

# Course Descriptor

Aseptic Technique: Principles, Practice and Competence · OBA-AT-2026

## DOCUMENT CONTROL

- Programme: Aseptic Technique: Principles, Practice and Competence (OBA-AT-2026)
- Audience: Student and Facilitator · public-facing
- Version 1.0 | Issued 18/09/2026 | Review due 18/09/2027
- Provider: OBA Nursing Academy

## Aseptic Technique: Principles, Practice and Competence

A fully self-directed, entirely online professional development programme for nurses, medical and procedural clinicians, student nurses, internationally qualified nurses and support staff. 11.0 CPD hours.

| <b>Course code</b>        | OBA-AT-2026                                                                                    |
|---------------------------|------------------------------------------------------------------------------------------------|
| <b>Provider</b>           | OBA Nursing Academy                                                                            |
| <b>Duration</b>           | 11.0 CPD hours, self-paced                                                                     |
| <b>Delivery</b>           | Entirely online, self-directed, through the OBA learning management system                     |
| <b>Modules</b>            | 11, plus a case study assessment and a summative assessment                                    |
| <b>Assessment</b>         | 60 single-best-answer items, 80% pass mark, 2 attempts                                         |
| <b>Entry requirements</b> | None. Content is written for a mixed audience and identifies which sections apply to each role |
| <b>Outcome</b>            | Certificate of completion with a unique certificate identifier                                 |
| <b>Version</b>            | 1.0, issued 18/09/2026, review due 18/09/2027                                                  |

## Who should enrol

- Registered nurses (RNs) and enrolled nurses (ENs) in acute, subacute, peri-operative, aged and community settings - including anyone who dresses a wound, accesses a line or collects a specimen
- Medical practitioners and other clinicians who perform procedures - interns, resident medical officers, registrars, general practitioners, and procedural and peri-operative teams
- Internationally qualified nurses (IQNs) preparing for Australian practice, where the terminology, the field types and the audit expectations differ from where they trained

- Student nurses and student enrolled nurses, who are asked to set up, assist and observe before they are permitted to perform
- Assistants in nursing, personal care workers and support staff whose work affects asepsis - stock handling, cleaning, and what happens in the room while a procedure is under way
- Midwives, paramedics, allied health and dental staff will find the principles and field content directly applicable, though the programme is not written to their specific scope

## What you will cover

| Module | Title                                                | Hours |
|--------|------------------------------------------------------|-------|
| 00     | Orientation: How This Course Works                   | 0.8   |
| 01     | Asepsis, Sterility and Why the Words Matter          | 0.8   |
| 02     | The Five Essential Principles                        | 0.8   |
| 03     | Key Parts, Key Sites and the Aseptic Field           | 0.8   |
| 04     | Risk Assessment: Choosing Your Technique             | 0.8   |
| 05     | Hand Hygiene for Aseptic Procedures                  | 0.8   |
| 06     | Gloves, PPE and the Non-Touch Technique              | 0.8   |
| 07     | Sequencing: Preparation, Procedure and Aftercare     | 0.8   |
| 08     | Worked Procedures: Intravenous Access and Wound Care | 0.8   |
| 09     | When Asepsis Is Breached                             | 0.8   |
| 10     | Scope, Competence and Action 3.11                    | 0.8   |

## How you will learn

1. Watch the narrated module video.
2. Read the Student Learner Guide for that module.
3. Complete the reflective workbook activity.
4. Complete the knowledge check and read the rationales.
5. Move to the next module when the system unlocks it.

## What this course is, and is not

### SCOPE OF PRACTICE AND CURRENCY

• This programme is professional development. It is not a qualification, it is not a unit of competency from a training package, and it does not of itself authorise any learner to perform any clinical procedure. Completing it does NOT make you competent in aseptic technique. The Australian Commission on Safety and Quality in Health Care is explicit that theoretical knowledge alone is not enough: practical competence must be demonstrated in a simulated or actual clinical environment and verified by a workplace assessor who is competent in aseptic technique themselves. This programme delivers and evidences the theoretical half, and ships the assessment tools for the

practical half. Every activity described here is performed only within the learner's own scope of practice, after assessment of competence, and in line with the policy of the organisation the learner works for. THIS COURSE NAMES NO PRODUCTS AND SETS NO CONTACT TIMES OF ITS OWN. Where a specific appears - 70% alcohol, five seconds of friction, four repeats, under twenty minutes - it is quoted from a named national source and cited on the page. Which skin antiseptic you use, which dressing pack, which wipe, and how long it must stay wet are set by your employer and the product's own instructions for use, not by a course.

- Regulatory and clinical currency: this content was written against the NSQHS Preventing and Controlling Infections Standard (2nd edition, 2021 update) Action 3.11, the ACSQHC Implementation guide for Action 3.11 Aseptic Technique (December 2021), the Australian Guidelines for the Prevention and Control of Infection in Healthcare (2019 - still the current edition at the date below), and the ACSQHC 5 Moments for Hand Hygiene (poster images updated December 2021), all as published at 18/09/2026. Four things are local, not national, and this course will not answer them for you: which procedures your organisation requires aseptic technique for, which field type your policy specifies for a given procedure where the Guidelines allow either, which skin antiseptic and dressing products you use and their required contact and drying times, and who your organisation has authorised and assessed to perform and to assess each procedure. Confirm each of those against your own policy before you act.