

# HOSA SURGICAL TECHNOLOGIST PRACTICE TEST (SAMPLE)

**STUDY GUIDE**



*Prepare with structure. Pass with confidence*



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# 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

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- 1. Which anatomical region is associated with the liver and gallbladder?**
  - A. Epigastric region
  - B. Right hypochondriac region
  - C. Left hypochondriac region
  - D. Umbilical region
- 2. What type of technique is harnessed during the usage of electrocautery?**
  - A. Cauterization
  - B. Ligation
  - C. Intubation
  - D. Aseptic
- 3. What is a "time-out" in the operating room?**
  - A. A rest period during surgery
  - B. A safety protocol before surgery to confirm patient identity and procedure
  - C. A time measurement for surgery duration
  - D. A time for the surgical team to take a break
- 4. What type of tissue are toothed tissue forceps designed to grasp?**
  - A. Delicate tissue only
  - B. Moderate to heavy tissue
  - C. Scalp and hair
  - D. Bone structures
- 5. What is one key function of the left hypochondriac region?**
  - A. Contains the majority of the liver
  - B. Houses the spleen and a portion of the stomach
  - C. Holds the appendix
  - D. Encloses the bladder
- 6. What is the primary responsibility of a surgical technologist during surgery?**
  - A. To administer anesthesia for the patient
  - B. To assist surgeons and ensure a sterile environment
  - C. To perform post-surgery follow-up care
  - D. To manage the operating room scheduling

- 7. What are straight mayo scissors primarily used for?**
- A. Cutting dense tissue
  - B. Cutting sutures or dressing
  - C. Holding large scalpels
  - D. Clamping small vessels
- 8. What distinct pattern do the serrations on Russian Tissue Forceps create?**
- A. Cross-hatch pattern
  - B. Straight lines
  - C. Starburst pattern
  - D. Spiral design
- 9. What aspect of healthcare does the AST primarily focus on?**
- A. Physical therapy advancements
  - B. Surgical technology and standards
  - C. Patient physician interactions
  - D. Nursing education
- 10. What is the primary focus of post-anesthesia care?**
- A. To provide emotional support to the patient
  - B. To monitor the patient's recovery from anesthesia and detect any complications
  - C. To administer medication for pain relief
  - D. To prepare the patient for discharge

## **Answers**

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

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## **Explanations**

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## 1. Which anatomical region is associated with the liver and gallbladder?

- A. Epigastric region
- B. Right hypochondriac region**
- C. Left hypochondriac region
- D. Umbilical region

*The liver and gallbladder are primarily located in the right upper quadrant of the abdomen, specifically within the right hypochondriac region. This region is defined by its position beneath the rib cage on the right side of the body and includes not just the liver but also parts of the gallbladder and other structures in the area. Understanding the anatomical regions of the abdomen is essential for surgical techs, as it helps in identifying pathology and planning surgical approaches. The right hypochondriac region is crucial for procedures involving conditions related to the liver, gallstones, or diseases affecting these organs. In contrast, the epigastric region encompasses the upper central part of the abdomen and contains parts of the stomach and the duodenum, while the left hypochondriac region is associated with organs such as the spleen and stomach. The umbilical region, located centrally, contains parts of the small intestine and is not directly related to the liver or gallbladder. This anatomical knowledge is vital for effective communication and operation in surgical environments.*

## 2. What type of technique is harnessed during the usage of electrocautery?

- A. Cauterization**
- B. Ligation
- C. Intubation
- D. Aseptic

*Electrocautery refers to a surgical technique that utilizes electric current to cauterize tissue. This process involves the method of applying heat to biological tissues in order to cut, coagulate, or destroy them. Cauterization is specifically focused on the thermal management of tissues, which helps in controlling bleeding by sealing blood vessels and preventing blood loss during surgery. This technique is crucial in various surgical procedures as it not only aids in hemostasis but also minimizes the risk of infection and promotes quicker recovery for the patient. The other techniques, while essential in a surgical setting, serve different purposes. Ligation refers to tying off blood vessels to prevent bleeding, intubation involves placing a tube into the trachea to maintain an open airway, and aseptic techniques are focused on preventing contamination during procedures. None of these encompass the fundamental principle of using heat generated from electrical current to achieve hemostasis and tissue management, which is the hallmark of cauterization.*

### 3. What is a "time-out" in the operating room?

- A. A rest period during surgery
- B. A safety protocol before surgery to confirm patient identity and procedure**
- C. A time measurement for surgery duration
- D. A time for the surgical team to take a break

A "time-out" in the operating room is a critical safety protocol conducted before the surgical procedure begins. This practice involves a pause in the surgical workflow to ensure that everyone in the operating room is aligned on essential details regarding the patient and the procedure being performed. Key aspects confirmed during a time-out include the accurate identification of the patient, verification of the correct surgical site, and the specific procedure that will be carried out. This step is crucial for preventing errors such as wrong-site surgery or performing an incorrect procedure, which can have serious consequences for the patient. By taking this moment to communicate and confirm information, the surgical team works collaboratively to enhance patient safety and quality of care. Other options do not align with the definition and purpose of the "time-out." There is no rest period involved during surgery, nor is it merely a measurement of surgery duration or a designated break for the surgical team. The time-out is specifically aimed at reinforcing safety protocols to protect patients during their surgical care.

### 4. What type of tissue are toothed tissue forceps designed to grasp?

- A. Delicate tissue only
- B. Moderate to heavy tissue**
- C. Scalp and hair
- D. Bone structures

Toothed tissue forceps are specifically designed to grasp and manipulate moderate to heavy tissue. This type of forceps features serrated edges, or "teeth," that allow for a firmer grip on thicker, denser tissues without causing significant damage. The design of toothed forceps ensures stability and control when handling tissues that are more substantial than delicate tissue. This makes them ideal for surgical procedures where more robust tissue manipulation is necessary, such as in abdominal surgeries or during the handling of muscular or connective tissues. Delicate tissues, such as those found in superficial layers, require softer, smoother forceps to avoid tearing or trauma, which isn't the primary function of toothed forceps. Scalp and hair do not require grasping instruments designed for solid tissue, as they need specialized tools optimized for care and precision. Bone structures are typically managed with instruments designed for cutting and manipulating bone, rather than grasping, which is what toothed tissue forceps are not intended for. Thus, their primary use in grasping moderate to heavy tissue makes that option the most appropriate choice.

### 5. What is one key function of the left hypochondriac region?

- A. Contains the majority of the liver
- B. Houses the spleen and a portion of the stomach**
- C. Holds the appendix
- D. Encloses the bladder

The left hypochondriac region is an important anatomical area of the abdomen that primarily contains the spleen and a portion of the stomach. The spleen plays a vital role in filtering blood and managing immune responses, while the stomach's presence in this region is integral to the digestive process. Understanding the specific organs located in the left hypochondriac region is crucial for surgical technologists, as it aids in identifying potential sites for surgical intervention and anticipating complications that may arise during procedures involving these organs. The anatomical positioning of these organs can influence surgical approaches and techniques, underscoring the need for precise knowledge in surgical contexts.

**6. What is the primary responsibility of a surgical technologist during surgery?**

- A. To administer anesthesia for the patient
- B. To assist surgeons and ensure a sterile environment**
- C. To perform post-surgery follow-up care
- D. To manage the operating room scheduling

*The primary responsibility of a surgical technologist during surgery is to assist surgeons and ensure a sterile environment. This role is crucial to the success of any surgical procedure. Surgical technologists prepare the operating room by setting up sterile instruments, ensuring that all necessary supplies are available, and maintaining a sterile field throughout the surgery. They anticipate the needs of the surgeon and provide the necessary instruments and materials promptly. In addition, they play a vital role in preventing infections by adhering to strict sterilization procedures and protocols. This focus on maintaining a sterile environment is essential for patient safety and the overall success of the surgical procedure. The other options reflect important roles within the surgical team but do not encapsulate the primary duties of a surgical technologist during the operation. Administering anesthesia is the responsibility of an anesthesiologist or nurse anesthetist, post-surgery follow-up care is outside the scope of a surgical technologist's role, and managing operating room scheduling falls under the administrative responsibilities, typically handled by a surgical services manager or scheduler. In summary, the core function of a surgical technologist is to assist directly in the surgery while ensuring that a sterile environment is maintained, making option B the most accurate choice.*

**7. What are straight mayo scissors primarily used for?**

- A. Cutting dense tissue
- B. Cutting sutures or dressing**
- C. Holding large scalpels
- D. Clamping small vessels

*Straight mayo scissors are primarily used for cutting sutures or dressing materials in surgical settings. The design of mayo scissors, with their robust and straight blades, makes them ideal for efficiently snipping through sutures that require a clean cut without causing additional trauma to surrounding tissues. This function is crucial during various surgical procedures, especially when closing wounds or managing post-operative care, where precision in handling sutures or drapes is necessary. Other instruments, like curved scissors, may be more appropriate for cutting tissue, while clamps are specifically designed for controlling blood flow in vessels. Thus, the primary utility of straight mayo scissors is clearly defined in the context of suture management and dressing adjustments, emphasizing their importance in the surgical technology field.*

**8. What distinct pattern do the serrations on Russian Tissue Forceps create?**

- A. Cross-hatch pattern
- B. Straight lines
- C. Starburst pattern**
- D. Spiral design

*The serrations on Russian Tissue Forceps create a starburst pattern, which is characterized by a series of radiating lines extending from a central point. This unique design allows for effective grasping and manipulation of tissue without causing excessive trauma, as the arrangement of the serrations increases gripping power while simultaneously distributing pressure across a wider area. This pattern is particularly useful in surgical settings where delicate tissues need to be held securely without slippage, allowing for enhanced precision during procedures. The distinct starburst pattern differentiates these forceps from others that may have different serration designs, such as straight lines or spiral patterns, which serve different surgical purposes.*

## 9. What aspect of healthcare does the AST primarily focus on?

- A. Physical therapy advancements
- B. Surgical technology and standards**
- C. Patient physician interactions
- D. Nursing education

*The focus of the AST, or Association of Surgical Technologists, is specifically on surgical technology and the standards associated with it. This organization plays a pivotal role in promoting the profession of surgical technology, providing education, certification standards, and advocating for the role of surgical technologists within the healthcare system. Surgical technology encompasses a wide range of responsibilities, including maintaining a sterile environment during surgical procedures, assisting surgeons and other medical staff in the operating room, and ensuring that surgical instruments are prepared and functioning properly. The AST's emphasis on standards helps to ensure that surgical technologists are well-trained and adhere to industry practices that enhance patient safety and care quality. In contrast, areas such as physical therapy advancements, patient-physician interactions, and nursing education pertain to different aspects of healthcare and do not align with the primary mission of the AST. The organization's dedication to surgical technology sets it apart and establishes its unique role in the broader healthcare landscape.*

## 10. What is the primary focus of post-anesthesia care?

- A. To provide emotional support to the patient
- B. To monitor the patient's recovery from anesthesia and detect any complications**
- C. To administer medication for pain relief
- D. To prepare the patient for discharge

*The primary focus of post-anesthesia care is to monitor the patient's recovery from anesthesia and detect any complications. After surgery, patients are placed in a post-anesthesia care unit (PACU) where they are closely observed. This phase is critical because patients may experience various side effects from anesthesia, such as respiratory depression, changes in heart rate, or decreased blood pressure. By monitoring vital signs and consciousness levels, healthcare providers can quickly identify any potential complications and intervene if necessary. This careful observation helps ensure the patient's safety during the critical recovery period immediately following anesthesia. While providing emotional support, administering medication for pain relief, and preparing the patient for discharge are also important components of post-operative care, the foremost priority is the patient's stabilization and recovery from the effects of anesthesia.*

## 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](mailto:hello@examzify.com).

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

<https://hosasurgicaltech.examzify.com>

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

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