



# SURGICAL TECH

Essentials needed to perform with organized precision and skill in the operating room



## INTRODUCTION

- Surgical technologist (a.k.a. "scrub" or " sterile tech")
- An allied health professional and sterile surgical team member who has completed a CAHMEP-accredited (or equivalent) program; required
- Basic knowledge of medical terminology, anatomy, physiology, microbiology, and pharmacology to apply while in the operating room (OR)
- Most knowledge of sterile technique, surgical

instruments, and surgical supplies to apply while protecting the sterile supplies from contamination within the sterile workspace.

### Certified surgical technician (CST)

- Surgical technologist who has completed a CAHMEP-accredited program (or the equivalent) and has passed the NBSTSA certification exam
- Once a CST has obtained NBSTSA certification, the CST must either:
  - Obtain and report at least 30 continuing education

hours (CEUs) every two years through AST-approved sources and submit the official renewal form and fee to NBSTSA.

- Renew certification by retaking and passing NBSTSA's CST exam.

Note: Some states and employers require certification for employment. Visit [www.ast.org](http://www.ast.org) for an overview of state laws related to the education/certification of surgical technicians.

## OPERATING ROOM (OR) TEAM



- Goal: Assist in optimal patient care
- Bottom: "Argos primo" (patient first)

### Sterile Members

- Surgical technician: See Surgical Tech Duties, right
- Surgeon: Performs the procedure.

- maintains homeostasis, and directs the OR team
- Surgeon's assistant: Collaborates with the surgeon during the surgical procedure to provide visualization, homeostasis, wound closure, and patient care

### Nonsterile Members

- Anesthesiologist provider: Sedates the patient, maintains the airway, and monitors vital signs and blood loss to maintain homeostasis
- Circulator: Ensures all perioperative protocols are completed, such as prepping and positioning the patient, charting patient information while in the OR, distributing nonsterile items, and obtaining/opening sterile supplies for the sterile team with the sterile techniques during a surgical procedure
- Auxiliary staff (pathology, radiology, etc.): Processes, tests, and analyzes specimens and reports results; provides real-time diagnostic support during the surgical procedure

### Surgical Tech Duties

- Perioperative Duties
- Time management

- Organization
- Critical thinking
- Stress management
- Teamwork
- Patient care

### Preoperative Duties

- Prepare the OR with case-specific sterile and nonsterile surgical supplies
- Complete surgical scrub and don a sterile surgical gown and sterile gloves
- Organize sterile supplies using sterile techniques, including labeling, medications, and other sterile solutions
- Complete mandatory counts of supplies within the sterile workspace for each surgical case including, but not limited to, sponges, sharps, and instruments
- Assist in draping patient with sterile techniques
- Complete WHO-required "sign in" and "sign out" with the OR team

### Intraoperative Duties

- Maintain sterile techniques within sterile field with all other sterile and nonsterile team members
- Recognize and correct breaks in sterility when/if they occur
- Follow along with the sequence of the case and anticipate the needs of the

- surgeon and surgical assistant
- Prepare and pass all sterile supplies to the surgeon and surgical assistant
- Hold organs and retractors
- Care for specimens (if obtained) until surgeon gives a specific plan of action
- Complete intraoperative supply counts (sponges, sharps, instruments, accessories, etc.)

### Postoperative Duties

- Complete postoperative supply counts (sponges, sharps, instruments, accessories, etc.)
- Complete WHO "sign in" with the OR team
- Assist with closing the wound
- Maintain sterility of supplies until patient leaves the OR
- After patient leaves the OR, break down the case into respective supply reprocessors (sharps container, biohazard container, garbage, linen, etc.)
- Take used surgical case supplies to designated area within the OR department for disposal, cleaning, or sterilization
- Assist in cleaning the OR for the next surgical case

## CST-ASSOCIATED ORGANIZATIONS

- National Board of Surgical Technology and Surgical Assisting (NBSTSA, [www.nbsta.org](http://www.nbsta.org)): Develops the certification exam and verifies, monitors, and reviews credentials of surgical technologists and surgical assistants
- Commission on Accreditation of Allied Health Education Programs (CAAHEP, [www.caahp.org](http://www.caahp.org)): Largest programmatic accreditor of the health science professions
- Association of Surgical Technologists (AST, [www.ast.org](http://www.ast.org)): Upholds the standards of practice for patient care and the profession

The CST must renew AST membership annually.

- The Joint Commission (TJC, [www.jointcommission.org](http://www.jointcommission.org)): Independent nonprofit organization that sets standards and accredits/ certifies health-care facilities that meet or exceed safe and effective care of the highest quality and value
- Occupational Safety and Health Administration (OSHA, [www.osha.gov](http://www.osha.gov)): Ensures safe and healthy working conditions for employees and patients by setting and enforcing standards through training, outreach, education, and assistance
- World Health Organization (WHO, [www.who.int](http://www.who.int)): Global health organization that establishes, monitors, and enforces international norms and standards of health and disease

## MEDICAL TERMINOLOGY USED IN THE OR

- Sterile: Free of all living microorganisms
- Sterile technique: Specific practices and procedures performed to protect a designated area or supplies used to prevent the contamination and spread of pathogens and maintain sterility
  - Sterile-through contamination: Contamination of a sterile surface or object that occurs when fluid passes through a microbial barrier or nonsterile surface
- Surgical site infection (SSI): Infection acquired in a surgical wound from the healing process or contamination
- Contaminated: To infect by contact or association with pathogenic materials

- Decontamination: To rid of contamination
- Nonsterile: Not free from living microorganisms; not sterile
- Perioperative: The entire operative sequence for a specific operative case and patient care procedure
  - Preoperative (pre-op): Beginning of the operative sequence of supplies entering the OR until the first incision is made or incision entered
  - Intraoperative (intra-op): Actual surgical procedure from the first incision/ orifice entered until the last stitch is complete or orifice exited
  - Postoperative (post-op): Conclusion of the surgical procedure from the closing of the wound until the patient leaves the OR.
- Surgical conscience: Putting the patient first by doing what is moral and just at all times; the surgical technologist must:

- Accept and maintain patient confidentiality
- Ensure the safety of everyone in the OR
- Be practical with medical supplies, cost, and time
- Maintain sterile practices and hold team members accountable
- Prevent any and all contaminations
- Be attentive to the patient's scheduled time in the OR during perioperative services
- Conduct productive and professional communication



# Surgical Tech Exam Study Guides

**Carolan Sherman, Mary Chmielewski**

## **Surgical Tech Exam Study Guides:**

**Secrets of the CST Exam Study Guide: CST Test Review for the Certified Surgical Technologist Exam** Mometrix Media LLC.,2018-04 Pass The CST Exam on Your First Try With Secrets of the CST Exam you can ace the Certified Surgical Technologist Exam on the first try without weeks and months of endless studying Our comprehensive CST study guide is written by exam experts who have painstakingly researched every topic and concept that you ll need to know to ace your test Our original research reveals specific weaknesses that you can exploit to get the passing score you deserve so you can get started on your surgical tech career right away Secrets of the CST Exam covers all the material you need to know on the CST test including Peri Operative Patient Care Pre Operative Preparation Intra Operative Procedures Post Operative Procedures Additional Duties Administrative and Personnel Equipment Sterilization and Maintenance Basic Science Anatomy and Physiology Microbiology Surgical Pharmacology Plus The Five Secret Keys to a High CST Score The Top 20 Test Taking Tips and much more **Surgical Technologist Certifying Exam Study Guide** Asa,2013-01-01 Questions written and reviewed by surgical technologist educators Practice exams designed to represent the national exam content outline This comprehensive examination study resource offers proven test taking strategies and approaches to help you achieve success Cover **Surgical Technologist Certifying Exam Study Guide** Association of Surgical Technologists,2004-01-01

**Surgical Technology PREP** Jacqueline R. Bak,Michelle A. Muhammad,2017-10-13 Everything you need to excel on the Certified Surgical Technologist exam in one complete package Surgical Technology PREP summarizes the entire surgical technology curriculum in one concise engagingly written outline style review Written by educators with over 30 years of experience this powerful review is based on the Certified Surgical Technologist CST exam blueprint and delivers complete coverage of all the must know concepts in surgical technology Readers will find everything they need to prepare for the Certified Surgical Technologist exam and to excel on their coursework including chapter review questions easy reference definitions and knowledge checks that reinforce learning and help students understand and remember key concepts The entire surgical technology curriculum summarized in a concise accessible narrative to aid in comprehension and retention Q A at the end of each chapter to reinforce learning Knowledge checks throughout to prepare you for the exam and real world application Essential for certification and re certification *The Practical Study Guide for the Surgical Technologist Certification Exam Cst* As Joseph J. Rios,Joseph J. Rios,2008-08-18 This study contains sample questions that have historically been used in prior exams in an effort to familiarize the user in understanding the exam structure In addition this study guide contains two 2 175 question practice exams that will assist the user in understanding the strengths and weaknesses T p

**Elsevier's Surgical Technology Exam Review - E-Book** Anbalagan George,Joseph E Charleman,2017-01-29 The all in one surgical technology review you ve been waiting for is finally here Elsevier s Surgical Technology Exam Review combines comprehensive content review worktext practice and customizable simulated testing options to give you the 360 degree

preparation needed for success on the CST exam Content chapters offer a thorough review of the CST exam focus areas including medical terminology basic science asepsis surgical technique and surgical procedures all in a helpful outline format Each chapter also features full color images and illustrations review questions with rationales and surgical concept maps A sample exam at the end of the book provides a simulated test day experience The realistic preparation continues online with a testing engine that lets you access exam questions by category or create custom generated exams that match the format of the CST exam If you're looking to pass the CST and be fully prepared for clinical practice this is the one Surgical Technology review book that you can't afford to be without UNIQUE All in one resource incorporates content discussions worktext practice review questions and six full practice exams to fully prepare users for the certification exam UNIQUE Surgical concept maps in the worktext help emphasize the critical thinking skills needed for clinical success by combining relevant medical terminology anatomy pathophysiology microbiology and pharmacology for each surgical procedure and helping users learn how to apply that foundational knowledge to the operating room Content chapters offer a thorough review of the CST exam focus areas including medical terminology basic science asepsis surgical technique and surgical procedures all in an outline format National Board format utilizes the exam blueprint for the National Board of Surgical Technology and Surgical Assisting's CST exam to organize content and practice exams Six practice exams each with 175 questions help users improve familiarity with answering exam style questions and build test taking confidence Realistic testing experience utilizes an online computer based testing environment and timing function to mimic the actual testing experience Practice exam customization enables users to practice specific CST blueprint categories in practice mode or use an auto generator for full CST style tests in exam mode Answer keys and rationales for each chapter review question and practice test question help users fully comprehend the information being asked and why a specific choice is best UNIQUE Full color photos and illustrations offer vivid images of instruments equipment clinical situations concept maps and basic science to help improve comprehension Chapter review questions allow users to test their level of comprehension before moving onto the next chapter and provide practice for the simulated exams

*Surgical Technologist Certifying Exam Study Guide* Mary

Smith, 2019-08-02 What you will learn from this book The surgical technologist responsibilities The preparation of supplies and instruments Preparation of the operating room suite Transporting and transferring the patient Performing urinary catheterization Transferring the patient to the operating room table Surgical skin preparation dрапing Drug administration The operating room team Receiving nurse The scrub nurse assistant Anesthesia care provider Circulator The operating room Safety Patient transport and transfer Positioning Operating table Positioning techniques Surgical preparation Preoperative patient preparation Possible risks of surgical skin prepping Patient dрапing Infection control Skin prepping to control the spread of infections Pyogenic bacterial infections Mycobacterial infections Viruses Blood borne pathogens Viral hepatitis Handwashing Decontamination disinfection sterilization Disinfection Sterilization Wrapping products for sterilization

Decontamination Anesthesia Instrument function Vascular instruments Cushing forceps Debakey forceps Cooley vascular clamp Potts smith scissors Right angle forceps Jeweler s forceps Surgical tray set up Cardiothoracic tray Orthopaedic tray Catheters Tips Sutures Laser surgery and electrosurgery Laser hazards Protection Electrosurgery SuppliesSurgical procedures Plastic and reconstructive surgery terms Gynecological and obstetrical surgery Pediatric surgery Ophthalmic surgery Otorhinolaryngologic oral and maxillofacial surgery Cardiothoracic surgery Surgical meds and dyes Iv fluid and irrigating solutions Drugs that cause constriction or constriction of tissue Anti infections drugs Hemolytic drugs Coagulants Drugs commonly used in cardiac and respiratory failure Diuretics Basic medical terminology and abbreviations practice exams LANGE Q&A Surgical Technology Examination, Eighth Edition Carolan Sherman,Mary

Chmielewski,2021-09-10 Pass the Surgical Technology Certification CST exam with ease Featuring more than 1 700 Q As and summaries of important points for each chapter this valuable resource provides the most complete review available for the surgical technology certification CST exam The book is divided into six core sections to facilitate more effective studying and review LANGE Q A Surgical Technology Examination Eighth Edition includes detailed answer explanations and covers all major areas of the surgical technology curriculum This is an essential resource for students preparing for the certification exam as well as surgical technologists looking for the latest information on specific procedures such as orthopedics plastic surgery and emergency procedures 1 700 exam style questions with detailed answer explanations prepare you for what you will actually see on the exam Organized into six core sections for the most effective study possible Fundamental Knowledge Infection Control Concepts of Patient Care Preoperative Preparation Intraoperative and Postoperative Procedures and Technology in the Operating Room Chapter synopses summarize key topics terms and objectives in quick read bulleted text Thorough coverage of cutting edge topics such as robotics and endoscopic surgery Ideal for use during coursework and for intensive exam preparation The Ultimate Cst Study Guide for Surgical Technologists Monique De Ville,2013-03 With over 1 000 practice questions this book is designed to be a comprehensive study tool used to prepare surgical technologists for certified surgical technologist exam offered by the National Board of Surgical Technology and Surgical Assisting This study guide includes full explanations high quality instrument images and questions covering Anatomy Physiology Microbiology Pharmacology Pathophysiology Preoperative Preparation Intraoperative Procedures Postoperative Procedures and Sterilization Maintenance **Elsevier's Surgical Technology Exam Review** Anbalagan George,Joseph E.

Charleman,2017-02-13 The all in one surgical technology review you ve been waiting for is finally here Elsevier s Surgical Technology Exam Review combines comprehensive content review worktext practice and customizable simulated testing options to give you the 360 degree preparation needed for success on the CST exam Content chapters offer a thorough review of the CST exam focus areas including medical terminology basic science asepsis surgical technique and surgical procedures all in a helpful outline format Each chapter also features full color images and illustrations review questions with

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**Examination** Sam Ganguly,2019-07-28 The NBSTSA National Board of Surgical Technology and Surgical Assisting provided the syllabus for the Surgical Technologist participating in the Certification Examination for the Certification process There will be 175 questions from the syllabus This Hand Book One provides 1405 questions and answers guided by the NEW syllabus prescribed by the National Board of Surgical Technology and Surgical Assisting in the year 2019 CONTENTS QUESTIONS AND ANSWERS TO PREPARE SURGICAL TECHNOLOGIST FOR THE CERTIFICATION EXAMINATION TO BECOME THE CST BASIC SCIENCE A Anatomy and Physiology Medical Terminology and medical abbreviations Knowledge of anatomical systems to understand surgical intervention includes cardiovascular gastrointestinal endocrine integumentary lymphatic muscular neurological peripheral vascular reproductive pulmonary otorhinolaryngology skeletal genitourinary ophthalmic Knowledge of human physiology to learn surgical pathology includes cardiovascular gastrointestinal endocrine integumentary lymphatic muscular neurological peripheral vascular reproductive pulmonary otorhinolaryngology skeletal genitourinary ophthalmic Learn to identify the following surgical pathologies anatomical anomalies principles of disease injuries due to various trauma malignant carcinoma Microbiology Knowledge of surgical microbiology Microorganism classification and pathology control of infection using aseptic technique Halsted principles of tissue handling and wound closure method Different stages of wound healing classification of all surgical wounds Causes of infectious growth Surgical Pharmacology Knowledge of intra operative anesthetics and medications body fluid blood adverse reactions such as malignant hyperthermia Local regional general etc anesthesia Reactions of antibiotics drugs and solutions Measures and dosage ANCILLARY DUTIES Administrative and personnel duties includes preference cards update cost cutting digital technology emergency disaster planning safety protocols legal and ethical interpersonal skills cultural diversity promotion death in the OR organ etc procurement practice Equipment sterilization and Maintenance Learn to troubleshoot equipment failure decontamination sterilization of instruments and equipment Autoclave usage and packaging sterilization of instruments and supplies method

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EXAMINATION TO BECOME THE CST PRE OPERATIVE CARE Pre Operative Preparation Surgical technologist must learn to use Preference cards Surgical equipment for each case must be checked and be secured Protective attire must be used Proper preoperative documentation should be completed Each patient has specific requirement must be met Operating room preparation for the surgery includes temperature humidity laminar flows spot lights equipment room furniture anesthesia etc Need for special equipment such as sequential hoses device hypo hyperthermia units must be verified Instruments supplies implants consignment items must be secured per preference card Surgical hand scrub must be performed Integrity of sterile items must be maintained Practice aseptic technique while setting up for the case Surgical technologist perform surgical hand scrub using aseptic technique Surgical technologist perform gowning and gloving using aseptic technique Surgical technologist must be prepared with instruments and supplies according to the procedure need Care must be provided to transport patient to and from operating room Care must be provided to transfer patient to and from the operating room table Patient safety is maintained always Patient is monitored carefully Patients is positioned safely for surgery Surgical site is prepared Surgical Technologist gowns and gloves sterile team members Surgical Technologist drapes the patient Bovie and suction etc must be secured to the drape Microscopes C arm fracture table Da vinci etc must be draped Time Outmust be performed INTRA OPERATIVE PROCEDURES Aseptic technique for each procedure must be met Universal precaution and all standards must be practiced Surgical technologist must learn each steps of the surgical procedures to anticipate the surgeons need Counts with the circulator must be done Solutions and medications must be measured and labelled properly Assistance under the supervision of the surgeon must be provided Surgical technologist must know all types of incision methods Surgical technologist learns function classification and implementation of each instruments Surgical technologist must learn all the special equipment required Duties include use of all the retractor instruments and sutures staplers and needles Duties include use of stapling device and suture Hemostasis must be practiced Proper practice of medication irrigation sponge suction and solution must be followed Implant and graft must be used properly Must label and handle specimens appropriately All catheters drains IV access devices must be checked Peri operative status of the patient in the OR must be observed During emergency surgical technologist must act properly Must learn to act in hazardous condition in the OR properly Drains and suctions must be handled properly Cast brace sterile dressing etc must be used properly POST OPERATIVE PROCEDURES Notify the amount of local anesthetics used Requires to do case debrief during medico legal

event Drapes and items must be removed from the patient Abnormal bleeding or abnormal condition of the patient must be notified Wastes and sharps must be discarded properly Transfer of the patient must be done properly OR must be decontaminated **Surgical Technology Review** Karen L. Chambers, Valerie Roche, 2022-09-26 THE BEST I wish our instructor would have given us this to study with Passed my exam with a 90% and felt VERY prepared Pam L Online Reviewer Be prepared for certification exam success A concise outline format reviews the essential content on The National Board of Surgical Technology and Surgical Assisting NBSTSA Certification Examination for Surgical Technology CST and the Tech in Surgery Certified TS C exam administered by the National Center for Competency Testing NCCT Reinforce and test your knowledge with more than 1 600 practice questions with detailed rationales You'll be ready to meet the growing demand for certified surgical technologists Now with online Q & A practice in Davis Edge Purchase a new print copy of the text and receive a FREE 1 year subscription to Davis Edge the online Q & A program with more than 1 000 questions Davis Edge helps you to create quizzes in the content areas you choose to focus on build simulated practice exams and track your progress every step of the way The Text Expanded Content on laparoscopic and robotics procedures More Photographs that reflect current practice and advances in the field More questions 640 questions at the recall problem solving and application levels New Comprehensive rationales for correct and incorrect responses for all practice questions Updated The latest advances in surgical technology including minimally invasive surgery and the use of robotics in surgery Brief content outlines for each chapter 40 review questions at the end of each chapter followed by the answer key and rationales 150 line drawings and photographs precisely illustrating anatomy positioning and instruments Tidbit boxes highlighting important content for exams and practice Davis Edge Online Q & A NEW FREE 1 year access with purchase of new print text Online Q & A quizzing platform features 1 000 questions Comprehensive Exam Builder creates practice tests that simulate a certification exam experience Quiz Builder feature lets you select practice questions by exam section or topic area Rationales for correct and incorrect responses provide immediate feedback Student Success Center dashboard monitors your performance over time helping to identify areas for additional study Access from laptop tablet and mobile devices makes study on the go easy

**Cst Study Guide** Alfajiri Publishers, 2016-12-25 This App is designed for Surgical technologist to help pass their certification it comes with over 1000 Test Questions and Answers Topics covered are clear and precise allowing for easier grasping of the concepts The following topics are covered Surgical Procedures Surgical Equipment Preoperative patient care Post operative patient care CST Pharmacology Microbiology Intra Op case management Pathophysiology Surgical scrubbing Neurology and MORE **CST Study Guide 2024-2025**, 2024 By combining review material and practice questions this CST Study Guide ensures that you will be fully prepared for the exam While other guides only provide a short review this guide includes a complete review of concepts along with 525 questions and detailed answer explanations There are 3 full length exams included Amazon com description [LANGE Q&A Surgical Technology Examination, Seventh Edition](#) Carolan

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