

Relias Surgical Tech Exam

Medical-Surgical RN A Prophecy Relias Prophecy Test / Relias Learning

1.2 milligrams is equal to how many micrograms? - Ans 1200 mcg

What lab values are expected to be in a patient with end stage renal disease on hemodialysis - Ans BUN 32, CREATNINE 8.32

dietary teaching for a patient with chronic renal failure should include choices that are: -
Ans Low potassium, low protein, moderate fat

Your post-op patient has a Jackson-Pratt (JP) drain in place. How do you ensure effective drain function? - Ans Compress the drain, then plug the bulb to establish suction

Your male patient complains of discomfort while inflating the balloon during insertion of an indwelling urinary catheter. What would be the MOST appropriate action? - Ans Deflate the balloon, advance the catheter further, then reinflate the balloon

What are the most common causes of acute onset pancreatitis? - Ans Alcoholism and gallstones

What medication is contraindicated in a patient with a hemorrhagic CVA? - Ans heparin

Your patient appears dusky colored and you cannot palpate a pulse. What is the 1st thing you should do? - Ans Initiate a code per facility protocol and begin CPR

A patient with diabetes who is receiving peritoneal dialysis is at risk for which of the following? - Ans hyperglycemia

Your patient has symptomatic anemia but is refusing a blood transfusion for religious reason. What is an appropriate response? - Ans Respect his wishes and notify the provider

Your patient is admitted with diverticulitis. What type of diet do you expect to be ordered for the patient? - Ans broth, jello, soft fruit no skin, clear liquids

You were hired to work the medical unit and when you arrive at work the charge nurse has assigned you to the post-surgical unit since they are understaffed. Which is the MOST appropriate action? - Ans Report to the post-surgical unit.

Relias Surgical Tech Exam is an essential assessment for surgical technologists, designed to evaluate their knowledge and skills in the surgical environment. As the demand for skilled surgical professionals continues to grow, understanding the intricacies of this examination becomes crucial for those aspiring to enter the field. This article delves into the purpose, structure, preparation strategies, and significance of the Relias Surgical Tech Exam, ensuring that candidates are well-equipped for success.

Understanding the Relias Surgical Tech Exam

The Relias Surgical Tech Exam is a comprehensive evaluation that tests the competencies and knowledge of surgical technologists. This exam is often used by healthcare institutions to ensure that their surgical teams are well-prepared to provide safe and effective patient care during surgical procedures.

Purpose of the Exam

The primary objectives of the Relias Surgical Tech Exam include:

1. **Assessing Knowledge:** The exam evaluates the theoretical knowledge of surgical procedures, anatomy, and the roles and responsibilities of surgical technologists.
2. **Ensuring Competency:** It helps employers ascertain that candidates possess the necessary skills to assist in surgical operations effectively.
3. **Standardization:** By providing a standardized testing format, the exam helps maintain consistency in the qualifications of surgical technologists across various institutions.

Who Should Take the Exam?

The Relias Surgical Tech Exam is typically intended for:

- **Recent Graduates:** Individuals who have recently completed a surgical technology program and are seeking certification.
- **Current Practitioners:** Surgical technologists looking to validate their skills or advance their careers.
- **Employers:** Healthcare facilities that require standardized assessments for hiring and training purposes.

Exam Structure and Content

The Relias Surgical Tech Exam comprises various sections that cover a broad range of topics relevant to surgical technology. Understanding the structure is crucial for effective preparation.

Format of the Exam

- **Number of Questions:** The exam typically consists of multiple-choice questions, ranging between 100 to 150 questions.
- **Time Limit:** Candidates are usually given a set amount of time, often around 2 to 3 hours, to complete the exam.
- **Scoring:** A passing score is determined based on the number of correct answers, and candidates are usually provided with immediate results.

Content Areas Covered

The exam content is divided into key areas, including:

1. **Surgical Procedures:** Knowledge of various types of surgeries, instruments used, and the role of the surgical technologist in different procedures.
2. **Anatomy and Physiology:** Understanding human anatomy relevant to surgical practices, including systems and structures affected by surgical interventions.
3. **Infection Control:** Protocols and procedures to maintain a sterile environment and prevent infections.
4. **Patient Safety:** Best practices for ensuring patient safety before, during, and after surgical procedures.
5. **Equipment and Technology:** Familiarity with surgical instruments, their uses, and the technology involved in modern surgeries.

Preparation Strategies

Preparing for the Relias Surgical Tech Exam requires a strategic approach to ensure comprehensive understanding and retention of the material. Here are some effective preparation strategies:

Study Resources

- **Textbooks and Study Guides:** Utilize recommended textbooks from your surgical technology program or specific study guides focused on the exam.
- **Online Courses:** Consider enrolling in online review courses or webinars that cover essential topics.
- **Practice Exams:** Taking practice exams can help familiarize you with the format and types of questions asked.

Creating a Study Plan

1. **Set Goals:** Define specific goals for each study session.
2. **Allocate Time:** Dedicate specific hours each week to study, ensuring a balance between review and rest.
3. **Review Regularly:** Regularly revisit key concepts and areas of difficulty to reinforce learning.

Study Groups and Forums

- **Join Study Groups:** Collaborating with peers can provide support and enhance understanding through discussion.
- **Online Forums:** Engage in online forums where current and aspiring surgical technologists share resources and tips.

Tips for Success on Exam Day

On the day of the Relias Surgical Tech Exam, candidates should be prepared not only with knowledge but also with strategies to manage test anxiety and time effectively.

Before the Exam

- **Get Adequate Rest:** Ensure you have a good night's sleep before the exam to maintain focus and cognitive function.
- **Eat a Healthy Meal:** Have a nutritious breakfast to keep your energy levels stable.

During the Exam

1. **Read Questions Carefully:** Take your time to understand what each question is asking before selecting an answer.
2. **Manage Your Time:** Keep an eye on the time and allocate it wisely among questions.
3. **Use the Process of Elimination:** If unsure about an answer, eliminate options you know are incorrect to improve your chances.

The Importance of the Relias Surgical Tech Exam

The Relias Surgical Tech Exam plays a critical role in the surgical technology profession for several reasons:

Career Advancement

- **Certifications:** Passing the exam can lead to certification, which enhances job prospects and potential salary increases.
- **Professional Development:** The knowledge gained while preparing for the exam contributes to ongoing professional development.

Quality of Care

- **Patient Safety:** By ensuring that surgical technologists are well-trained and knowledgeable, the exam contributes to higher standards of patient care and safety in surgical environments.
- **Institutional Standards:** Healthcare facilities can maintain high standards of practice by employing certified surgical technologists.

Conclusion

In conclusion, the Relias Surgical Tech Exam is a vital component of the surgical technology profession, serving as a benchmark for knowledge and competency. By understanding the exam structure, preparing effectively, and approaching the test with confidence, aspiring surgical technologists can enhance their chances of success. This exam not only paves the way for individual career advancement but also contributes to the overall quality of care provided in surgical settings. With the right preparation and mindset, candidates can excel and make a significant impact in the field of surgical technology.

Frequently Asked Questions

What is the Relias Surgical Tech Exam used for?

The Relias Surgical Tech Exam is designed to assess the knowledge and competencies of surgical technologists, ensuring they are prepared for their roles in the operating room.

How can I prepare for the Relias Surgical Tech Exam?

Preparation for the Relias Surgical Tech Exam can include reviewing surgical technology textbooks, taking practice exams, participating in study groups, and utilizing online resources provided by Relias.

What topics are covered in the Relias Surgical Tech Exam?

The exam typically covers a range of topics including surgical instruments, surgical procedures, sterilization techniques, anatomy, and patient safety.

Is the Relias Surgical Tech Exam recognized by employers?

Yes, the Relias Surgical Tech Exam is recognized by many healthcare employers as a valid assessment of a surgical technologist's skills and knowledge.

What is the passing score for the Relias Surgical Tech Exam?

The passing score for the Relias Surgical Tech Exam may vary, but generally, a score of around 70% is considered passing. It's important to check with Relias for the most current standards.

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