



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

HIV and AIDS Information and Treatment Options in Community Care

Health Sciences and Social Services / Preventive Health

Unit Standard 260597 · NQF Level 3 · 8 Credits · 5 Days

COURSE OVERVIEW

This course equips learners with the knowledge and skills to provide accurate information about HIV and AIDS, including transmission, prevention, and treatment options, within community care and support settings. It focuses on reducing stigma, promoting adherence to antiretroviral therapy, and supporting individuals and families affected by HIV and AIDS.

Category	Health Sciences and Social Services
Subfield	Preventive Health
Unit Standard	260597
Accreditation	SAQA Accredited · NQF Level 3 · 8 Credits
Duration	5 days
Training Method	Online, On-Campus, In-House
Certificate	Issued via AATICD LMS – verifiable online

LEARNING OUTCOMES

- Explain the basic science of HIV and AIDS, including transmission, progression, and prevention methods.
- Describe the range of treatment options available, including antiretroviral therapy (ART) and their role in managing HIV.
- Apply communication strategies to provide non-judgmental, accurate information and reduce stigma in community settings.
- Demonstrate how to support treatment adherence and address common barriers to care.
- Evaluate the psychosocial and ethical considerations in HIV and AIDS care, including confidentiality and informed consent.
- Implement referral pathways for testing, treatment, and support services within the community.

WHO SHOULD ATTEND

- Community health workers, caregivers, and support staff working in community-based care settings who need to provide accurate HIV and AIDS information and support treatment adherence.

COURSE OUTLINE

Day 1: Understanding HIV and AIDS in the South African Context

- Introduction to HIV: structure, transmission, and life cycle.
- Progression from HIV to AIDS: stages and symptoms.
- Epidemiology: prevalence, incidence, and key populations in South Africa.
- Social determinants: stigma, discrimination, and cultural barriers.
- Myths and misconceptions: debunking common false beliefs.
- Overview of community care: roles and responsibilities.

Day 2: Treatment Options and Antiretroviral Therapy (ART)

- Goals of ART: viral suppression, immune restoration, and reduced transmission.
- ART drug classes: NRTIs, NNRTIs, protease inhibitors, integrase inhibitors.
- First-line and second-line regimens in South Africa.
- Adherence strategies: barriers and support mechanisms.
- Monitoring: CD4 count, viral load, and resistance testing.
- Managing side effects: common adverse events and interventions.
- Treatment as prevention (TasP) and Undetectable = Untransmittable (U=U).

Day 3: Comprehensive Care for PLHIV: Co-infections and Opportunistic Infections

- Common OIs: tuberculosis, candidiasis, cryptococcal meningitis, PCP.
- TB/HIV co-infection: screening, diagnosis, and integrated treatment.
- Prophylaxis: co-trimoxazole, isoniazid preventive therapy (IPT).
- Hepatitis co-infections: screening and management.
- Sexually transmitted infections (STIs) and HIV.
- Integrated care models: linking HIV, TB, and chronic disease services.
- Nutrition and psychosocial support for PLHIV.

Day 4: Psychosocial Support, Disclosure, and Rights of PLHIV

- Psychosocial impact: depression, anxiety, and social isolation.
- Stigma and discrimination: strategies to reduce internalised and community stigma.
- Disclosure: benefits, risks, and approaches to safe disclosure.
- Counselling skills: active listening, motivational interviewing, and adherence counselling.
- Legal rights: confidentiality, non-discrimination, and access to treatment.
- Ethical considerations: informed consent and mandatory reporting.
- Community resources: support groups, NGOs, and government programmes.
- Developing a holistic care plan.

Day 5: Community-Based Interventions, Prevention, and Integration

- Prevention strategies: PrEP, PEP, voluntary medical male circumcision (VMMC).
- Behavioural interventions: condom use, partner reduction, and education.
- Community health worker programmes: roles and training.
- Integration: HIV with SRH, ANC, and chronic disease services.
- HIV testing: approaches (facility-based, community, self-testing) and linkage.
- Key populations: targeted interventions for sex workers, MSM, and PWID.
- Monitoring and evaluation of community programmes.
- Developing a community outreach plan: steps and resources.

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 3**.

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 260597) 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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