



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

Provide Nursing Care To Individuals With Long Term Illness Training

Health Sciences and Social Services / Curative Health

Unit Standard 120169 · NQF Level 4 · 8 Credits · 5 Days

COURSE OVERVIEW

This course equips healthcare workers with the knowledge and skills to provide comprehensive nursing care to individuals with long-term illnesses. It focuses on promoting patient dignity, managing chronic conditions, and supporting families in a holistic manner.

Category	Health Sciences and Social Services
Subfield	Curative Health
Unit Standard	120169
Accreditation	SAQA Accredited · NQF Level 4 · 8 Credits
Duration	5 days
Training Method	Online, On-Campus, In-House
Certificate	Issued via AATICD LMS – verifiable online

LEARNING OUTCOMES

- Apply principles of holistic care to meet the physical, emotional, and social needs of individuals with long-term illness.
- Demonstrate effective communication techniques to support patients and their families in managing chronic conditions.
- Implement care plans that promote independence, comfort, and quality of life for long-term care patients.
- Evaluate the impact of long-term illness on patients' daily living activities and adjust care interventions accordingly.
- Analyze common complications associated with long-term illness and implement preventive measures.
- Design a patient-centered care approach that respects cultural beliefs and individual preferences.

WHO SHOULD ATTEND

- This course is designed for enrolled nurses, care workers, and healthcare assistants who provide direct care to patients with chronic or long-term health conditions in hospitals, clinics, or home-based settings.

COURSE OUTLINE

Day 1: Understanding Long-Term Illness and the Nursing Role

- Overview of long-term illness: definitions, prevalence, and types.
- Biopsychosocial impact of chronic disease.
- The nursing process: assessment, diagnosis, planning, implementation, evaluation.
- Ethical principles: autonomy, beneficence, non-maleficence, justice.
- Legal frameworks: patient rights, consent, and confidentiality.
- Multidisciplinary team approach.
- Cultural sensitivity and patient-centred care.
- Documentation and reporting standards.

Day 2: Assessment and Care Planning for Chronic Conditions

- Comprehensive health history and physical assessment.
- Functional assessment: activities of daily living (ADLs) and instrumental ADLs.
- Pain assessment and management.
- Nutritional and psychosocial assessment.
- Care plan development: SMART goals.
- Evidence-based care for diabetes mellitus.
- Evidence-based care for hypertension and cardiovascular disease.
- Evidence-based care for chronic respiratory conditions (COPD, asthma).

Day 3: Symptom Management and Palliative Care

- Symptom management: fatigue, dyspnoea, nausea, anorexia.
- Pain management: WHO analgesic ladder, non-pharmacologic interventions.
- Palliative care principles: holistic, interdisciplinary, family-centred.
- Communication with patients and families about prognosis.
- Advance care planning and living wills.
- Grief and bereavement support.
- Ethical dilemmas in end-of-life care.
- Cultural considerations in death and dying.

Day 4: Psychosocial Support and Patient Education

- Psychological impacts: depression, anxiety, adjustment disorders.
- Social impacts: isolation, financial strain, role changes.
- Motivational interviewing and behaviour change.
- Self-management education: medication adherence, diet, exercise.
- Teaching patients about monitoring: blood glucose, blood pressure.
- Family involvement and caregiver support.
- Support groups and community resources.
- Health literacy and communication strategies.

Day 5: Integration, Quality Improvement, and Professional Development

- Case studies: multi-morbidity and complex care coordination.
- Quality improvement: audit, feedback, and evidence-based practice.
- Interprofessional collaboration and referral pathways.
- Self-care for nurses: preventing burnout and compassion fatigue.
- Reflective practice and continuous professional development.

- Review of unit standard 120169 outcomes.
- Mock assessment and feedback.
- Action planning for clinical application.

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 **8 NQF credits** at **NQF Level 4**.

PRICING (PER DELEGATE, EX-VAT)

Delegates	Training Method	Price per Delegate	Total
1	Online	R 23,000.00	R 23,000.00
1	In-House	R 29,900.00	R 29,900.00
1	On-Campus (Pretoria)	R 34,500.00	R 34,500.00

UPCOMING SESSIONS

Start	End	Method	Venue
10 Aug 2026	14 Aug 2026	On-Campus	Durban, South Africa
10 Aug 2026	14 Aug 2026	On-Campus	Abu Dhabi, UAE
10 Aug 2026	14 Aug 2026	On-Campus	Pretoria, South Africa
10 Aug 2026	14 Aug 2026	On-Campus	Dubai, UAE
10 Aug 2026	14 Aug 2026	On-Campus	Cape Town, South Africa
10 Aug 2026	14 Aug 2026	On-Campus	Mauritius
17 Aug 2026	21 Aug 2026	On-Campus	Dubai, UAE
17 Aug 2026	21 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 120169) 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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