CRCST Practice Exam (Sample)

Study Guide

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Questions

1. What temperature is recommended for the washer disinfector?

A. Between 120°F to 130°F (49°C to 54°C)

B. Typically between 140°F to 160°F (60°C to 71°C)

C. Between 180°F to 200°F (82°C to 93°C)

D. Between 100°F to 110°F (38°C to 43°C)

2. K-wire is used for which of the following procedures?

A. Aeration

B. Orthopedic

C. Ultrasonic cleaners

D. Prevacuum

3. Which of the following package wrapping methods creates a package within a package?

A. Single Wrapping

B. Pouch Packaging

C. Sequential

D. Paper-Wrapped

4. The final phase of Ethylene oxide sterilization cycle is:

A. Prevacuum

B. Aeration

C. OSHA

D. Retractors

5. What type of inventory system keeps track of all incoming and outgoing supplies so that quantities of supplies in storage are known at all times?

A. Just-In-Time Inventory System

B. Periodic Inventory System

C. Perpetual Inventory System

D. Consignment Inventory System

6. The part of ring-handled surgical instruments that locks the handles in place is

A. Clamp

B. Hinge

C. Latch

D. Ratchet

7. What is the heat transfer process used to heat items in steam sterilization called?

A. Conduction

B. Convection

C. Radiation

D. Evaporation

8. What is the purpose of an instrument stringer?

A. For keeping hinged instruments in open positions

B. For cutting medical strings

C. For measuring instrument size

D. For organizing instruments in a case

9. When a biological indicator fails, what is the first course of action?

A. To immediately discard all sterilized items

B. To investigate the cause of the failure

C. To assume it is a one-time error

D. To report to the staff supervisor only

10. What is a virus-like protein containing element that lacks DNA and RNA?

A. Prions

B. Bacteria

C. Fungi

D. Protozoa

Answers

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

Explanations

1. What temperature is recommended for the washer disinfector?

A. Between 120°F to 130°F (49°C to 54°C)

B. Typically between 140°F to 160°F (60°C to 71°C)

C. Between 180°F to 200°F (82°C to 93°C)

D. Between 100°F to 110°F (38°C to 43°C)

The recommended temperature range for a washer disinfector is typically between 140°F to 160°F (60°C to 71°C) for several important reasons related to effective cleaning and disinfection. Within this temperature range, the efficacy of the disinfectants is enhanced, and it ensures that microorganisms, including bacteria and viruses, are effectively killed during the washing process. This temperature range is optimal for achieving a balance between sufficient cleaning action and avoiding damage to the instruments being processed. Lower temperatures might not provide the necessary heat to effectively facilitate disinfection, while higher temperatures could risk harming sensitive instruments or plastic components. Proper maintenance of these temperatures is crucial for compliance with infection control standards in healthcare settings, thereby helping to ensure patient safety and prevent the transmission of infections.

2. K-wire is used for which of the following procedures?

A. Aeration

B. Orthopedic

C. Ultrasonic cleaners

D. Prevacuum

K-wire is commonly used in orthopedic procedures for various purposes such as fixation of fractures, joint fusions, and correction of deformities. It provides stability and support to the bone while it heals. The other options, such as aeration, ultrasonic cleaners, and prevacuum, do not involve the use of K-wires in their respective procedures.

3. Which of the following package wrapping methods creates a package within a package?

A. Single Wrapping

B. Pouch Packaging

C. Sequential

D. Paper-Wrapped

The correct answer is C. Sequential wrapping method creates a package within a package. In this method, items are wrapped individually and then grouped with other items that are also individually wrapped. This creates layers of packaging, with each item enclosed within its own wrapper as well as the outer wrapper formed by grouping the individually wrapped items together. This method helps in maintaining the sterility of each item within the package while also providing an additional layer of protection during storage and transport. The other options are not correct because: A. Single wrapping involves wrapping each item individually without creating a package within a package. B. Pouch packaging involves placing items in a pouch or bag but does not create a package within a package. D. Paper-wrapped method involves wrapping items in paper but does not create a package within a package like the sequential wrapping method does.

4. The final phase of Ethylene oxide sterilization cycle is:

A. Prevacuum

B. Aeration

C. OSHA

D. Retractors

The final phase of the Ethylene oxide sterilization cycle is aeration. This stage is crucial because it involves the removal of residual ethylene oxide gas from the sterilized items. Ethylene oxide is a potent gas that is effective in sterilizing heat-sensitive medical instruments and devices, but it can also be toxic if left on these items after the sterilization process. During aeration, items are typically placed in a controlled environment (which can be a chamber or room) where the conditions are optimized to facilitate the dissipation of the gas. This process not only ensures safety for the end-users of the sterilized products but also helps to meet regulatory standards for residual gas levels. In contrast, the prevacuum phase is a preparatory step in the sterilization cycle that helps to remove air from the chamber before the exposure phase, while OSHA refers to the Occupational Safety and Health Administration, which is concerned with workplace safety standards, not the sterilization cycle itself. Retractors are surgical instruments used to hold back tissues but are not directly related to the sterilization process.

5. What type of inventory system keeps track of all incoming and outgoing supplies so that quantities of supplies in storage are known at all times?

A. Just-In-Time Inventory System

B. Periodic Inventory System

C. Perpetual Inventory System

D. Consignment Inventory System

A Just-In-Time Inventory System involves ordering supplies only when they are needed, rather than keeping stock on hand. This may not keep track of all incoming and outgoing supplies, as the focus is on minimizing the amount of inventory kept on hand. A Periodic Inventory System involves taking physical counts of supplies at regular intervals, rather than keeping track of inventory in real-time. This may not provide accurate information about current stock levels. A Consignment Inventory System involves storing and selling goods on behalf of a supplier, rather than tracking inventory for one's own business. In contrast, a Perpetual Inventory System uses technology and software to track inventory levels in real-time, providing more accurate and up-to-date information about stock quantities.

6. The part of ring-handled surgical instruments that locks the handles in place is

A. Clamp

B. Hinge

C. Latch

D. Ratchet

The ratchet is a mechanical device with a toothed wheel that allows it to rotate in one direction and prevents it from moving in the opposite direction. In surgical instruments with ring handles, the ratchet mechanism ensures that the handles stay in place and do not accidentally open during a procedure. The other options, such as the clamp, hinge, or latch, do not have this specific function and are therefore incorrect choices. A clamp holds two objects together, a hinge allows for rotational movement, and a latch keeps something closed. While these may also be parts of surgical instruments, they do not serve the same purpose as a ratchet.

7. What is the heat transfer process used to heat items in steam sterilization called?

A. Conduction

B. Convection

C. Radiation

D. Evaporation

In steam sterilization, the heat transfer process used to heat items is called convection. Convection involves the transfer of heat through the movement of a fluid, in this case, steam. Steam surrounds the items being sterilized, transferring its heat to them efficiently and effectively. Conduction (Option A) is the transfer of heat through direct contact, which is not the primary method used in steam sterilization. Radiation (Option C) involves the transfer of heat through electromagnetic waves, which is not how items are heated in steam sterilization. Evaporation (Option D) is the process of liquid turning into vapor, which is not the heat transfer process used to heat items in steam sterilization.

8. What is the purpose of an instrument stringer?

A. For keeping hinged instruments in open positions

B. For cutting medical strings

C. For measuring instrument size

D. For organizing instruments in a case

An instrument stringer is a tool used in central sterile processing to keep hinged instruments, such as scissors and forceps, in an open position during the cleaning, decontamination, and sterilization process. This helps ensure that all surfaces of the instruments are thoroughly cleaned and sterilized. These hinged instruments need to be kept open to allow proper cleaning and sterilization of all surfaces and joints, preventing any potential debris or contamination from remaining trapped in the closed position.

9. When a biological indicator fails, what is the first course of action?

A. To immediately discard all sterilized items

B. To investigate the cause of the failure

C. To assume it is a one-time error

D. To report to the staff supervisor only

When a biological indicator fails, the appropriate first course of action is to investigate the cause of the failure. This step is crucial because it allows the sterile processing team to identify whether the failure was due to a malfunction in the sterilization process, issues with the biological indicator itself, or a potential problem with the equipment used. Taking the time to thoroughly investigate ensures that any underlying issues are addressed, which ultimately aids in preventing future failures and maintaining the safety and efficacy of the sterilization process. Implementing corrective actions based on the investigation findings is essential for maintaining a sterile environment and ensuring the safety of patients. Acting without investigation, such as discarding all sterilized items or assuming it is a one-time error, could lead to unnecessary waste or, conversely, a risk to patient safety if unsterilized instruments are used later. Furthermore, simply reporting to a supervisor without taking proactive measures to investigate may not sufficiently address the issue at hand. Therefore, a methodical investigation is the vital first step in responding to a biological indicator failure.

10. What is a virus-like protein containing element that lacks DNA and RNA?

A. Prions

B. Bacteria

C. Fungi

D. Protozoa

Prions are unique infectious agents that consist solely of protein and lack DNA or RNA. Unlike bacteria, fungi, and protozoa, prions are not considered living organisms and do not contain genetic material. Prions are known for causing a variety of neurodegenerative diseases in humans and animals.