



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

Assist With Palliative Care Training

Health Sciences and Social Services / Rehabilitative Health/Services

Unit Standard 119565 · NQF Level 1 · 6 Credits · 3 Days

COURSE OVERVIEW

This course equips learners with the knowledge and skills to provide basic palliative care to patients with life-threatening illnesses. It focuses on holistic support, including physical, emotional, and spiritual care, to improve quality of life for patients and their families.

Category	Health Sciences and Social Services
Subfield	Rehabilitative Health/Services
Unit Standard	119565
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

- Explain the principles and philosophy of palliative care within the South African healthcare context.
- Demonstrate the ability to assess and manage common symptoms in palliative care patients.
- Apply communication skills to support patients and their families emotionally and spiritually.
- Implement basic pain management techniques in accordance with established protocols.
- Evaluate the ethical and legal considerations relevant to palliative care provision.
- Demonstrate teamwork and referral skills within a multidisciplinary palliative care team.

WHO SHOULD ATTEND

- Healthcare workers, caregivers, and support staff in hospitals, hospices, home-based care, or community health settings who assist with palliative care.

COURSE OUTLINE

Day 1: Foundations of Palliative Care

- Introduction to palliative care: definition, philosophy, and scope.
- Principles of palliative care: holistic, patient-centred, and family-focused.
- Ethical considerations: autonomy, beneficence, non-maleficence, justice.
- The multidisciplinary team: roles of nurses, doctors, social workers, chaplains, and volunteers.
- Understanding patient and family needs: physical, emotional, social, spiritual.
- Communication skills: active listening, empathy, breaking bad news.
- Cultural sensitivity in palliative care.
- Overview of the South African context and SAQA requirements.

Day 2: Symptom Management and Supportive Care

- Pain assessment tools and the WHO analgesic ladder.
- Pharmacological management: opioids, non-opioids, adjuvants.
- Non-pharmacological interventions: massage, relaxation, heat/cold therapy.
- Management of nausea, vomiting, constipation, and anorexia.
- Respiratory symptoms: dyspnoea, cough, and oxygen therapy.
- Psychological symptoms: anxiety, depression, delirium.
- Comfort care: mouth care, skin care, positioning, and pressure area care.
- Advance care planning: goals of care, living wills, and documentation.

Day 3: Psychosocial Support, Bereavement, and Practical Integration

- Psychosocial support: counselling, family meetings, and support groups.
- Spiritual care: assessing spiritual distress, chaplaincy, and rituals.
- The grief process: Kubler-Ross model, types of grief, and complicated grief.
- Bereavement support: follow-up, resources, and referral.
- Self-care for caregivers: stress management, debriefing, and supervision.
- Legal and ethical issues: informed consent, do-not-resuscitate orders, euthanasia.
- Case studies: applying knowledge to real-life scenarios.
- Practical integration: role-play, group discussions, and action planning.

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	Durban, South Africa
10 Aug 2026	12 Aug 2026	On-Campus	Dubai, UAE
11 Aug 2026	13 Aug 2026	On-Campus	Pretoria, South Africa
11 Aug 2026	13 Aug 2026	On-Campus	Mauritius
12 Aug 2026	14 Aug 2026	On-Campus	Abu Dhabi, UAE
12 Aug 2026	14 Aug 2026	On-Campus	Cape Town, South Africa
17 Aug 2026	19 Aug 2026	On-Campus	Shenzhen, China
17 Aug 2026	19 Aug 2026	On-Campus	Pretoria, South Africa

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 119565) 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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