



## Accredited Africa Training Institute for Capacity Development

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

Tel: +27 12 004 8389 · Mobile: +27 65 077 6310

Email: [apply@aaticd.co.za](mailto:apply@aaticd.co.za) · Website: [www.aaticd.co.za](http://www.aaticd.co.za)

### COURSE BROCHURE

# Support Clients Who Are Receiving Anti Retroviral Treatment Art Training

Health Sciences and Social Services / Rehabilitative Health/Services

Unit Standard 119561 · NQF Level 1 · 6 Credits · 3 Days

## COURSE OVERVIEW

This course equips participants with the knowledge and skills to provide comprehensive support to clients undergoing Antiretroviral Treatment (ART). It focuses on understanding treatment adherence, managing side effects, and promoting client well-being within the South African healthcare context.

|                 |                                           |
|-----------------|-------------------------------------------|
| Category        | Health Sciences and Social Services       |
| Subfield        | Rehabilitative Health/Services            |
| Unit Standard   | 119561                                    |
| Accreditation   | SAQA Accredited · NQF Level 1 · 6 Credits |
| Duration        | 3 days                                    |
| Training Method | Online, On-Campus, In-House               |
| Certificate     | Issued via AATICD LMS – verifiable online |

## LEARNING OUTCOMES

- Apply principles of ART to support clients in adhering to their treatment regimen.
- Demonstrate effective communication techniques to address client concerns and promote treatment literacy.
- Analyze common side effects of ART and implement appropriate supportive interventions.
- Evaluate client readiness for treatment and develop individualized support plans.
- Implement strategies to monitor treatment adherence and address barriers.
- Design referral pathways for clients requiring additional medical or psychosocial support.

## WHO SHOULD ATTEND

- This course is designed for healthcare workers, community health workers, counsellors, and support staff who interact with clients receiving ART in clinical or community settings.

## COURSE OUTLINE

### Day 1: Foundations of ART and Client Support

- Overview of HIV transmission, progression, and staging.
- Introduction to ART: how it works, types of ARVs, and treatment goals.
- Key principles of adherence: viral suppression, resistance prevention.
- Roles of healthcare workers and community supporters in ART.
- Common side effects of ART and basic management strategies.
- Ethical considerations: confidentiality, consent, and non-judgmental care.
- Stigma and discrimination: impact on clients and how to address it.

### Day 2: Client-Centred Support and Adherence Strategies

- Communication skills: active listening, empathy, and open-ended questions.
- Barriers to adherence: stigma, side effects, forgetfulness, mental health.
- Adherence support tools: pillboxes, alarms, buddy systems, diaries.
- Motivational interviewing basics: exploring ambivalence, building confidence.
- Psychosocial support: linking clients to support groups, counselling, and community resources.
- Monitoring adherence: pill counts, self-reports, pharmacy refill records.
- Documentation: client records, reporting side effects, and referrals.

### Day 3: Advanced Support, Integration, and Practical Application

- Recognizing treatment failure: viral load monitoring and resistance testing.
- Supporting clients with drug-resistant HIV: second-line and third-line ART.
- Managing comorbidities: TB co-infection, non-communicable diseases, and mental health.
- Linkages and referrals: integrating ART care with maternal health, nutrition, and social services.
- Client education: self-care, nutrition, disclosure, and prevention of transmission.
- Role-play: counselling a client with adherence challenges.
- Case studies: applying knowledge to real-world scenarios.
- Action planning: developing a personal approach to continuous improvement.

## 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 1**.

## 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 | Pretoria, South Africa  |
| 10 Aug 2026 | 12 Aug 2026 | On-Campus | Mauritius               |
| 11 Aug 2026 | 13 Aug 2026 | On-Campus | Abu Dhabi, UAE          |
| 11 Aug 2026 | 13 Aug 2026 | On-Campus | Cape Town, South Africa |
| 12 Aug 2026 | 14 Aug 2026 | On-Campus | Durban, South Africa    |
| 12 Aug 2026 | 14 Aug 2026 | On-Campus | Dubai, UAE              |
| 17 Aug 2026 | 19 Aug 2026 | On-Campus | Harare, Zimbabwe        |
| 17 Aug 2026 | 19 Aug 2026 | On-Campus | Abu Dhabi, 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](http://www.aaticd.co.za), open the page for this course (Unit Standard 119561) 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](mailto: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.

### Accredited Africa Training Institute for Capacity Development

Unit FO409, Hatfield Plaza, 1122 Burnett St, Hatfield 0028, Pretoria, Gauteng, South Africa  
Tel: +27 12 004 8389 · WhatsApp: +27 65 077 6310 · [apply@aaticd.co.za](mailto:apply@aaticd.co.za) · [www.aaticd.co.za](http://www.aaticd.co.za)