



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

Develop And Implement Antiretroviral Treatment Plans For Clients Training

Health Sciences and Social Services / Curative Health

Unit Standard 117507 · NQF Level 4 · 6 Credits · 3 Days

COURSE OVERVIEW

This course equips healthcare practitioners with the knowledge and skills to develop and implement antiretroviral treatment (ART) plans for clients in accordance with South African National Department of Health guidelines. Participants will learn to assess client readiness, initiate and monitor ART, manage side effects, and promote adherence to achieve optimal health outcomes. The training ensures competency in delivering client-centered, evidence-based HIV care.

Category	Health Sciences and Social Services
Subfield	Curative Health
Unit Standard	117507
Accreditation	SAQA Accredited · NQF Level 4 · 6 Credits
Duration	3 days
Training Method	Online, On-Campus, In-House
Certificate	Issued via AATICD LMS – verifiable online

LEARNING OUTCOMES

- Apply the principles of antiretroviral therapy, including drug classifications and mechanisms of action, to develop individualized treatment plans.
- Assess client eligibility and readiness for ART initiation using clinical and laboratory criteria.
- Implement ART plans according to national protocols, including prescribing, dispensing, and monitoring.
- Evaluate client response to treatment through viral load monitoring and management of side effects.
- Demonstrate effective adherence counseling and support strategies to improve treatment outcomes.
- Analyze and manage treatment failure, including regimen switching and referral pathways.

WHO SHOULD ATTEND

- This course is designed for nurses, clinical associates, and other healthcare professionals involved in HIV care and treatment within public and private health facilities in South Africa.

COURSE OUTLINE

Day 1: Foundations of Antiretroviral Treatment Planning

- Overview of HIV/AIDS in South Africa: prevalence, transmission, and impact.
- Pathophysiology of HIV: viral life cycle and immune system effects.
- ART drug classes: NRTIs, NNRTIs, PIs, integrase inhibitors, and entry inhibitors.
- National and WHO guidelines for ART initiation: CD4 count, viral load, and clinical staging.
- Patient assessment for ART readiness: psychosocial factors, comorbidities, and adherence potential.
- Ethical considerations: confidentiality, informed consent, and stigma reduction.
- Legal aspects: disclosure, partner notification, and children's consent.
- Introduction to treatment plan documentation and monitoring parameters.

Day 2: Developing Individualised Antiretroviral Treatment Plans

- First-line ART regimens: preferred options and alternative regimens.
- Second-line and salvage therapy: when to switch and regimen selection.
- Individualised treatment planning: considering age, weight, renal function, and hepatitis co-infection.
- Management of side effects: nausea, anaemia, lipodystrophy, and hypersensitivity reactions.
- Drug interactions: ART with TB treatment, contraceptives, and other medications.
- Treatment for special populations: PMTCT, paediatric dosing, and adolescents.
- Laboratory monitoring: CD4 count, viral load, chemistry, and haematology.
- Adherence strategies: pill burden reduction, counselling, and community support.

Day 3: Implementing, Monitoring, and Evaluating ART Plans

- Implementation steps: prescribing, dispensing, and patient education.
- Multidisciplinary team roles: doctors, nurses, counsellors, and pharmacists.
- Monitoring treatment success: viral suppression and immune recovery.
- Identifying treatment failure: clinical, immunological, and virological criteria.
- Management of drug resistance: resistance testing and regimen changes.
- Adverse event reporting and pharmacovigilance.
- Patient retention in care: tracking and tracing defaulters.
- Quality improvement: audits, feedback, and continuous professional development.

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 4**.

PRICING (PER DELEGATE, EX-VAT)

Delegates	Training Method	Price per Delegate	Total
1	Online	R 13,200.00	R 13,200.00
1	In-House	R 17,200.00	R 17,200.00
1	On-Campus (Pretoria)	R 19,800.00	R 19,800.00

UPCOMING SESSIONS

Start	End	Method	Venue
24 Aug 2026	26 Aug 2026	On-Campus	Bangkok, Thailand
24 Aug 2026	26 Aug 2026	On-Campus	Durban, South Africa
25 Aug 2026	27 Aug 2026	On-Campus	Victoria Falls, Zimbabwe
25 Aug 2026	27 Aug 2026	On-Campus	Shenzhen, China
26 Aug 2026	28 Aug 2026	On-Campus	Harare, Zimbabwe
26 Aug 2026	28 Aug 2026	On-Campus	Abu Dhabi, UAE
31 Aug 2026	02 Sep 2026	On-Campus	Victoria Falls, Zimbabwe
31 Aug 2026	02 Sep 2026	On-Campus	Shenzhen, China

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 117507) 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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