



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

Managing Minor Ailments and Common Illnesses

Health Sciences and Social Services / Curative Health

Unit Standard 252111 · NQF Level 6 · 16 Credits · 13 Days

COURSE OVERVIEW

This course equips learners with the knowledge and skills to identify, assess, and manage minor ailments and common illnesses in the workplace or community settings. Participants will learn to apply appropriate first aid measures, recognize when referral is necessary, and maintain accurate records of interventions. The course promotes a proactive approach to health management, reducing the impact of minor health issues on productivity and well-being.

Category	Health Sciences and Social Services
Subfield	Curative Health
Unit Standard	252111
Accreditation	SAQA Accredited · NQF Level 6 · 16 Credits
Duration	13 days
Training Method	Online, On-Campus, In-House
Certificate	Issued via AATICD LMS – verifiable online

LEARNING OUTCOMES

- Identify common minor ailments and illnesses and their signs and symptoms.
- Apply basic first aid principles to manage minor ailments effectively.
- Assess when a condition requires referral to a healthcare professional.
- Maintain accurate records of interventions and treatments administered.
- Demonstrate infection control measures to prevent the spread of common illnesses.
- Communicate health information clearly to affected individuals and relevant stakeholders.

WHO SHOULD ATTEND

- This course is designed for employees, supervisors, and health and safety representatives who may be required to manage minor ailments and common illnesses in the workplace.
- It is also suitable for individuals seeking to enhance their personal health management skills.

COURSE OUTLINE

Day 1: Introduction to Minor Ailments and Common Illnesses

- Overview of minor ailments vs. serious conditions
- Legal and ethical framework in South African healthcare
- Basic anatomy and physiology relevant to common symptoms
- Principles of patient assessment and communication

Day 2: Respiratory Tract Infections

- Common cold, sinusitis, pharyngitis, tonsillitis
- Otitis media and externa
- Symptom management and self-care advice
- When to refer to a medical practitioner

Day 3: Gastrointestinal Complaints

- Gastroenteritis, food poisoning, constipation
- Heartburn and dyspepsia
- Irritable bowel syndrome basics
- Hydration and dietary advice

Day 4: Skin Conditions and Allergies

- Eczema, dermatitis, fungal infections
- Urticaria, insect bites, and stings
- Basic wound care and infections
- Management of mild allergic reactions

Day 5: Pain Management and Musculoskeletal Ailments

- Headaches, back pain, muscle strains
- Over-the-counter analgesics: paracetamol, NSAIDs
- Sprains and strains management
- Red flags: fractures, cauda equina syndrome

Day 6: Fever Management and Childhood Illnesses

- Fever in children: febrile convulsions
- Antipyretics and dosing
- Chickenpox, measles, hand-foot-and-mouth disease
- Immunization and prevention

Day 7: Women's Health and Urinary Tract Infections

- Vaginal candidiasis, bacterial vaginosis
- Urinary tract infections in women
- Emergency contraception and contraceptive advice
- Nausea, heartburn in pregnancy

Day 8: Eye, Ear, and Oral Health

- Conjunctivitis, styes, dry eyes
- Earwax impaction, swimmer's ear
- Mouth ulcers, gingivitis, toothache
- Foreign bodies in eye or ear

Day 9: Mental Health and Stress-Related Ailments

- Anxiety, depression, insomnia
- Somatic symptoms of stress
- Active listening and empathy skills
- Resources and referral pathways

Day 10: Chronic Disease Management and Prevention

- Hypertension, diabetes, asthma basics
- Minor foot care in diabetes
- Inhaler technique and peak flow monitoring
- Lifestyle modification advice

Day 11: Pharmacology and Over-the-Counter Medications

- Analgesics, antihistamines, decongestants
- Antacids, laxatives, antifungals
- Dosing in special populations (children, elderly)
- Adverse effects and reporting

Day 12: Patient Communication and Health Promotion

- Health literacy and plain language
- Motivational interviewing basics
- Cultural beliefs and practices
- Developing self-care plans

Day 13: Integration, Assessment, and Referral Pathways

- Comprehensive case studies
- Red flags and emergency recognition
- Referral letter writing
- Course review and final assessment

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 **16 NQF credits** at **NQF Level 6**.

PRICING (PER DELEGATE, EX-VAT)

Delegates	Training Method	Price per Delegate	Total
1	Online	R 47,900.00	R 47,900.00
1	In-House	R 62,300.00	R 62,300.00
1	On-Campus (Pretoria)	R 71,700.00	R 71,700.00

UPCOMING SESSIONS

Start	End	Method	Venue
07 Jul 2026	23 Jul 2026	On-Campus	Kampala, Uganda
07 Jul 2026	23 Jul 2026	On-Campus	Mbabane, Eswatini
08 Jul 2026	24 Jul 2026	On-Campus	Mombasa, Kenya
09 Jul 2026	27 Jul 2026	On-Campus	Luanda, Angola
10 Jul 2026	28 Jul 2026	On-Campus	Kigali, Rwanda
13 Jul 2026	29 Jul 2026	On-Campus	Kampala, Uganda
14 Jul 2026	30 Jul 2026	On-Campus	Accra, Ghana
15 Jul 2026	31 Jul 2026	On-Campus	Dar es Salaam, Tanzania

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 252111) 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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