HOSA SURGICAL TECHNOLOGIST PRACTICE TEST (SAMPLE)

STUDY GUIDE

SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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

1. Which organization publishes the Core Curriculum for surgical technology?

A. American College of Surgeons (ACS)

B. Association of Surgical Technologists (AST)

C. American Medical Association (AMA)

D. Association of periOperative Registered Nurses (AORN)

2. Curved mayo scissors are particularly effective for cutting which type of tissue?

A. Skin

B. Dense tissue

C. Sutures

D. Superficial tissues

3. What is the predominant role of the circulator in an operating room?

A. To directly assist with surgery

B. To monitor the patient's vitals

C. To oversee the surgical team and manage the procedure

D. To prepare surgical instruments

4. At what concentration is ethylene oxide used for sterilization?

A. 250-300 ml/L

B. 450-500 ml/L

C. 100-150 ml/L

D. 300-400 ml/L

5. During a surgical procedure, how should instruments be passed to the surgeon?

A. By holding them by the tips

B. By handing them over without looking

C. With the handle facing the surgeon

D. By throwing them towards the surgeon

6. What is the purpose of an autoclave?

A. To sterilize medical instruments using steam under pressure

B. To administer anesthesia to patients before surgery

C. To perform X-rays for diagnostics

D. To store medical supplies safely

7. What does the term "laparotomy" mean?

A. A protective covering over the surgical site

B. A surgical incision into the abdominal cavity

C. A method of laparoscopic surgery

D. A type of stitch used for closing incisions

8. What does the Accreditation Review Council on Education in Surgical Technology and Surgical Assisting do?

A. Manage surgical technology certification exams

B. Ensure accredited programs meet educational standards

C. Provide funding for surgical education

D. Train surgical technologists in clinical settings

9. What kind of anesthesia involves the administration of drugs to block sensation in a specific area?

A. General anesthesia

B. Local anesthesia

C. Regional anesthesia

D. Conscious sedation

10. What is the purpose of electrocautery during surgery?

A. To hold tissues in place

B. To cut tissue and coagulate blood vessels

C. To provide anesthetic

D. To irrigate the surgical area

Answers

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

Explanations

1. Which organization publishes the Core Curriculum for surgical technology?

A. American College of Surgeons (ACS)

B. Association of Surgical Technologists (AST)

C. American Medical Association (AMA)

D. Association of periOperative Registered Nurses (AORN)

The Association of Surgical Technologists (AST) is responsible for publishing the Core Curriculum for surgical technology. This document serves as a vital educational resource that outlines the essential knowledge and skills required for surgical technologists. It is widely used in accredited surgical technology programs to ensure that students are equipped with the necessary competencies to excel in their roles. By establishing standardized guidelines in the core curriculum, AST helps to maintain a high level of training across the profession, ensuring that surgical technologists are well-prepared to support surgical teams effectively. The curriculum includes topics such as surgical procedures, patient care, instruments, and aseptic techniques, all of which are crucial for successful practice in the operating room. Other organizations listed, like the American College of Surgeons, American Medical Association, and Association of periOperative Registered Nurses, have important roles in the healthcare field but do not specifically publish the core curriculum for surgical technology. Their focus is often more aligned with broader medical practices, education, or nursing guidelines.

2. Curved mayo scissors are particularly effective for cutting which type of tissue?

A. Skin

B. Dense tissue

C. Sutures

D. Superficial tissues

Curved Mayo scissors are designed specifically for cutting dense, thick tissues. Their robust, slightly curved blades provide the necessary leverage and strength to cut through tougher substances found in surgical settings, such as fascia or strong connective tissues. The curvature allows for easier maneuvering around areas that require precise cutting, making them particularly effective in these situations. While other options do involve tissue types that may require cutting, they do not align as closely with the intended purpose of Mayo scissors. For instance, skin and superficial tissues are often approached with different surgical instruments, as they may require more delicate cutting or dissection. Sutures, although they can be cut with Mayo scissors, are more suitably managed with suture scissors, which are specifically designed for that task. Thus, dense tissue is the most appropriate answer for the effectiveness of curved Mayo scissors.

3. What is the predominant role of the circulator in an operating room?

A. To directly assist with surgery

B. To monitor the patient's vitals

C. To oversee the surgical team and manage the procedure

D. To prepare surgical instruments

The predominant role of the circulator in an operating room is to oversee the surgical team and manage the procedure. This position is crucial for maintaining the flow of the surgery and ensuring that all aspects of the operation are running smoothly. The circulator is responsible for coordinating activities both inside and outside of the sterile field, communicating with the surgical team, and ensuring that all necessary supplies and equipment are available. In this role, the circulator also handles non-sterile items and supports the sterile team by providing necessary instruments and materials as required during the surgery. The circulator plays a vital part in patient safety and the overall efficiency of the surgical process, acting as a link between the surgical team and other healthcare staff, such as anesthesia providers and nursing personnel. While other roles, such as assisting with surgery or monitoring the patient's vitals, are important in the operative setting, they are typically the responsibility of the surgical technologist or anesthesia provider. The preparation of surgical instruments is similarly essential but is carried out by the surgical technologist rather than the circulator. Therefore, overseeing and managing the surgical procedure is the primary focus of the circulator's role.

4. At what concentration is ethylene oxide used for sterilization?

A. 250-300 ml/L

B. 450-500 ml/L

C. 100-150 ml/L

D. 300-400 ml/L

Ethylene oxide is commonly used for sterilization because it effectively kills a wide range of microorganisms, including bacteria, viruses, and fungi. The concentration for ethylene oxide sterilization is typically in the range of 450-500 ml/L. This concentration is effective because it ensures that the gas penetrates the materials being sterilized while also reducing the risk of toxic residues that may be left if the concentration is too high. In a sterilization process, achieving the right concentration is crucial for both efficacy and safety. If the concentration is too low, it may not adequately sterilize the items, while a concentration that is too high could lead to medical device damage or produce harmful byproducts. The chosen concentration of 450-500 ml/L strikes a balance, allowing for efficient sterilization while minimizing these risks. This is an important aspect of sterile processing in healthcare settings, where the safety of patients and the integrity of the equipment are paramount.

5. During a surgical procedure, how should instruments be passed to the surgeon?

A. By holding them by the tips

B. By handing them over without looking

C. With the handle facing the surgeon

D. By throwing them towards the surgeon

In a surgical setting, the proper technique for passing instruments to the surgeon is to position the handle facing the surgeon. This practice is vital for several reasons. First, it allows for a secure grip, which reduces the risk of the instrument slipping from the surgeon's hands during a critical procedure. A secure grip enhances the surgeon's ability to manipulate the instrument effectively. Additionally, passing instruments with the handle facing the surgeon promotes a clearer line of sight and facilitates communication. It allows the surgical technologist to maintain eye contact with the surgeon, ensuring that both parties are in sync, thus minimizing any potential disruptions during the surgery. Holding instruments by the tips, handing them over without looking, or throwing them towards the surgeon are unsafe practices that can lead to accidents, such as dropping instruments or causing injury. Therefore, positioning the handle towards the surgeon is not only a matter of efficiency but also ensures safety and promotes a collaborative environment in the operating room.

6. What is the purpose of an autoclave?

A. To sterilize medical instruments using steam under pressure

B. To administer anesthesia to patients before surgery

C. To perform X-rays for diagnostics

D. To store medical supplies safely

The primary purpose of an autoclave is to sterilize medical instruments using steam under pressure. This process involves exposing the instruments to high-temperature steam, typically at 121-134 degrees Celsius, for a specific duration. The combination of heat and pressure is effective in killing bacteria, viruses, fungi, and spores, ensuring that surgical instruments are free from any infectious agents before they are used in medical procedures. This sterilization is crucial for patient safety and helps to prevent infections during surgeries and other medical interventions. Other choices, while related to different aspects of medical care, do not pertain to the function of an autoclave. Administering anesthesia, performing X-rays, and storing medical supplies involve different equipment and procedures, highlighting the specific and vital role that autoclaves play in maintaining a sterile environment in healthcare settings.

7. What does the term "laparotomy" mean?

A. A protective covering over the surgical site

B. A surgical incision into the abdominal cavity

C. A method of laparoscopic surgery

D. A type of stitch used for closing incisions

The term "laparotomy" refers specifically to a surgical procedure characterized by a large incision made into the abdominal cavity. This approach is typically used to access internal organs for surgical intervention or exploration. Laparotomy allows surgeons to view and operate on the abdominal organs directly, which can be critical for diagnosing conditions, performing surgeries, or addressing emergencies within the abdominal region. The other options do not accurately describe laparotomy. A protective covering over the surgical site pertains to wound care and is not related to the incisional aspect of surgery. A method of laparoscopic surgery involves small incisions and the use of a camera and instruments, distinguishing it from the broader and more invasive laparotomy. Lastly, a type of stitch used for closing incisions refers to suturing techniques rather than the actual incision itself, which is fundamentally what laparotomy signifies. By understanding the primary definition and usage of laparotomy, one appreciates its significance in surgical practice.

8. What does the Accreditation Review Council on Education in Surgical Technology and Surgical Assisting do?

A. Manage surgical technology certification exams

B. Ensure accredited programs meet educational standards

C. Provide funding for surgical education

D. Train surgical technologists in clinical settings

The Accreditation Review Council on Education in Surgical Technology and Surgical Assisting (ARC-STSA) plays a crucial role in overseeing the educational quality of surgical technology programs. By ensuring that accredited programs meet established educational standards, ARC-STSA helps to maintain high levels of competency and knowledge among graduates entering the field of surgical technology. This oversight is vital for ensuring that programs provide students with the necessary skills and information required to perform effectively in surgical environments. This process involves reviewing curriculum, faculty qualifications, and overall program structure to ensure compliance with recognized standards. By maintaining these educational standards, ARC-STSA not only protects the integrity of the profession but also assures employers and the public that qualified individuals are entering the workforce. The other options do not accurately reflect the primary responsibilities of ARC-STSA. Managing certification exams, providing funding, and the training of professionals in clinical settings fall under different organizations or roles within the healthcare education system.

9. What kind of anesthesia involves the administration of drugs to block sensation in a specific area?

A. General anesthesia

B. Local anesthesia

C. Regional anesthesia

D. Conscious sedation

Regional anesthesia involves the administration of anesthetic agents to block sensation in a larger, specific area of the body rather than just a small, localized area. This type of anesthesia typically affects a specific region by blocking nerve signals from that area to the brain, which allows surgical procedures to be performed without the patient experiencing pain in the targeted region. In procedures requiring regional anesthesia, such as spinal or epidural blocks, the anesthesia is administered near a cluster of nerves, resulting in the loss of sensation and motor function in the area that the nerves supply. This is particularly useful for surgeries in the lower body, such as orthopedic or gynecological procedures, where it is necessary for the patient to remain conscious but without pain. It's important to note that local anesthesia refers to blocking pain in a small, defined area and is often used in minor procedures, while general anesthesia renders the patient completely unconscious. Conscious sedation allows for a reduced level of awareness but doesn't block sensation in a specific area like regional anesthesia does. Thus, the characteristics and intended effects of regional anesthesia make it the correct answer in this context.

10. What is the purpose of electrocautery during surgery?

A. To hold tissues in place

B. To cut tissue and coagulate blood vessels

C. To provide anesthetic

D. To irrigate the surgical area

The role of electrocautery during surgery is crucial as it serves two primary functions: cutting tissue and coagulating blood vessels. When an electric current is passed through a fine wire or a blade, it generates heat, which can precisely cut through various types of tissue. This heat also helps to seal small blood vessels, preventing excessive bleeding by coagulating the blood as it is cut. This dual functionality makes electrocautery an invaluable tool in surgical procedures, as it not only allows for cleaner incisions but also minimizes blood loss, facilitating a more efficient and safe surgical process. Other options such as holding tissues, providing anesthetics, or irrigating the surgical area serve different purposes that do not align with the specific capabilities of electrocautery.

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://hosasurgicaltech.examzify.com

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