

BONENT CONTINUING DIALYSIS EDUCATION (CDC) PRACTICE EXAM (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.

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!

Questions

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- 1. In hemodialysis, what is the most commonly used volume expander?**
 - A. 0.9% NaCl
 - B. 5% Dextrose
 - C. Normal saline
 - D. Ringer's lactate solution
- 2. What is a potential cause of hemolysis during dialysis?**
 - A. Proper dialysate preparation
 - B. Improper dialysate preparation
 - C. Inadequate blood flow rates
 - D. Excessive use of anticoagulants
- 3. Which of the following is NOT a key step in the research process?**
 - A. Analyzing data
 - B. Developing the study design
 - C. Eliminating unusual variation
 - D. Preparing the final report before the analysis
- 4. What is the importance of monitoring ultrafiltration rates during hemodialysis?**
 - A. To ensure adequate medication administration
 - B. To assess the risk of blood clots
 - C. To ensure adequate fluid removal and avoid complications
 - D. To monitor electrolyte levels
- 5. Why is it important to educate patients about their dialysis treatment?**
 - A. To enforce compliance with institutional policies
 - B. To empower them to manage their condition and adhere to treatment plans
 - C. To minimize the need for social support
 - D. To reduce the frequency of dialysis appointments

- 6. What is an important step for facilities to take when managing bicarbonate dialysis concentrates?**
- A. Implementing stringent labeling systems
 - B. Reducing the number of concentrate types used
 - C. Training staff on biochemistry
 - D. Minimizing patient education programs
- 7. What is true regarding the effect of heparin in dialysis patients?**
- A. The "rebound effect" increases bleeding risk
 - B. It has no significant effects
 - C. It only affects nonuremic patients
 - D. It decreases the efficacy of dialysis
- 8. A possible sequela of Hepatitis B could include which of the following?**
- A. Myocardial infarction
 - B. Pancreatitis
 - C. Pulmonary embolism
 - D. Cirrhosis
- 9. To minimize injury risk with improper dialysate, what should each facility utilizing bicarbonate do?**
- A. Use key coded/color coded systems
 - B. Increase training for staff
 - C. Reduce patient turnover
 - D. Modify the type of dialysis solution used
- 10. In the event of a major fire discovered in an area occupied by patients, what should be the first action?**
- A. Call the fire department
 - B. Evacuate the area
 - C. Remove the patients
 - D. Attempt to extinguish the fire

Answers

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

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Explanations

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1. In hemodialysis, what is the most commonly used volume expander?

- A. 0.9% NaCl**
- B. 5% Dextrose
- C. Normal saline
- D. Ringer's lactate solution

The most commonly used volume expander in hemodialysis is 0.9% NaCl, also known as normal saline. This isotonic solution is utilized to maintain proper fluid balance and to manage the patient's blood volume during the hemodialysis process. It closely matches the body's plasma osmolarity and can effectively counteract hypotension that may occur during dialysis sessions. Normal saline is particularly effective because it does not introduce any additional glucose, electrolytes, or other compounds that could complicate the patient's electrolyte balance. Additionally, its composition allows for easy administration in a dialysis setting, where rapid and safe fluid administration is crucial. By choosing 0.9% NaCl, healthcare providers can ensure that patients maintain adequate vascular volume and reduce the risks of complications such as hypotension or dehydration during treatment.

2. What is a potential cause of hemolysis during dialysis?

- A. Proper dialysate preparation
- B. Improper dialysate preparation**
- C. Inadequate blood flow rates
- D. Excessive use of anticoagulants

Hemolysis during dialysis can occur due to various factors, and improper dialysate preparation is a significant contributor. When dialysate is not prepared correctly, it can lead to an imbalance in the concentration of electrolytes, pH, or temperature. Such imbalances can stress red blood cells as they pass through the dialyzer, leading to rupture and hemolysis. Inadequate concentration of components in the dialysate, such as an overly high concentration of potassium or an incorrect pH, can create an osmotic gradient that results in cellular damage. For instance, if the dialysate is too hypotonic, it can cause water to rush into the red blood cells, leading them to swell and potentially burst. Thus, the quality and preparation of dialysate are critical in preventing hemolysis during the dialysis process.

3. Which of the following is NOT a key step in the research process?

- A. Analyzing data
- B. Developing the study design
- C. Eliminating unusual variation
- D. Preparing the final report before the analysis**

In the research process, preparation of the final report is typically done after data analysis has been completed. This sequence is crucial because the report needs to reflect the findings and insights derived from interpreting the analyzed data. Preparing the report before analyzing the data would not allow the researcher to include accurate conclusions or recommendations based on the actual results of the study. Additionally, the research process is structured to include essential steps such as developing a study design to define the methodology and objectives clearly and analyzing data to draw meaningful conclusions. Eliminating unusual variation may also be a critical step to ensure the reliability and validity of research findings. However, the preparation of a final report must follow the data analysis to accurately represent the study's outcomes.

4. What is the importance of monitoring ultrafiltration rates during hemodialysis?

- A. To ensure adequate medication administration
- B. To assess the risk of blood clots
- C. To ensure adequate fluid removal and avoid complications**
- D. To monitor electrolyte levels

Monitoring ultrafiltration rates during hemodialysis is crucial to ensure adequate fluid removal and to avoid complications related to fluid overload. During the dialysis session, ultrafiltration refers to the process of removing excess fluid from the patient's bloodstream. If the ultrafiltration rate is too low, patients may not have enough fluid removed, which can lead to complications such as hypertension, pulmonary edema, or heart failure. Conversely, if the rate is too high, it can cause dehydration, cramping, or hypotension, particularly if large volumes of fluid are removed too quickly. Maintaining the appropriate ultrafiltration rate is essential for optimizing patient safety and comfort during treatment, as well as ensuring effective management of fluid balance. This is why it is considered one of the key components to monitor throughout the hemodialysis process. Being aware of and adjusting the ultrafiltration rate helps clinicians prevent potential complications that would negatively affect patient health outcomes.

5. Why is it important to educate patients about their dialysis treatment?

- A. To enforce compliance with institutional policies
- B. To empower them to manage their condition and adhere to treatment plans**
- C. To minimize the need for social support
- D. To reduce the frequency of dialysis appointments

Educating patients about their dialysis treatment is crucial primarily because it empowers them to take an active role in managing their condition and adhering to treatment plans. When patients understand how dialysis works, the significance of following their treatment schedule, dietary restrictions, and fluid intake guidelines, they become more engaged in their health care. This knowledge enables them to recognize signs of complications, communicate effectively with their healthcare providers, and make informed decisions about their treatment and lifestyle. Empowerment through education fosters a sense of ownership over their health, which can lead to better adherence to prescribed therapies, improved health outcomes, and enhanced quality of life. Patients who are well-informed are more likely to participate in discussions about their care and will better understand the implications of their choices regarding diet, exercise, and medications in relation to their treatment. This proactive management reduces anxiety and fosters a positive outlook, which is essential for successful long-term management of chronic kidney disease.

6. What is an important step for facilities to take when managing bicarbonate dialysis concentrates?

- A. Implementing stringent labeling systems**
- B. Reducing the number of concentrate types used
- C. Training staff on biochemistry
- D. Minimizing patient education programs

Implementing stringent labeling systems is crucial in managing bicarbonate dialysis concentrates because clear and accurate labeling helps prevent medication errors and ensures that the right concentrate is used for each patient. This is particularly important since different concentrates can have varying compositions and pH levels, which can affect a patient's treatment outcomes and safety. A well-organized labeling system allows staff to quickly and accurately identify the concentrates, minimizing the risk of confusion or mix-ups that could lead to serious complications. Effective labeling provides essential information such as concentration, expiration dates, and any specific handling instructions, contributing to a safer and more efficient dialysis process.

7. What is true regarding the effect of heparin in dialysis patients?

- A. The "rebound effect" increases bleeding risk**
- B. It has no significant effects
- C. It only affects nonuremic patients
- D. It decreases the efficacy of dialysis

The phenomenon known as the "rebound effect" refers to the increased risk of bleeding that can occur after the cessation of heparin therapy in dialysis patients. Heparin is an anticoagulant commonly used during dialysis to prevent clotting in the dialyzer and the circuit. When heparin is administered, it prevents thrombus formation, but once the medication is stopped, there can be a rebound effect where the anticoagulant effect diminishes and the risk of bleeding increases. This effect is especially relevant in patients with underlying kidney issues, as their ability to process and manage hemostasis may already be compromised. The notion that it has no significant effects fails to acknowledge heparin's critical role in maintaining the patency of the dialysis circuit and the potential complications associated with its use. Additionally, heparin affects all patients undergoing dialysis, not exclusively nonuremic patients; therefore, the idea that it only affects nonuremic patients is inaccurate. Lastly, heparin does not decrease the efficacy of dialysis; rather, it enables the dialysis process to function optimally by preventing clot formation in the dialyzer and enhancing blood flow, thereby allowing for effective clearance of toxins and fluid. Thus, understanding the "rebound effect"

8. A possible sequela of Hepatitis B could include which of the following?

- A. Myocardial infarction
- B. Pancreatitis**
- C. Pulmonary embolism
- D. Cirrhosis

For the question regarding sequelae of Hepatitis B, cirrhosis is the correct answer. Chronic infection with Hepatitis B can lead to serious liver complications, one of which is cirrhosis. This is a condition characterized by scarring of the liver tissue that can occur due to long-term liver inflammation caused by the virus. Over time, the damage affects the liver's ability to function properly, which can lead to further complications, including liver failure and increased risk of liver cancer. Understanding this relationship highlights the importance of monitoring and managing Hepatitis B infections to prevent such severe outcomes. While the other options (myocardial infarction, pancreatitis, and pulmonary embolism) may relate to other medical conditions or risk factors, they are not typically associated as complications stemming directly from a Hepatitis B infection.

9. To minimize injury risk with improper dialysate, what should each facility utilizing bicarbonate do?

- A. Use key coded/color coded systems**
- B. Increase training for staff
- C. Reduce patient turnover
- D. Modify the type of dialysis solution used

Implementing key coded or color coded systems is a crucial strategy for minimizing the risk of injury associated with improper dialysate use, particularly with bicarbonate systems. These systems serve as visual or mechanical aids to ensure that the correct solutions are used during dialysis treatments. By assigning distinct codes or colors to different dialysate compositions, the likelihood of staff errors in selecting the wrong solution decreases significantly. This method enhances safety by providing immediate recognition cues, thus preventing potentially harmful mix-ups. In contrast, while increasing training for staff (the other choice) is undoubtedly beneficial, it is reactive in nature. Enhanced training alone may not be sufficient if the physical systems in place do not support accurate and error-free usage. Similarly, reducing patient turnover or modifying the type of dialysis solution used may not directly address the immediate risk of confusion with dialysate. Therefore, using key coded or color coded systems stands out as a proactive measure that can be implemented effectively to prevent errors and improve patient safety in dialysis settings.

10. In the event of a major fire discovered in an area occupied by patients, what should be the first action?

- A. Call the fire department
- B. Evacuate the area
- C. Remove the patients**
- D. Attempt to extinguish the fire

In the event of a major fire in an area occupied by patients, the primary focus is on ensuring their safety. The first action should be to remove the patients from the danger zone, as they are the most vulnerable in such situations. Evacuating the area immediately allows for quick relocation to a safer environment, minimizing the risk of injury due to smoke inhalation, flames, or panic during an emergency. Once patients are safely relocated, other actions such as calling the fire department or attempting to extinguish the fire can be taken. However, the urgency of patient safety necessitates that they be moved first. During a fire, ensuring the immediate wellbeing of those who may not be capable of evacuating on their own is critical, highlighting the importance of prioritizing their removal before addressing the fire itself.

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://bonentcdc.examzify.com>

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

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