Provisional Sterile Processing Technician 1 Practice Test (Sample)

Study Guide

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Questions

1. Which FDA program provides voluntary reporting of any problems with a medical device?

A. Device Watch

B. MedWatch

C. Health Tracker

D. Product Safety Alert

2. Which type of sterilization uses ethylene oxide?

A. Moist heat sterilization

B. Radiation sterilization

C. Gas sterilization

D. Dry heat sterilization

3. Which best describes event-related shelf life?

A. Events that compromise sterility

B. A fixed duration from sterilization

C. Expiration based on date of manufacture

D. Time limit regardless of usage

4. Which of the following is used on living tissue to slow the growth of microorganisms?

A. Antiseptics

B. Disinfectants

C. Sterilants

D. Sanitizers

5. What is the recommended room temperature range for the prep and pack area?

A. 60 to 65 degrees F

B. 65 to 70 degrees F

C. 68 to 73 degrees F

D. 70 to 75 degrees F

6. Which patient care device is designed to limit the development of deep vein thrombosis and edema for bedridden patients?

A. Compression stocking

B. Sequential compression unit

C. Mobility aid

D. Hydrocollator

7. What does laminectomy refer to?

A. Removal of lamina

B. Repair of the spine

C. Fusion of vertebrae

D. Replacement of a disc

8. What action should the CST take when placing sterile items on the shelf in sterile storage?

A. Check the expiration date only

B. Check package integrity only

C. Be sure seals are intact only

D. All of the above

9. What is the primary purpose of a sterile storage area?

A. To keep instruments easily accessible

B. To protect sterile items from contamination

C. To promote fast retrieval of items

D. To provide a temporary holding area

10. Which is the FDA Class II specialized indicator run daily in a dynamic air removal sterilizer?

A. Bowie-Dick test

B. Steam Indicator

C. Chemical Indicator

D. Biological Indicator

Answers

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

Explanations

1. Which FDA program provides voluntary reporting of any problems with a medical device?

A. Device Watch

B. MedWatch

C. Health Tracker

D. Product Safety Alert

The correct answer is MedWatch, which is the FDA program designed for voluntary reporting of any problems associated with medical devices, as well as drugs and other regulated products. MedWatch serves as a crucial component for healthcare professionals, manufacturers, and patients to report adverse events, product defects, or any concerns about the safety and efficacy of medical devices. This program helps the FDA monitor the safety of devices and improve overall public health by identifying potential hazards based on real-world data. By providing a streamlined way to report issues, MedWatch enhances communication between the public and the FDA, ensuring that the agency can react appropriately to protect users from unsafe or malfunctioning medical devices. The ability to voluntarily report concerns is fundamental to maintaining the integrity of medical product safety in the healthcare system.

2. Which type of sterilization uses ethylene oxide?

A. Moist heat sterilization

B. Radiation sterilization

C. Gas sterilization

D. Dry heat sterilization

Ethylene oxide is a chemical agent used specifically in gas sterilization. This method is effective for sterilizing heat-sensitive medical equipment and devices that cannot withstand high temperatures or moisture. Ethylene oxide works by penetrating plastic and other materials to kill bacteria, viruses, and fungi, making it a valuable option for items that would be compromised during other sterilization processes. In contrast, moist heat sterilization utilizes steam under pressure to achieve sterilization, which is unsuitable for materials sensitive to moisture or heat. Radiation sterilization employs ionizing radiation to destroy microorganisms, but it is not related to the use of ethylene oxide. Dry heat sterilization requires higher temperatures over an extended period but does not involve gaseous agents like ethylene oxide. Hence, gas sterilization, which includes the use of ethylene oxide, is the correct choice in this context.

3. Which best describes event-related shelf life?

A. Events that compromise sterility

B. A fixed duration from sterilization

C. Expiration based on date of manufacture

D. Time limit regardless of usage

The best description of event-related shelf life is that it refers to the concept of identifying specific events or circumstances that can compromise the sterility of a sterilized item. This means that instead of relying solely on a predetermined time frame or date, the focus is on the conditions that might occur after sterilization that could affect the sterility of the item. For example, if a sterile package is opened, falls off a counter, or is otherwise exposed to potential contaminants, these events could signal that the item is no longer sterile, regardless of how much time has passed since it was sterilized. This concept is particularly important in sterile processing as it emphasizes the importance of handling and storing sterile items properly to maintain their sterility.

4. Which of the following is used on living tissue to slow the growth of microorganisms?

A. Antiseptics

B. Disinfectants

C. Sterilants

D. Sanitizers

Antiseptics are specifically formulated chemicals applied to living tissues to decrease the possibility of infection by inhibiting the growth of microorganisms. They are typically safe for use on skin and other body surfaces, allowing for their application in medical settings, such as before surgery or on wounds to minimize the risk of infections. Disinfectants, on the other hand, are intended for use on inanimate objects and surfaces to eliminate or reduce harmful organisms and are not safe for application on living tissue. Sterilants are used to achieve sterility on inanimate objects and are effective in killing all forms of microbial life, making them unsuitable for living tissue. Sanitizers are used to reduce the number of germs to safe levels on surfaces but again are not designed for application to living tissue. Thus, antiseptics are the appropriate choice for slowing the growth of microorganisms on living tissues.

5. What is the recommended room temperature range for the prep and pack area?

A. 60 to 65 degrees F

B. 65 to 70 degrees F

C. 68 to 73 degrees F

D. 70 to 75 degrees F

The recommended room temperature range for the prep and pack area is typically established to ensure the safety and effectiveness of sterile processing procedures. A temperature range of 68 to 73 degrees Fahrenheit is optimal for this environment because it helps to maintain material integrity, prevent bacterial growth, and ensure the comfort of personnel working in the area. This range is also conducive to the proper functioning of equipment and helps create an atmosphere that supports the meticulous work being done in prep and pack, where preparation of surgical instruments takes place. Deviating from this temperature range could lead to unfavorable conditions that could compromise the sterilization process or the quality of the items being prepared for sterilization. The other choices fall outside of this recommended range, which could potentially lead to issues in both the quality of the sterile items being prepared and the comfort of the technicians working in that environment. Maintaining a consistent and appropriate temperature is crucial for achieving optimal conditions in sterile processing practices.

6. Which patient care device is designed to limit the development of deep vein thrombosis and edema for bedridden patients?

A. Compression stocking

B. Sequential compression unit

C. Mobility aid

D. Hydrocollator

The sequential compression unit is specifically designed to help prevent deep vein thrombosis (DVT) and edema in patients who are bedridden or have limited mobility. This device works by applying intermittent pressure to the legs, which promotes venous blood flow back to the heart. By stimulating circulation, the sequential compression unit helps reduce the risk of blood clots forming in the deep veins of the legs, a common concern for patients who are immobile for extended periods. The other options, such as compression stockings, while they do aid in venous return, provide a constant level of compression rather than the intermittent compression offered by a sequential compression unit. Mobility aids are intended to assist patients in moving about rather than provide support for blood circulation during immobility. A hydrocollator, which is used for heat therapy, does not address the prevention of DVT or edema. Therefore, the sequential compression unit distinctly fulfills the purpose of enhancing circulation in bedridden patients, making it the appropriate choice.

7. What does laminectomy refer to?

A. Removal of lamina

B. Repair of the spine

C. Fusion of vertebrae

D. Replacement of a disc

Laminectomy specifically refers to the surgical procedure that involves the removal of the lamina, which is the bony arch that forms the back part of the vertebra. This procedure is often performed to relieve pressure on the spinal cord or nerve roots caused by conditions such as spinal stenosis or herniated discs. By removing the lamina, more space is created in the spinal canal, which can alleviate symptoms such as pain, numbness, or weakness that may be impacting a patient's mobility or overall health. The other options describe different types of spinal surgeries that involve varying procedures and goals. Repair of the spine could refer broadly to various interventions but does not specifically denote the removal of the lamina. Fusion of vertebrae typically involves joining two or more vertebrae to stabilize the spine, while replacement of a disc refers to surgeries intended to remove a damaged intervertebral disc and replace it with an artificial one, both of which are distinct from the laminectomy. Thus, recognizing that laminectomy focuses solely on the removal of the lamina is key in understanding this specific surgical procedure.

8. What action should the CST take when placing sterile items on the shelf in sterile storage?

A. Check the expiration date only

B. Check package integrity only

C. Be sure seals are intact only

D. All of the above

When placing sterile items on the shelf in sterile storage, it is essential to consider multiple factors to ensure that the items remain safe and effective for use. Checking the expiration date is crucial because it determines the usability of the items; once the expiration date has passed, the sterility and effectiveness cannot be guaranteed. Additionally, examining the package integrity is critical. The packaging must not be damaged, torn, or compromised in any way, as this could allow contaminants to enter and compromise the sterility of the items. It's also necessary to verify that the seals are intact. Intact seals serve as a barrier against microbial contamination and ensure that the items have remained sterile since they were packaged. By addressing all these factors—expiration dates, package integrity, and seal integrity—a comprehensive safety check is performed. This thorough approach minimizes the risk of using non-sterile or expired products, which is essential for maintaining high standards in sterile processing and ensuring patient safety. Thus, the correct action is to take all of the above steps when placing sterile items on the shelf in sterile storage.

9. What is the primary purpose of a sterile storage area?

A. To keep instruments easily accessible

B. To protect sterile items from contamination

C. To promote fast retrieval of items

D. To provide a temporary holding area

The primary purpose of a sterile storage area is to protect sterile items from contamination. This space is specifically designed to maintain the sterility of medical instruments and supplies after they have been processed and sterilized. By controlling environmental factors such as dust, moisture, and microbial exposure, sterile storage areas help ensure that the items remain free from contamination until they are needed for procedures or treatments. While ease of access and quick retrieval of items are important considerations, the overarching goal of a sterile storage area is to maintain an environment that safeguards the integrity of sterile products. The focus is on keeping these items safe and sterile until they are used, thereby minimizing the risk of infection and ensuring patient safety.

10. Which is the FDA Class II specialized indicator run daily in a dynamic air removal sterilizer?

A. Bowie-Dick test

B. Steam Indicator

C. Chemical Indicator

D. Biological Indicator

The Bowie-Dick test is recognized as an FDA Class II specialized indicator specifically intended for use in dynamic air removal sterilizers. Its primary purpose is to ensure that air has been effectively removed from the sterilizer chamber and that steam has penetrated the load properly. This test typically involves a set of test packs that are placed within the sterilizer and subjected to the same conditions as a typical sterilization cycle. This indicator effectively provides insight into the efficiency of the sterilization process, particularly in relation to air removal, which is critical for achieving proper sterilization in autoclaves that utilize a vacuum or pulsed pressure system. When the Bowie-Dick test is performed daily, it helps to confirm that the sterilizer is functioning correctly and that it can achieve the necessary conditions for sterilization, thereby safeguarding patient safety and compliance with regulatory standards. In contrast, the steam indicator is used for other measures, while chemical indicators serve different purposes that do not specifically target dynamic air removal efficiencies like the Bowie-Dick test. Biological indicators are used to confirm the effectiveness of a sterilization cycle but are not specialized for daily checks of air removal in a sterilization process.