

Health and Wellness

Level 1 Course Outline



All organisations firmly believe that a healthy workforce leads to a more productive workforce. This course seeks to equip the participants with key information in health and wellness, focusing particularly on HIV and AIDS. The participant will learn to make informed decisions and the company will be able to reduce absenteeism due to HIV and AIDS, increase productivity and profit, and retain and develop a healthier workforce. The course targets all employees, regardless of background and position.

This one-day course will teach participants:

- The difference between HIV and AIDS.
- The modes of HIV transmission.
- The signs and symptoms of HIV and AIDS.
- About HIV testing.
- The personal precautions to take in order to reduce the risk of spread and infection.
- What discrimination and stigma is with regards to persons with HIV/AIDS.
- How to live with an HIV diagnosis.

Course Overview

You will spend this session getting to know the course objectives and you will also have an opportunity to identify your personal learning objectives.

During this one-day course, participants will learn and discuss the following:

- Overview of HIV/AIDS signs and symptoms.
- What HIV Tests are available, how do they work and the time period to get results.
- Participants will be able to understand the Primary, Secondary and Tertiary preventative measures to reduce the risk and spread of HIV.
- Participants will be able to understand what stigma and discrimination are and what they have to do with negative attitudes and beliefs about people with HIV.
- Next steps after diagnosis - Participants learn and discuss the steps to take after an HIV diagnosis and that these will include Antiretroviral Therapy (ART), and getting emotional and mental help and support.

Course Wrap-Up

At the end of the day, participants will have an opportunity to ask questions and fill out a personal action plan.

