



Accredited Africa Training Institute for Capacity Development

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COURSE BROCHURE

Acute Physical and Psychiatric Illness Management

Health Sciences and Social Services / Curative Health

Unit Standard 252159 · NQF Level 7 · 32 Credits · 29 Days

COURSE OVERVIEW

This course equips participants with the skills to identify and manage acute physical and psychiatric illnesses in a workplace or community setting. Learners will develop the ability to assess symptoms, apply appropriate first-line interventions, and refer patients for further care, ensuring a coordinated response to medical emergencies.

Category	Health Sciences and Social Services
Subfield	Curative Health
Unit Standard	252159
Accreditation	SAQA Accredited · NQF Level 7 · 32 Credits
Duration	29 days
Training Method	Online, On-Campus, In-House
Certificate	Issued via AATICD LMS – verifiable online

LEARNING OUTCOMES

- Apply systematic assessment techniques to identify signs and symptoms of acute physical illnesses such as chest pain, respiratory distress, and hypoglycemia.
- Demonstrate appropriate first-line interventions for acute psychiatric episodes, including agitation, psychosis, and suicidal ideation.
- Analyze the legal and ethical considerations in managing acute illness, including consent and confidentiality.
- Implement referral pathways and handover procedures to ensure continuity of care.
- Evaluate the effectiveness of interventions and adjust management plans based on patient response.

WHO SHOULD ATTEND

- This course is designed for healthcare workers, first responders, and employees in high-risk environments who may encounter acute medical or psychiatric emergencies.
- It is also suitable for supervisors and team leaders responsible for occupational health and safety.

COURSE OUTLINE

Day 1: Introduction to Acute Illness Management

- Definition and epidemiology of acute illnesses
- Overview of the South African healthcare system
- Legal and ethical frameworks (Mental Health Care Act, National Health Act)
- Principles of emergency care and triage
- Interprofessional collaboration in acute settings
- Documentation and confidentiality

Day 2: Assessment and Triage in Acute Settings

- ABCDE approach in emergency assessment
- Vital signs interpretation
- Mental status examination basics
- Triage systems and prioritization
- Pain assessment in acute illness
- Communication with distressed patients and families

Day 3: Cardiovascular Emergencies

- Pathophysiology of acute myocardial infarction
- ECG interpretation basics
- Cardiac arrest management (BLS/ACLS)
- Medications: aspirin, nitroglycerin, thrombolytics
- Shock recognition and management
- Post-resuscitation care

Day 4: Respiratory Emergencies

- Causes of acute respiratory distress
- Oxygen delivery systems
- Inhaler and nebulizer techniques
- Anaphylaxis management
- Chest physiotherapy basics
- ABG interpretation

Day 5: Neurological Emergencies

- Stroke types and FAST assessment
- Seizure classification and emergency treatment
- Meningitis and encephalitis signs
- Glasgow Coma Scale
- Neuroimaging basics
- Patient positioning and safety

Day 6: Psychiatric Emergencies: Suicide and Aggression

- Suicide risk assessment tools
- Crisis intervention techniques
- Pharmacological management of agitation
- Restraint and seclusion regulations
- Trauma-informed care

- Referral pathways

Day 7: Acute Psychosis and Mania

- Psychosis differential diagnosis
- Antipsychotic medications: typical vs atypical
- Rapid tranquillisation protocols
- Managing manic episodes
- Patient and family education
- Legal considerations

Day 8: Substance Withdrawal and Intoxication

- Alcohol withdrawal syndrome
- Opioid overdose reversal
- Benzodiazepine withdrawal management
- Stimulant intoxication
- Withdrawal scales use
- Referral for detoxification

Day 9: Gastrointestinal and Metabolic Emergencies

- Acute pancreatitis and cholecystitis
- Upper and lower GI bleeding
- Diabetic ketoacidosis management
- Electrolyte abnormalities
- NG tube insertion and care
- Fluid resuscitation

Day 10: Infectious Disease Emergencies

- Sepsis criteria and management
- Meningitis and encephalitis
- Pneumonia and TB emergencies
- Needlestick injury management
- Isolation precautions
- Antibiotic timing and selection

Day 11: Trauma and Burns

- ATLS principles
- Haemorrhage control (tourniquets, pressure)
- Burn depth and surface area
- Fluid resuscitation in burns
- Spinal immobilization
- Pain management in trauma

Day 12: Paediatric and Geriatric Acute Care

- Paediatric assessment triangle
- Dehydration management in children
- Febrile seizures
- Delirium vs dementia in elderly
- Polypharmacy risks
- Fall prevention strategies

Day 13: Obstetric and Gynaecological Emergencies

- Ectopic pregnancy signs
- Pre-eclampsia/eclampsia management
- Postpartum haemorrhage
- Emergency delivery steps
- Miscarriage and abortion care
- Sexual assault evidence collection

Day 14: Toxicology and Environmental Emergencies

- Poisoning management (activated charcoal, antidotes)
- Paracetamol overdose
- Snake and spider bites
- Heat stroke and hypothermia
- Drowning and near-drowning
- Chemical exposure

Day 15: Disaster and Mass Casualty Management

- MCI triage (START, JumpSTART)
- Incident command system
- Psychological first aid
- Decontamination in chemical disasters
- Resource allocation
- Communication during disasters

Day 16: Pharmacotherapy in Acute Settings

- Medication calculations (drip rates, doses)
- Emergency drug formulary
- Adverse reaction management
- Drug interactions in polypharmacy
- Safe administration routes
- Documentation of medication

Day 17: Advanced Life Support and Monitoring

- ACLS algorithms
- Rhythm recognition
- Defibrillation and cardioversion
- Laryngeal mask airway insertion
- Capnography interpretation
- Team dynamics in resuscitation

Day 18: Integrated Case Management

- Case studies: co-morbid conditions
- Care plan development
- Referral and follow-up
- Patient education and advocacy
- Ethical dilemmas in integrated care
- Documentation of integrated assessments

Day 19: Simulation and Scenario-Based Learning

- Simulated cardiac arrest
- Psychiatric crisis scenario
- Trauma team simulation
- Debriefing techniques
- Peer feedback
- Self-assessment

Day 20: Final Assessment and Course Review

- Written examination
- Objective structured clinical examination (OSCE)
- Review of key concepts
- Quality improvement frameworks
- Resources for ongoing learning
- Course evaluation

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 **32 NQF credits** at **NQF Level 7**.

PRICING (PER DELEGATE, EX-VAT)

Delegates	Training Method	Price per Delegate	Total
1	Online	R 97,200.00	R 97,200.00
1	In-House	R 126,300.00	R 126,300.00
1	On-Campus (Pretoria)	R 145,800.00	R 145,800.00

UPCOMING SESSIONS

Start	End	Method	Venue
07 Jul 2026	14 Aug 2026	On-Campus	Kinshasa, DRC
08 Jul 2026	17 Aug 2026	On-Campus	Kampala, Uganda
08 Jul 2026	17 Aug 2026	On-Campus	Mbabane, Eswatini
09 Jul 2026	18 Aug 2026	On-Campus	Mombasa, Kenya
10 Jul 2026	19 Aug 2026	On-Campus	Luanda, Angola
13 Jul 2026	20 Aug 2026	On-Campus	Kinshasa, DRC
14 Jul 2026	21 Aug 2026	On-Campus	Kampala, Uganda
15 Jul 2026	24 Aug 2026	On-Campus	Accra, Ghana

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 252159) 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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