68D 101 OPERATING ROOM SPECIALIST PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

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How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

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Questions

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1. Cardi relates to which body part?

A. Bone

B. Heart

C. Gallbladder

D. Inflammation

2. Which skin layer has a protective function, shields the moist underlying tissues, and lacks blood vessels?

A. Dermis

B. Subcutaneous

C. Epidermis

D. Hypodermis

3. Which term describes a muscle that stabilizes the origin or a joint during movement?

A. Origin

B. Fixator

C. Insertion

D. Fascia Tissue

4. Which structures are part of the axial Skeleton?

A. Head, Neck, Trunk

B. Limbs and Girdles

C. Skull, Vertebrae, and Thoracic Cage

D. Pelvis and Limbs

5. Which suffix means tumor?

A. Oma

B. Tomy

C. Plasty

D. Emia

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6. Which bone is compact with tightly packed tissue?

A. Cancellous bone
B. Endosteal bone
C. Cortical
D. Compact bone

7. What has no attachment to the sternum or ribs?

A. True Ribs
B. False Ribs
C. Floating Ribs
D. Ribs 11-12

8. What includes the blood cell formation?

A. Hematopoiesis
B. Osteoblasts
C. Osteoclasts
D. Periosteum

9. What secretes oil to lubricate and protect the skin?

A. Sebaceous glands
B. Sweat glands
C. Hair follicles
D. Duct glands

10. Which plane divides the body into anterior and posterior portions?

A. Sagittal
B. Transverse
C. Coronal/Frontal
D. Oblique

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Answers

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

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Explanations

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1. Cardi relates to which body part?

A. Bone

B. Heart

C. Gallbladder

D. Inflammation

Cardi- is the medical root that means heart, coming from Greek kardía. It appears in terms like cardiac, cardiology, myocardium, and pericardium, all of which relate to the heart. It doesn't reference bone (that would be oste-), gallbladder (chole- or bili-), or a general inflammatory process (which would be indicated by a suffix like -itis). So the heart is the body part associated with this root.

2. Which skin layer has a protective function, shields the moist underlying tissues, and lacks blood vessels?

A. Dermis

B. Subcutaneous

C. Epidermis

D. Hypodermis

The outer protective barrier that lacks blood vessels is the epidermis. This layer is avascular, meaning it has no blood supply, which is a key feature of its role as a barrier. The epidermis is made of keratinized cells that form a waterproof shield, primarily in the stratum corneum, helping to prevent water loss and protect the moist tissues beneath from injury and infection. Deeper skin layers, like the dermis and subcutaneous (hypodermis), contain blood vessels and connective tissue, so they are vascular, unlike the epidermis.

3. Which term describes a muscle that stabilizes the origin or a joint during movement?

A. Origin

B. Fixator

C. Insertion

D. Fascia Tissue

A muscle that stabilizes the origin or a joint during movement is called a fixator. Its job is to contract and immobilize the proximal segment, giving the rest of the muscles a stable base to work from. The origin is where the muscle attaches closest to the body and typically stays relatively fixed during the movement, while the insertion is the end that moves. Fascia tissue is just connective tissue surrounding muscles, not a muscle with a stabilizing function. So the fixator best describes this stabilizing role, such as when shoulder or scapular stabilizers hold the area steady so the primary mover can act efficiently.

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4. Which structures are part of the axial Skeleton?

A. Head, Neck, Trunk

B. Limbs and Girdles

C. Skull, Vertebrae, and Thoracic Cage

D. Pelvis and Limbs

The axial skeleton consists of the bones along the body's central axis: the skull, the vertebral column, and the thoracic cage (ribs and sternum). These structures form the central framework that protects vital organs like the brain, spinal cord, heart, and lungs and provides major support for the body. The skull, vertebrae, and thoracic cage together embody this central axis, so they are the correct combination. The other options pull in limbs or girdles (appendicular skeleton) or describe broad regions rather than the specific bone groups that make up the axial skeleton.

5. Which suffix means tumor?

A. Oma

B. Tomy

C. Plasty

D. Emia

The suffix for tumor is -oma. In medical terms, -oma is used to name a tumor or abnormal mass arising from a specific tissue, as in melanoma (a pigmented skin tumor), lipoma (a fatty tissue tumor), or adenoma (a gland tumor). That direct link to a neoplasm makes it the best fit for the concept being tested. The other suffixes point to different ideas: -tomy means to cut or incision, -plasty means repair or shaping, and -emia denotes a condition of the blood.

6. Which bone is compact with tightly packed tissue?

A. Cancellous bone

B. Endosteal bone

C. Cortical

D. Compact bone

Dense outer bone is cortical bone, also called compact bone. It forms the hard shell of most bones and is characterized by a tightly packed, mineralized tissue arrangement. This dense organization is built around osteons with concentric lamellae surrounding a central canal, leaving little space for marrow. That compact packing gives cortical bone its strength and stiffness, essential for bearing weight and withstanding loads. In contrast, cancellous bone is porous and lattice-like, with trabeculae that create lightness rather than density. The term endosteal relates to the inner lining of bone rather than its density. So, describing bone as compact with tightly packed tissue points to cortical bone.

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7. What has no attachment to the sternum or ribs?

A. True Ribs

B. False Ribs

C. Floating Ribs

D. Ribs 11-12

The key idea is how ribs attach to the sternum. True ribs attach directly to the sternum via their own costal cartilage. False ribs connect indirectly, by joining the cartilage of the rib above, so they don't attach straight to the sternum. Floating ribs have no attachment to the sternum or to other rib cartilage in front; their costal cartilage doesn't reach the sternum, and they end within the abdominal wall muscles while still articulating with the vertebrae at the back. Because of that lack of anterior attachment, the ribs that fit this description are the floating ribs (ribs 11 and 12).

8. What includes the blood cell formation?

A. Hematopoiesis

B. Osteoblasts

C. Osteoclasts

D. Periosteum

Blood cell formation is hematopoiesis. This process happens mainly in red bone marrow, where hematopoietic stem cells differentiate into the various blood cell lines, including erythrocytes, leukocytes, and thrombocytes. Through erythropoiesis, leukopoiesis, and thrombopoiesis, the body continually produces red cells, white cells, and platelets to replace old cells and meet physiological needs. Regulation involves signals like erythropoietin released in response to low oxygen levels. The other terms relate to bone rather than blood formation: osteoblasts are bone-forming cells, osteoclasts are bone-resorbing cells, and periosteum is the outer membrane covering bone.

9. What secretes oil to lubricate and protect the skin?

A. Sebaceous glands

B. Sweat glands

C. Hair follicles

D. Duct glands

Oil secretion that lubricates and protects the skin comes from sebaceous glands. They are typically connected to hair follicles and release sebum through ducts onto the skin surface. This sebum keeps skin and hair moisturized and forms a protective barrier, with antimicrobial lipids helping defend against microbes. Hormones, especially androgens, can increase sebum production. Sweat glands disperse sweat for cooling, hair follicles themselves do not secrete oil, and "duct glands" isn't a specific term for this function.

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10. Which plane divides the body into anterior and posterior portions?

A. Sagittal

B. Transverse

C. Coronal/Frontal

D. Oblique

The coronal plane, also called the frontal plane, divides the body into front (anterior) and back (posterior) portions. It runs vertically from side to side, separating what sits in front from what is behind. This orientation is perpendicular to the sagittal plane, which splits left and right, and to the transverse plane, which divides top and bottom. An oblique plane is any slanted cut that doesn't align with these standard planes. In imaging or surgical contexts, coronal/frontal views show structures as seen from the front or back, highlighting the front-back division.

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Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

https://68d101.examzify.com

We wish you the very best on your exam journey. You've got this!

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