

Medical Technology

*NBSTSA-CST
Certified Surgical Technologist (CST) certification exam*



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Question: 1

A Surgical Technologist is scheduled to assist a new surgeon on a scheduled cholecystectomy tomorrow. The information needed regarding positioning the patient, the instruments the surgeon will need for the case, and the details of the procedure can be found:

- A. in the policies and procedures manual of the healthcare facility.
- B. on the MSDS sheets.
- C. in the computerized health record of the patient.
- D. on the surgeon's preference card.

Answer: D

Explanation:

The surgeon's preference card is the blueprint that is used to outline everything the surgeon prefers for a specific surgical procedure. It will include information on how the patient should be positioned, the specific scrub that should be used, which instruments will be necessary, what suture material should be used for closing, and any special antibiotics that should be given during the surgery. It is critical that this information be up to date so any preparations can be made ahead of time to have the materials needed for the surgery. Having an up to date preference card also helps to decrease unnecessary waste.

Question: 2

A pre-operative surgical site is being prepared by the surgical technician. After appropriately draping the nonoperative sites, a final drape is applied that contains a specific opening to accommodate the surgical incision. What type of drape is this?

- A. Fenestrated drape
- B. Non-fenestrated drape
- C. Adhesive drape
- D. Plastic adhesive drape

Answer: A

Explanation:

A fenestrated drape contains an opening that accommodates and isolates the surgical site as well as the overall area in which the surgery is being performed. Fenestrations can come in many shapes, sizes, and may be specific to the surgical procedure being performed.

Question: 3

When preparing the operating room lights for a specific surgery, care should be taken to:

- A. change the light bulbs prior to each surgery.
- B. angle both surgical lights toward the ceiling so the surgeon can move them into the correct position.
- C. apply sterile handle covers to the lights.
- D. keep the brightness setting on low for the surgical procedure.

Answer: C

Explanation:

When setting up the operating room for a surgical procedure, the Surgical Technologist will need to apply sterile handle covers on the surgical lights. This enables the surgeon to maneuver the lights where they will need to be for the procedure without breaking sterility. There are two large overhead lights in the OR and these are usually angled down onto the surgical field to adequately illuminate the area. Brightness settings depend on the procedure being performed.

Question: 4

In which of the following circumstances is an incise drape specifically useful?

- A. Endoscopic surgery for sinusitis with a nasal entrance
- B. CT angiography
- C. An abdominal surgery with a 6-inch horizontal incision
- D. Oral surgery for the removal of an impacted tooth

Answer: C

Explanation:

An incise drape is utilized when a surgical incision is required to access the internal cavity, such as in an abdominal surgery with a 6-inch horizontal incision. The incise drape is attached directly to the patient's skin and the surgical incision is made through the drape. An incise drape is usually made with clear plastic and an adhesive backing. These drapes may or may not be pretreated with an antimicrobial iodine solution. Endoscopic surgery for sinusitis (with a nasal entrance) and a CT angiography (with the insertion of a contrast dye via IV catheter) do not require an incision. Oral surgery is accessed through the mouth with an incision into the gum line. In this case the adhesive of an incise drape would not be effective.

Question: 5

A 65-year-old male is being admitted for emergency repair of a strangulated ventral hernia. He has a history of coronary artery disease, congestive heart failure, type 2 diabetes,

and COPD. What would be MOST important for the provider to clarify with the patient during the preoperative period, if possible?

- A. Durable medical equipment needs he will have after discharge home
- B. His advance directive wishes
- C. Medication coverage through his health insurance plan
- D. Dietary preferences so a meal can be ready for him after surgery

Answer: B

Explanation:

Advance directives outline the patient's wishes regarding life-saving measures to be taken during a medical emergency. It includes a request for a DNR (Do Not Resuscitate) order, along with specific requests regarding other life-saving treatments such as feeding tubes, intubation, or dialysis. It is important to have these requests appropriately documented and witnessed in case there are complications during or immediately after surgery, especially in the case of surgeries that are emergent on a patient with multiple comorbidities.

Question: 6

Which of the following skin preparation products provide a rapid decrease in the level of microorganisms?

- A. Alcohol and iodine
- B. Alcohol and chlorhexidine
- C. Iodine and chlorhexidine
- D. Chlorhexidine and peroxide

Answer: A

Explanation:

Alcohol and iodine provide similar qualities in rapid decrease in the level of microorganisms. Alcohol is usually used at a concentration of 70%. Although iodine is as effective as alcohol for skin preparation, it should be removed in a timely fashion as it can cause skin irritation for the patient.

Question: 7

A 34-year-old female is scheduled to undergo carpal tunnel surgery. The Certified Surgical Technologist knows that the anesthesiologist/CRNA will perform a Bier block while using a(n):

- A. CO2 sensor.
- B. pneumatic tourniquet.
- C. general anesthesia.
- D. epidural injection.

Answer: B

Explanation:

A pneumatic tourniquet is a compression device that is used during extremity surgery, such as carpal tunnel release surgery. In this instance, a Bier block is administered by the anesthesiologist/CRNA to provide a type of nerve block to the extremity upon which the surgery will be performed. The pneumatic tourniquet is applied to decrease blood flow out of the arm, thereby preventing the anesthesia from wearing off quickly. The tourniquet also decreases blood flow to the extremity to minimize bleeding during the procedure.

Question: 8

unrat is the first level, or bottom, of the pyramid in Maslow's hierarchy of needs?

- A. Safety
- B. Esteem
- C. Physiological Needs
- D. Love and Belonging

Answer: C

Explanation:

The bottom level of Maslow's hierarchy of needs addresses physiological needs. The physiological level refers to the patient's basic needs in order to sustain life: food, water, air, and temperature regulation.

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Question: 9

The anesthesiologist would use a thermoregulatory device on a patient when:

- A. they want to check the patient's temperature.
- B. the preoperative assessment is being performed.
- C. they develop an infection.
- D. they show signs of hypothermia from the anesthesia.

Answer: D

Explanation:

Mild hypothermia Often occurs as an effect of anesthesia. It has been found that this can interfere with drug perfusion during surgery, interfere with coagulopathy, and result in a longer recovery period from anesthesia. Thermoregulatory devices, such as circulating warm water blankets or forced warm air devices (such as a Bair Hugger) can help to warm the patient to a normal core body temperature to help prevent any of these potential complications.

Question: 10

Which of the following is the normal lab value for white blood cells?

- a. 2,000-5,000/mm³
- b. 5,000-10,000/mm³
- c. 7,000-12,000/mm³
- d. 10,000-15,000/mm³

Answer: B

Explanation:

The normal value for white blood cells is Values above 10,000 can indicate the presence of infection or inflammatory processes. Values below 5,000 can indicate immunosuppression from disorders, such as leukemia, or chemotherapy.

Question: 11

Which of the following identifies the minimum elements to be included in the surgical time out per AORN-endorsed WHO guidelines?

- A. Surgery to be performed, site of the surgery, and surgeon's name
- B. Patient name, surgery to be performed. and identification of the correct site/side for the surgery
- C. Patient's date of birth, surgery to be performed, and names of everyone in the operating room
- D. Patient's age, surgery to be performed, and location of the surgical site

Answer: B

Explanation:

The surgical time out is performed just prior to the initial incision being made for surgery. Per WHO guidelines (which are supported by the AORN and are a regulatory requirement), the surgical time out should be performed With every member of the surgical team to identify that the correct patient is on the table, the correct surgery going to be performed, and the correct site or Side being operated on. Some facilities assign specific components of the time out to different team members. For example, the Certified Surgical Technologist may be responsible for pointing out the site of the surgery, usually marked with a surgical pen, and ensuring that each member of the surgical team has looked at the location to ensure it is correct.

Question: 12

Which of the following diagnostic procedures is used to determine abnormalities, tumors, disc herniation, or other problems associated with the spinal structures?

- A. MRI
- B. Fluoroscopy
- C. Myelography

D. Angiography

Answer: C

Explanation:

Myelography is the diagnostic procedure used to determine abnormalities, tumors, disc herniation, or other conditions associated With the cervical. thcractc, or lumbar spine. Myelography is performed by the administraton of x-ray dye via lumbar puncture and then obta:ning a senes of x-ray images of the area in question.

Question: 13

What is used to help prevent the patient from moving during surgery?

- A. Limb immobilization braces
- B. High doses of opiates
- C. Safety straps
- D. Staff oversight

Answer: C

Explanation:

Safety straps are used during surgery to prevent any movement ofthe limbs cfthe patient during surgery. If the patient were to voluntary or involuntary move during surgery, the consequences could be very dangerous. The limbs of the patient can also be secured during surgery with safety straps tc place them in correct anatomic alignment to encourage adequate blood flow.

Question: 14

Which of the following patient positions is preferred for cardiac and thyroid procedures?

- A. Supine position
- B. Lateral position
- C. Prone position
- D. Trendelenburg position

Answer: A

Explanation:

The supine position is the preferred position for cardiac, thyroid, abdominal, and pelvic surgcal procedures. The term supine refers to positioning of the panent flat on the back on the operating table.

Question: 15

The triad of the fundamental principles of radiation protection for the Certified Surgical Technologist in the perioperative area includes:

- A. shielding, protecting, and minimizing.
- B. time, distance, and shielding.
- C. stop, drop, and roll.
- D. distance, strength, and shielding.

Answer: B

Explanation:

The triad of principles to protect against radiation exposure are time, distance, and shielding. The time that someone is exposed to radiation should be as minimal as possible. The distance between the beam of radiation and the operating room personnel should be as far as possible, but at least two meters. The amount of radiation exposure is increased the closer someone is to the radiation. Finally, lead shielding garments should be worn to prevent exposure to radiation. Another option to stand behind a barrier or step out of the OR while radiation procedures are being performed.

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