



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

Common Health Conditions and Medicine Information

Health Sciences and Social Services / Curative Health

Unit Standard 256495 · NQF Level 4 · 10 Credits · 7 Days

COURSE OVERVIEW

This course equips learners with the knowledge to identify common health conditions and ailments, and to provide accurate information about medicines and their uses. It covers the recognition of symptoms, basic understanding of treatment options, and the importance of referring to healthcare professionals when necessary. The aim is to promote safe and informed handling of health-related queries in various settings.

Category	Health Sciences and Social Services
Subfield	Curative Health
Unit Standard	256495
Accreditation	SAQA Accredited · NQF Level 4 · 10 Credits
Duration	7 days
Training Method	Online, On-Campus, In-House
Certificate	Issued via AATICD LMS – verifiable online

LEARNING OUTCOMES

- Identify common health conditions and ailments based on described symptoms.
- Explain the uses and potential side effects of commonly available medicines.
- Apply guidelines for providing information on health and medicine in a responsible manner.
- Distinguish between minor ailments requiring self-care and conditions needing professional medical attention.
- Demonstrate awareness of legal and ethical considerations when sharing health and medicine information.
- Evaluate the reliability of health information sources and advise on appropriate referrals.

WHO SHOULD ATTEND

- This course is designed for individuals who need to provide basic health and medicine information in their roles, such as community health workers, first aiders, customer service representatives in pharmacies, or anyone seeking foundational knowledge in common health conditions.

COURSE OUTLINE

Day 1: Introduction to Common Health Conditions

- Overview of non-communicable diseases (NCDs)
- Common health conditions: hypertension, diabetes, asthma, HIV/AIDS, TB
- Risk factors: diet, physical inactivity, smoking, alcohol
- Socio-economic determinants of health
- Introduction to the South African healthcare system

Day 2: Understanding Hypertension and Cardiovascular Diseases

- What is hypertension? Causes and types
- Cardiovascular disease continuum
- Measuring and monitoring blood pressure
- Complications: stroke, heart attack, kidney disease
- Non-pharmacological management: diet, exercise, stress reduction
- Overview of antihypertensive medications

Day 3: Diabetes Mellitus and Metabolic Disorders

- Types of diabetes: etiology and risk factors
- Signs and symptoms: polydipsia, polyuria, weight loss
- Diagnostic tests: fasting glucose, HbA1c
- Management: oral hypoglycemics, insulin, diet
- Complications: neuropathy, retinopathy, nephropathy
- Importance of self-monitoring and foot care

Day 4: Respiratory Conditions: Asthma and COPD

- Asthma: causes, triggers, and symptoms
- COPD: emphysema and chronic bronchitis
- Spirometry and lung function tests
- Inhaler devices: MDI, DPI, spacers
- Medications: bronchodilators, corticosteroids
- Action plans and when to seek emergency care

Day 5: Infectious Diseases: HIV/AIDS and Tuberculosis

- HIV: stages, CD4 count, viral load
- Antiretroviral therapy (ART) principles
- TB: symptoms, sputum test, chest X-ray
- TB treatment regimen and DOTS
- HIV-TB co-infection management
- Infection control and prevention

Day 6: Medication Information and Safety

- Reading prescriptions and labels
- Common dosage forms: tablets, capsules, liquids, injectables
- Routes of administration: oral, topical, inhalation
- Adverse effects and reporting
- Drug interactions: food, alcohol, other meds
- Storage requirements and disposal guidelines

Day 7: Patient Communication and Health Promotion

- Patient-centred communication techniques
- Health literacy and plain language
- Motivational interviewing for behaviour change
- Developing health education materials
- Role-play: counselling a patient with hypertension
- Review of course and assessment preparation

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 **10 NQF credits** at **NQF Level 4**.

PRICING (PER DELEGATE, EX-VAT)

Delegates	Training Method	Price per Delegate	Total
1	Online	R 20,700.00	R 20,700.00
1	In-House	R 26,900.00	R 26,900.00
1	On-Campus (Pretoria)	R 31,000.00	R 31,000.00

UPCOMING SESSIONS

Start	End	Method	Venue
21 Aug 2026	31 Aug 2026	On-Campus	Shenzhen, China
24 Aug 2026	01 Sep 2026	On-Campus	Bangkok, Thailand
25 Aug 2026	02 Sep 2026	On-Campus	Victoria Falls, Zimbabwe
25 Aug 2026	02 Sep 2026	On-Campus	Abu Dhabi, UAE
26 Aug 2026	03 Sep 2026	On-Campus	Durban, South Africa
27 Aug 2026	04 Sep 2026	On-Campus	Shenzhen, China
28 Aug 2026	07 Sep 2026	On-Campus	Harare, Zimbabwe
31 Aug 2026	08 Sep 2026	On-Campus	Victoria Falls, Zimbabwe

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 256495) 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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