



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 Palliative Care To Terminally Ill Patients And Support To Their Families Training

Health Sciences and Social Services / Curative Health

Unit Standard 120176 · NQF Level 4 · 8 Credits · 5 Days

COURSE OVERVIEW

This course equips healthcare workers and caregivers with the knowledge and skills to provide compassionate, holistic palliative care to terminally ill patients. It also focuses on supporting the emotional, psychological, and practical needs of their families, ensuring dignity and quality of life throughout the end-of-life journey.

Category	Health Sciences and Social Services
Subfield	Curative Health
Unit Standard	120176
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 palliative care to manage pain and symptoms in terminally ill patients.
- Demonstrate effective communication skills when interacting with patients and their families about end-of-life care.
- Analyze the psychosocial and spiritual needs of patients and families to provide holistic support.
- Implement care plans that respect the cultural, ethical, and legal aspects of palliative care.
- Evaluate the effectiveness of support strategies for families during bereavement.
- Design a supportive environment that promotes dignity and comfort for the patient.

WHO SHOULD ATTEND

- This training is designed for nurses, community health workers, caregivers, and other healthcare professionals who provide care to terminally ill patients in hospitals, hospices, or home-based settings.

COURSE OUTLINE

Day 1: Foundations of Palliative Care

- Introduction to palliative care: philosophy, goals, and scope.
- Legal and ethical considerations: patient rights, advance directives, and confidentiality.
- The multidisciplinary team: roles of nurses, doctors, social workers, and counsellors.
- Cultural and spiritual considerations in end-of-life care.
- Communication basics: active listening and empathy.
- Overview of the South African palliative care policy and guidelines.

Day 2: Pain and Symptom Management

- Pain assessment tools and documentation.
- WHO analgesic ladder: stepwise approach to pain relief.
- Management of common symptoms: nausea, dyspnoea, fatigue, and constipation.
- Pharmacological interventions: opioids, adjuvants, and breakthrough pain management.
- Non-pharmacological interventions: relaxation, positioning, and complementary therapies.
- Monitoring and evaluating symptom control.

Day 3: Psychosocial and Spiritual Support

- Psychosocial impact of terminal illness on patients and families.
- Grief and loss theories: Kubler-Ross, Worden, and others.
- Counselling skills: active listening, validation, and normalising emotions.
- Spiritual care: assessing spiritual needs and providing support.
- Supporting family caregivers: education, respite, and emotional support.
- Referral to community resources and support groups.

Day 4: End-of-Life Care and Bereavement

- Signs of approaching death and care in the last hours.
- Symptom management in the terminal phase.
- Cultural rituals and practices at the time of death.
- Breaking bad news: SPIKES protocol and family communication.
- Bereavement support: normal vs. complicated grief.
- Self-care for healthcare providers: managing compassion fatigue.

Day 5: Integration, Assessment, and Practical Application

- Case studies: integrating all aspects of palliative care.
- Developing and documenting a palliative care plan.
- Ethical dilemmas: withdrawal of treatment, sedation, and do-not-resuscitate orders.
- Role-play: family conference and advance care planning.
- Quality improvement and audit in palliative care.
- Course review, assessment, 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 **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 120176) 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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