NBSTSA SURGICAL TECHNOLOGY (ST) PRACTICE EXAM (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. **The small intestine is attached to the posterior abdominal wall by which structure?**

   A. Mesentery

   B. Peritoneum

   C. Falciform Ligament

   D. Lesser Omentum

2. **If a patient requests to see a member of the clergy upon their arrival to preoperative holding, what should the surgical team do?**

   A. Call for a clergy person before the anesthesia is administered

   B. Reassure the patient that they will be just fine

   C. Have a clergy person wait for the patient in the recovery room

   D. Chart the request and let the floor personnel make the decision

3. **Testosterone is secreted by which type of cells?**

   A. Epididymis

   B. Leydig cells

   C. Somatic cells

   D. Seminal vesicles

4. **What common condition do tinea capitis, tinea barbae, and tinea pedis refer to?**

   A. Athlete's foot

   B. Ringworm

   C. Staphylococcus infections

   D. Manifestations of shingles

5. **Which of the following lasers would be contraindicated for use in the posterior chamber of the eye?**

   A. Argon

   B. Excimer

   C. Hg:YAG

   D. Carbon dioxide

6. What is the function of the ribosomes within the cell?

A. Storage of nutrients

B. Synthesis of proteins

C. Digestive processes

D. ATP production

7. Which of the following is least related to the aerobic metabolism of glucose?

A. Intramitochondrial

B. Ketones

C. $CO_2 + H_2O + ATP$

D. Oxygen

8. What is the name of the condition when pus is not cleared from the pleural cavity?

A. Empyema

B. Pneumonia

C. COPD

D. Pleurisy

9. What is the only bone in the body that does not articulate with any other bone?

A. Humerus

B. Sphenoid

C. Hyoid bone

D. Mandible

10. What does "primum non nocere" translate to in medical ethics?

A. First do no harm

B. The patient first

C. Let the master answer

D. The thing speaks for itself

Answers

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

Explanations

1. The small intestine is attached to the posterior abdominal wall by which structure?

A. Mesentery

B. Peritoneum

C. Falciform Ligament

D. Lesser Omentum

The small intestine is attached to the posterior abdominal wall by the mesentery, which is a fold of tissue that attaches the intestines to the abdominal wall. The mesentery not only helps support the intestines but also contains blood vessels, nerves, and lymphatics that are essential for the functions of the intestine. It provides stability while allowing for the necessary movement that occurs during digestion. Peritoneum, while it forms a lining around the abdominal cavity, does not specifically attach the intestines to the abdominal wall like the mesentery does. The falciform ligament is a structure that connects the liver to the anterior abdominal wall, and the lesser omentum is a fold of peritoneum connecting the stomach to the liver. Neither plays a role in the attachment of the small intestine to the posterior abdominal wall as the mesentery does.

2. If a patient requests to see a member of the clergy upon their arrival to preoperative holding, what should the surgical team do?

A. Call for a clergy person before the anesthesia is administered

B. Reassure the patient that they will be just fine

C. Have a clergy person wait for the patient in the recovery room

D. Chart the request and let the floor personnel make the decision

When a patient requests to see a member of the clergy in the preoperative holding area, it is essential to address the patient's emotional and spiritual needs promptly. Calling for a clergy person before the administration of anesthesia ensures that the patient has the opportunity to receive spiritual support and comfort before undergoing surgery. This is particularly important as the period leading up to surgery can be stressful and anxiety-inducing for patients. Providing access to a clergy member enables the patient to engage in prayer or receive last rites if needed, which can greatly help in alleviating their fears and enhancing their sense of peace. Having this interaction occurs prior to any sedation ensures that the patient is fully aware and engages meaningfully with the clergy member. The other options do not prioritize the patient's immediate request and may lead to delays or a feeling of neglect regarding the patient's emotional needs. Therefore, facilitating this spiritual connection before the procedure is the best course of action.

3. Testosterone is secreted by which type of cells?

A. Epididymis

B. Leydig cells

C. Somatic cells

D. Seminal vesicles

Testosterone is primarily secreted by Leydig cells, which are located in the interstitium of the testes. These specialized cells play a crucial role in the male reproductive system by producing testosterone in response to luteinizing hormone (LH) stimulation. This hormone is vital for the development of male secondary sexual characteristics, such as increased muscle mass, body hair growth, and the maintenance of reproductive tissues. While the epididymis, seminal vesicles, and somatic cells are all involved in aspects of male reproduction and hormone activity, they do not directly secrete testosterone. The epididymis is responsible for the maturation and storage of sperm, seminal vesicles produce seminal fluid that nourishes and transports sperm, and somatic cells generally refer to any cells that are not reproductive cells. Thus, the identification of Leydig cells as the source of testosterone is essential for understanding male endocrinology and reproductive physiology.

4. What common condition do tinea capitis, tinea barbae, and tinea pedis refer to?

A. Athlete's foot

B. Ringworm

C. Staphylococcus infections

D. Manifestations of shingles

Tinea capitis, tinea barbae, and tinea pedis are all forms of fungal infections caused by dermatophytes, which are a type of fungus that infects the skin, hair, and nails. These conditions are commonly referred to as ringworm, despite the fact that they are not caused by a worm but rather by a fungal organism. Tinea capitis affects the scalp, causing circular patches of hair loss and sometimes scaling. Tinea barbae primarily affects the beard area in men, leading to inflammation and pustules. Tinea pedis, commonly known as athlete's foot, affects the feet and is characterized by itching, peeling, and sometimes a burning sensation between the toes or on the soles of the feet. The shared characteristic among them is that they are all classified under the broader term of ringworm due to the circular, ring-like appearance that skin infections can exhibit. This classification highlights their fungal etiology and the common symptoms that can arise from these infections affecting different parts of the body.

5. Which of the following lasers would be contraindicated for use in the posterior chamber of the eye?

A. Argon

B. Excimer

C. Hg:YAG

D. Carbon dioxide

The carbon dioxide laser is contraindicated for use in the posterior chamber of the eye primarily due to its absorption characteristics and the potential for thermal damage. Carbon dioxide lasers produce a wavelength that is primarily absorbed by water and soft tissues, making them effective for cutting and vaporization in various surgical applications. However, in the context of the eye, particularly in the posterior chamber, the energy from a CO_2 laser would not be suitable because the high amount of thermal energy could lead to significant damage to delicate ocular structures, risk retinal burns, or cause other complications such as inflammation. In contrast, the other laser types listed—argon, excimer, and Hg:YAG—are calibrated for precision and have specific uses in ophthalmic procedures. Argon lasers, for instance, can be used for photocoagulation of retinal tissue, the excimer laser is effective for corneal refractive surgery, and the Hg:YAG laser is often used for capsulotomy during cataract surgery due to its ability to create precise, minimally damaging incisions. These characteristics make them more appropriate and safe for procedures in the posterior chamber of the eye.

6. What is the function of the ribosomes within the cell?

A. Storage of nutrients

B. Synthesis of proteins

C. Digestive processes

D. ATP production

The function of ribosomes within the cell is primarily the synthesis of proteins. Ribosomes are essential cellular structures that facilitate the translation process, where the genetic code from messenger RNA (mRNA) is decoded to build polypeptides and proteins. This process is critical for cell function, as proteins are necessary for a variety of activities, including enzymatic reactions, structural components, and cellular signaling. Ribosomes can be found freely floating in the cytoplasm or attached to the endoplasmic reticulum, which plays a role in the synthesis of proteins destined for secretion or for use in the cell membrane. The specific sequence of amino acids in proteins is determined by the sequence of nucleotides in the mRNA, highlighting the vital role ribosomes play in interpreting this genetic information and constructing proteins accordingly. This synthesis is crucial for maintaining cellular functions, growth, and repair.

7. Which of the following is least related to the aerobic metabolism of glucose?

A. Intramitochondrial

B. Ketones

C. $CO_2 + H_2O + ATP$

D. Oxygen

The least related component to aerobic metabolism of glucose is ketones. In aerobic metabolism, glucose is primarily processed in the presence of oxygen to produce energy in the form of ATP, water, and carbon dioxide. This process occurs in the mitochondria, where glucose undergoes glycolysis followed by the citric acid cycle and oxidative phosphorylation. Ketones, on the other hand, are produced during the process of ketogenesis, which occurs when there is a scarcity of carbohydrates. This typically happens in conditions such as fasting, prolonged exercise, or in diabetic patients where insulin levels are low. Ketones serve as an alternative energy source for tissues such as the brain when glucose availability is limited, rather than being a product or component of aerobic metabolism. In contrast, the other options provided are integral to the process. Intramitochondrial refers to where aerobic metabolism takes place, with oxygen being essential for this type of energy production. The combination of carbon dioxide, water, and ATP are the byproducts and end products of glucose metabolism when oxygen is present, confirming their direct relevance to aerobic pathways.

8. What is the name of the condition when pus is not cleared from the pleural cavity?

A. Empyema

B. Pneumonia

C. COPD

D. Pleurisy

The condition characterized by the accumulation of pus in the pleural cavity is known as empyema. This typically occurs as a complication of pneumonia, thoracic surgery, or chest infections, where an infection leads to the collection of pus in the pleural space. The presence of pus signifies that the body's immune response is actively fighting an infection, which can lead to further complications if not treated appropriately. Empyema necessitates medical intervention, often requiring drainage of the pus to relieve symptoms and prevent further complications like lung damage or sepsis. Recognizing empyema is critical in clinical settings for proper management and treatment of patients presenting with associated respiratory symptoms.

9. What is the only bone in the body that does not articulate with any other bone?

A. Humerus

B. Sphenoid

C. Hyoid bone

D. Mandible

The hyoid bone is the only bone in the human body that does not articulate with any other bone. Instead of forming joints with other bones, the hyoid is suspended in the neck by muscles and ligaments, providing a foundation for the tongue and an attachment point for various muscles involved in swallowing and speech. Its unique structure allows it to play a crucial role in the mechanics of these functions without being connected to other bones directly. In contrast, the humerus, sphenoid, and mandible all have articulations with other bones in the body. The humerus connects with the scapula at the shoulder and the radius and ulna at the elbow. The sphenoid bone is part of the cranial structure and connects with several other cranial bones. The mandible, or jawbone, articulates with the temporal bone of the skull, forming the temporomandibular joint (TMJ). This highlights the distinct functional and anatomical role the hyoid bone plays in the musculoskeletal system.

10. What does "primum non nocere" translate to in medical ethics?

A. First do no harm

B. The patient first

C. Let the master answer

D. The thing speaks for itself

"Primum non nocere" is a fundamental principle in medical ethics that translates to "first do no harm." This phrase encapsulates the ethical obligation healthcare professionals have to avoid causing harm to patients during treatment. It emphasizes the importance of ensuring that actions taken within medical practice prioritize patient safety and wellbeing above all else. The philosophy behind this principle highlights the responsibility of medical practitioners to consider the potential consequences of their interventions. It serves as a reminder that, before undertaking any procedure or treatment, the potential risks and benefits must be carefully weighed, and non-maleficence should guide decision-making. By adhering to this principle, healthcare providers commit to delivering care that respects patients' rights and prioritizes their health outcomes.

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:

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