

CERTIFIED SURGICAL FIRST ASSISTANT (CSFA) PRACTICE TEST (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

**VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE**

<https://csfa.examzify.com>



Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	16

SAMPLE

Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

SAMPLE

- 1. During the inflammatory phase of wound healing, what primarily occurs?**
 - A. Collagen formation
 - B. Immune response and debris clearing
 - C. Scar maturation
 - D. Vascular remodeling
- 2. Into which structures of the kidney does urine drain before reaching the ureter?**
 - A. Minor calyces
 - B. Major calyces
 - C. Renal pyramids
 - D. Renal cortex
- 3. What body system evokes a physiologic response that is similar to the response evoked by sympathomimetic cardiovascular drugs?**
 - A. Parasympathetic nervous system
 - B. Sympathetic nervous system
 - C. Central nervous system
 - D. Endocrine system
- 4. Which lymph nodes are situated between the pectoralis major and minor muscles?**
 - A. Axillary nodes
 - B. Supraclavicular nodes
 - C. Rotter's nodes
 - D. Infraclavicular nodes
- 5. Which phase is NOT one of the three phases of wound healing?**
 - A. Fibroplastic phase
 - B. Chronic phase
 - C. Remodeling phase
 - D. Inflammatory phase

- 6. What is the primary function of the laryngeal muscles?**
- A. Speech production
 - B. Respiration
 - C. Swallowing
 - D. Sound modulation
- 7. During the administration of general anesthesia, the loss of the eyelid reflex occurs in which stage?**
- A. I
 - B. II
 - C. III
 - D. IV
- 8. Which is the most commonly identified type of ovarian cyst?**
- A. Corpus luteum cyst
 - B. Follicular cyst
 - C. Dermoid cyst
 - D. Endometrioma
- 9. What procedure is performed to treat a pulmonary embolus?**
- A. Pulmonary angioplasty
 - B. Plication of the inferior vena cava
 - C. Insertion of an umbrella-type filter
 - D. Both B and C
- 10. What ophthalmic medication is injected into the anterior chamber during a cataract procedure to maintain iris position?**
- A. Brimonidine
 - B. Acetylcholine chloride
 - C. Latanoprost
 - D. Timolol

Answers

SAMPLE

1. B
2. B
3. B
4. C
5. B
6. A
7. B
8. B
9. D
10. B

SAMPLE

Explanations

SAMPLE

1. During the inflammatory phase of wound healing, what primarily occurs?

- A. Collagen formation
- B. Immune response and debris clearing**
- C. Scar maturation
- D. Vascular remodeling

During the inflammatory phase of wound healing, the primary focus is on the body's immediate response to injury, which involves the immune response and the clearing of debris. This phase typically begins soon after the injury occurs and can last for several days. In response to tissue damage, various immune cells, such as neutrophils and macrophages, migrate to the wound site to identify and eliminate pathogens, prevent infection, and initiate the healing process. Concurrent with the immune response, these cells also work to clear away dead tissue and debris, which is essential for creating a clean wound bed. This debris clearing is crucial because it allows for subsequent phases of healing, such as the proliferative phase, to proceed effectively. The inflammatory phase sets the stage for tissue repair by controlling infection and starting the healing process, making this response fundamental to the overall wound healing process. Other phases mentioned, like collagen formation, scar maturation, or vascular remodeling, occur later in the healing timeline and are not characteristic of the inflammatory phase itself.

2. Into which structures of the kidney does urine drain before reaching the ureter?

- A. Minor calyces
- B. Major calyces**
- C. Renal pyramids
- D. Renal cortex

Urine drainage in the kidney follows a specific path before it enters the ureter. It first collects in the minor calyces, which are small cup-like structures that surround the renal papillae of the renal pyramids. These minor calyces then unite to form the major calyces. The major calyces act as larger collection points, gathering urine from multiple minor calyces, and then they converge into the renal pelvis, which ultimately drains into the ureter. While the renal cortex and renal pyramids do play a role in the formation and transportation of urine within the kidney, they do not serve as structures through which urine drains before entering the ureter. The renal cortex is the outer layer housing the nephron units, where filtration occurs, and the renal pyramids contain the collecting ducts that carry urine toward the minor calyces. However, it is the major calyces that are directly involved in the transition of urine to the ureter after it has drained from the minor calyces. Thus, the major calyces are indeed the correct answer to this question about the pathway of urine drainage in the kidneys.

3. What body system evokes a physiologic response that is similar to the response evoked by sympathomimetic cardiovascular drugs?

- A. Parasympathetic nervous system
- B. Sympathetic nervous system**
- C. Central nervous system
- D. Endocrine system

The sympathetic nervous system is responsible for the "fight or flight" response, which is characterized by increased heart rate, heightened blood pressure, and enhanced blood flow to muscles. This physiological response is similar to the effects produced by sympathomimetic cardiovascular drugs, which mimic the actions of the sympathetic nervous system. Sympathomimetic drugs act on the same receptors and pathways activated by the sympathetic nervous system, leading to a cascade of effects such as vasodilation, increased cardiac output, and enhanced respiratory function. Understanding this connection is crucial for surgical first assistants and healthcare professionals, as it informs how patients may respond to specific drugs and how to anticipate and manage potential complications in a clinical setting. The other options involve different systems that do not primarily evoke the sympathetic "fight or flight" response. The parasympathetic nervous system generally promotes a "rest and digest" state, the central nervous system encompasses the brain and spinal cord without specifically linking to sympathomimetic responses, and the endocrine system regulates hormones but is not solely responsible for the immediate cardiovascular changes seen with sympathetic activation. Therefore, the sympathetic nervous system is the correct choice as it aligns closely with the physiological responses enacted by sympathomimetic drugs.

4. Which lymph nodes are situated between the pectoralis major and minor muscles?

- A. Axillary nodes
- B. Supraclavicular nodes
- C. Rotter's nodes**
- D. Infraclavicular nodes

Rotter's nodes are specifically located in the region between the pectoralis major and minor muscles. These lymph nodes are considered an important pathway for lymphatic drainage, particularly from the breast and the upper limb. They play a pivotal role in the staging and evaluation of breast cancer, as well as in the overall lymphatic system of the upper body. In contrast, the other types of lymph nodes mentioned serve different anatomical regions. The axillary nodes are found in the armpit region and provide drainage for the upper limbs and parts of the breast, the supraclavicular nodes are located above the clavicle and are significant in relation to the neck and upper thoracic area, and the infraclavicular nodes are situated below the clavicle. Therefore, while these nodes have distinct locations and functions, Rotter's nodes directly occupy the space specifically between the pectoralis muscles.

5. Which phase is NOT one of the three phases of wound healing?

- A. Fibroplastic phase
- B. Chronic phase**
- C. Remodeling phase
- D. Inflammatory phase

The chronic phase is not recognized as one of the three primary phases of wound healing. The typical phases of wound healing are the inflammatory phase, the fibroplastic (or proliferative) phase, and the remodeling phase. The inflammatory phase occurs immediately after injury, characterized by hemostasis and the body's initial response to injury, including inflammation and the recruitment of immune cells to prevent infection. Following this is the fibroplastic phase, where new tissue is formed, and the wound begins to close. The remodeling phase follows and can last for months to years; during this time, the newly formed tissue strengthens and matures. While chronic wounds may occur as a result of improper healing — often due to factors such as infection, poor blood supply, or other medical conditions — they do not represent a recognized phase of natural wound healing. Instead, chronic wounds fall into a category that reflects a dysfunction in this healing process. Understanding these phases is essential for surgical first assistants, as this knowledge aids in recognizing proper wound healing and addressing complications effectively.

6. What is the primary function of the laryngeal muscles?

- A. Speech production**
- B. Respiration
- C. Swallowing
- D. Sound modulation

The primary function of the laryngeal muscles is to facilitate speech production. These muscles play a critical role in controlling the movement of the vocal cords, which are located in the larynx. When air passes through the closed vocal cords, it causes them to vibrate, producing sound. The laryngeal muscles adjust the tension and position of the vocal cords, allowing for variations in pitch and volume essential for speech. While the larynx also contributes to respiration and plays a role in swallowing by protecting the airway during eating, its most significant and specific function relates to speech. Sound modulation is indeed a part of speech production, but it does not encompass the full range of functions attributed to the laryngeal muscles as directly as speech itself does.

7. During the administration of general anesthesia, the loss of the eyelid reflex occurs in which stage?

- A. I
- B. II**
- C. III
- D. IV

The loss of the eyelid reflex occurs during the second stage of general anesthesia, which is known as the stage of excitation. This stage follows the initial induction stage where the patient is conscious and responsive. In the second stage, the patient experiences a period of excitement and increased muscle tone, often accompanied by involuntary movements. As the levels of anesthesia progress, the patient's protective reflexes begin to diminish, most notably the eyelid reflex. This reflex is an important indicator of the depth of anesthesia and helps anesthesia providers monitor the patient's state. The further stages of anesthesia focus on deeper levels of sedation, such as unconsciousness and are categorized as stage III (surgical anesthesia) and stage IV (medullary paralysis). In stage III, the patient is typically unresponsive and exhibits complete loss of consciousness, while stage IV represents an extremely deep level of anesthesia where vital functions may be compromised. Thus, the correct identification of the second stage as the point where the eyelid reflex is lost is critical for understanding the progression of anesthesia during surgical procedures.

8. Which is the most commonly identified type of ovarian cyst?

- A. Corpus luteum cyst
- B. Follicular cyst**
- C. Dermoid cyst
- D. Endometrioma

The most commonly identified type of ovarian cyst is the follicular cyst. Follicular cysts typically develop during the menstrual cycle when a follicle fails to rupture and release an egg. Instead, the follicle continues to grow, leading to the formation of a cyst. These cysts are often benign and can resolve on their own within a few menstrual cycles. In contrast, while corpus luteum cysts can also occur during the menstrual cycle, particularly after ovulation, they are less frequent than follicular cysts. Dermoid cysts, which are germ cell tumors, and endometriomas, related to endometriosis, represent specific and less common conditions. Dermoid cysts involve different types of tissue, including hair or teeth, while endometriomas are cysts formed from endometrial tissue outside the uterus. Therefore, the prevalence and the mechanism of development make follicular cysts the most commonly identified type overall.

9. What procedure is performed to treat a pulmonary embolus?

- A. Pulmonary angioplasty
- B. Plication of the inferior vena cava
- C. Insertion of an umbrella-type filter
- D. Both B and C**

The combination of plication of the inferior vena cava and the insertion of an umbrella-type filter is considered effective in treating pulmonary embolism. The insertion of an umbrella-type filter, also known as an inferior vena cava filter, is specifically designed to capture blood clots and prevent them from traveling to the lungs, thereby reducing the risk of pulmonary embolism. These filters are placed in the inferior vena cava, the major vein that returns blood from the lower body to the heart. In addition to this, plication of the inferior vena cava can refer to surgical techniques that might help manage complications associated with deep vein thrombosis and chronic venous insufficiency, contributing to the overall strategy in addressing conditions leading to pulmonary emboli. Together, these procedures aim to manage or prevent the occurrence of a pulmonary embolus effectively, addressing both the immediate threat posed by existing clots and reducing the risk of future clots.

10. What ophthalmic medication is injected into the anterior chamber during a cataract procedure to maintain iris position?

- A. Brimonidine
- B. Acetylcholine chloride**
- C. Latanoprost
- D. Timolol

The correct medication injected into the anterior chamber during a cataract procedure to maintain iris position is acetylcholine chloride. This drug acts as a miotic agent, which means it constricts the pupil by stimulating the sphincter muscle of the iris. During cataract surgery, it's essential to keep the iris in a stable position to provide clear access to the lens while avoiding complications, such as damage to the iris or neighboring structures. The use of acetylcholine chloride helps to reduce glare and allows for better visualization of the surgical site by minimizing the size of the pupil, which is particularly useful during the phacoemulsification process. In addition to positioning the iris effectively, this medication assists in maintaining the integrity of the anterior chamber, which is crucial for a successful surgical outcome. Other medications listed, like brimonidine, latanoprost, and timolol, primarily function as intraocular pressure-lowering agents or have other ophthalmic uses, such as treating glaucoma, and are not designed for use during cataract surgery for iris positioning. Thus, acetylcholine chloride is specifically indicated for its role in facilitating surgical techniques in cataract procedures.

Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://csfa.examzify.com>

We wish you the very best on your exam journey. You've got this!

SAMPLE