauritius
17 Aug 2026	19 Aug 2026	On-Campus	Durban, South Africa
17 Aug 2026	19 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 117493) 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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