

01	☐ A	☐ B	☐ C	☐ D	☒ E
02	☒ A	☐ B	☐ C	☐ D	☐ E
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27	☒ A	☐ B	☐ C	☐ D	☐ E
28	☒ A	☐ B	☐ C	☐ D	☐ E
29	☐ A	☐ B	☐ C	☐ D	☒ E
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31	☐ A	☒ B	☐ C	☐ D	☐ E
32	☐ A	☐ B	☐ C	☐ D	☒ E
33	☒ A	☐ B	☐ C	☐ D	☐ E
34	☒ A	☐ B	☐ C	☐ D	☐ E
35	☐ A	☐ B	☒ C	☐ D	☐ E
36	☐ A	☐ B	☐ C	☒ D	☐ E
37	☐ A	☐ B	☐ C	☐ D	☒ E
38	☐ A	☒ B	☐ C	☐ D	☐ E
39	☐ A	☐ B	☐ C	☐ D	☒ E

PRACTICE QUESTIONS

Certification Board For Sterile Processing and Distribution (CBSPD)

RZH7TLTK

Sterile Processing Management

EDITION

Demo

QUESTIONS

9

FORMAT

Limited Edition PDF

Before you begin

What this is

9 practice questions for Certification Board For Sterile Processing and Distribution (CBSPD) RZH7TLTK, each with its answer key and an explanation. Answer a question before you read its key — the explanation is worth more once you have committed.

If something looks wrong

Send us three things and we will check it:

- the exam code, RZH7TLTK
- the question number
- the email address on your order

Write to **support@mometrix.net**. We reply within one business day.

QUESTION 1

SINGLE CHOICE

A sterile processing department (SPD) manager is developing a staffing schedule for the upcoming quarter. Which factor is most important to consider first when determining staffing levels?

- ☐ A The personal preferences of the current staff regarding shift assignments
- ☒ B The historical and projected surgical case volume and case mix
- ☐ C The number of vendor in-service training sessions scheduled
- ☐ D The cost of purchasing new instrument tracking software

ANSWER B

WHY Staffing levels in SPD must be driven by workload demand, specifically surgical case volume and case mix, because these directly determine instrument throughput needs. Personal preferences, vendor training sessions, and software costs are administrative or developmental considerations, not the primary driver for determining how many technicians are needed.

QUESTION 2

SINGLE CHOICE

Which personal protective equipment (PPE) item is required for a sterile processing technician to wear when working in the decontamination area?

- ☐ A A sterile surgical gown
- ☒ B A fluid-resistant gown, gloves, face shield, and surgical mask
- ☐ C Only exam gloves and a lab coat
- ☐ D A clean uniform and a hair covering only

ANSWER B

WHY Decontamination involves exposure to blood, body fluids, and other potentially infectious materials, requiring a fluid-resistant gown, appropriate gloves, eye/face protection (face shield or goggles), and a mask at a minimum. A sterile gown is used in the sterile field, not in decontamination, and gloves with only a lab coat or uniform provide inadequate protection.

QUESTION 3

SINGLE CHOICE

Which type of packaging material is appropriate for use in a steam sterilizer?

- ☐ A Polyvinyl chloride (PVC) film
- ☐ B Polypropylene film
- ☒ C Medical-grade paper and film laminate designed for steam sterilization
- ☐ D Cellophane wrapping

ANSWER C

WHY Steam sterilization requires packaging materials that allow steam penetration and air removal while maintaining a barrier after sterilization; medical-grade paper/plastic laminates are specifically designed and validated for this purpose. PVC melts at steam sterilization temperatures, polypropylene has very limited steam compatibility, and cellophane is not validated for hospital steam sterilization cycles.

QUESTION 4

SINGLE CHOICE

A sterilization cycle is monitored using a biological indicator (BI). When is the most appropriate time to read the final result of a standard steam BI (*geobacillus stearothermophilus*)?

- ☐ A Immediately after the cycle completes
- ☐ B After 1 hour of incubation
- ☒ C After 24 hours of incubation, but no later than 48 hours
- ☐ D After 7 days of incubation

ANSWER C

WHY Standard read-out steam biological indicators (*geobacillus stearothermophilus*) require incubation for the full time specified by the manufacturer, typically 24 to 48 hours, before the final negative result can be confirmed. Earlier readings can produce false negatives or are only preliminary; 7 days exceeds the validated reading window for standard rapid or self-contained BIs used in healthcare.

QUESTION 5 SINGLE CHOICE

An SPD manager is performing an annual performance review with a technician. Which component is essential to include for the review to be effective and legally defensible?

- ☐ A Verbal feedback only, with no written documentation
- ☒ B Documented job-specific performance criteria tied to the technician's actual duties
- ☐ C Comments from peers not assigned to the department
- ☐ D A list of unrelated hospital-wide policies

ANSWER B

WHY Effective and legally defensible performance reviews must be based on documented, job-specific performance criteria directly tied to the technician's actual duties and prior expectations. Verbal-only feedback is not defensible, peer comments from outside the department are typically not relevant to the technician's role, and unrelated policy lists do not evaluate job performance.

QUESTION 6 SINGLE CHOICE

Which water quality is recommended for the final rinse of surgical instruments during manual or automated cleaning?

- ☐ A Cold tap water
- ☐ B Hard well water
- ☒ C Critical (treated) water such as deionized or reverse-osmosis water
- ☐ D Distilled water reused from a previous cycle

ANSWER C

WHY ANSI/AAMI ST79 recommends critical (treated) water — such as deionized, reverse osmosis, or distilled water — for the final rinse of surgical instruments to minimize mineral deposits, staining, and corrosion. Tap and well water may contain minerals and microorganisms that damage instruments and leave residues, and reused distilled water can be contaminated.

QUESTION 7

SINGLE CHOICE

Sterile instruments are being stored in the sterile storage area. Which environmental condition is recommended to help maintain sterility and package integrity?

- ☒ **A** Room temperature of approximately 20–24°C (68–75°F) with 30–60% relative humidity and positive pressure
- ☐ **B** Room temperature of 30°C (86°F) with 70% humidity and negative pressure
- ☐ **C** A storage area shared with clean but non-sterile supplies under neutral pressure
- ☐ **D** An area directly adjacent to a decontamination air vent with no humidity control

ANSWER A

WHY ANSI/AAMI ST79 recommends a controlled environment for sterile storage with temperature around 20–24°C, relative humidity between 30% and 60%, and positive air pressure relative to adjacent unsterile areas to prevent infiltration of contaminants. Higher temperature and humidity promote microbial growth and degrade packaging, negative pressure would pull contaminants in, and proximity to decontamination violates clean-airflow principles.

QUESTION 8

SINGLE CHOICE

Which organization publishes the most widely referenced comprehensive standard for steam sterilization and sterility assurance in healthcare facilities?

- ☐ **A** The Joint Commission (TJC)
- ☒ **B** Association for the Advancement of Medical Instrumentation (AAMI)
- ☐ **C** Centers for Disease Control and Prevention (CDC)
- ☐ **D** American Hospital Association (AHA)

ANSWER B

WHY ANSI/AAMI ST79 is the comprehensive consensus standard for steam sterilization and sterility assurance in healthcare facilities, published by AAMI. While TJC, CDC, and AHA provide related guidelines and accreditation requirements, AAMI's ST79 is the specific technical standard referenced for steam sterilization practices.

QUESTION 9

MULTIPLE CHOICE

Which of the following are recommended components of point-of-use (pre-cleaning) handling for surgical instruments in the operating room? (Choose two.)

- ☒ **A** Keeping instruments moist during transport to decontamination, for example by covering with a damp towel or using an instrument transport gel
- ☐ **B** Allowing instruments to dry completely on the back table before transport
- ☒ **C** Transporting contaminated instruments in a closed, leak-proof, labeled container to prevent environmental contamination
- ☐ **D** Reusing single-use brushes across multiple instrument sets without cleaning

ANSWER A • C

WHY Point-of-use pre-cleaning aims to prevent drying of bioburden and to contain contamination during transport; keeping instruments moist and transporting them in a closed, leak-proof, labeled container are both recommended practices. Allowing instruments to dry completely makes bioburden harder to remove, and reusing single-use brushes across sets can cross-contaminate instruments.