

CCHT Recertification Anderson Continuing Education (CE) Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

This is a sample study guide. To access the full version with hundreds of 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. Don't worry about getting everything right, 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, and take breaks to retain information better.

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.

7. Use Other Tools

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. What is the function of the continuous quality improvement program in dialysis?**
 - A. To ensure financial accountability**
 - B. To enhance patient care outcomes**
 - C. To conduct utilization reviews**
 - D. To establish motivational standards**
- 2. What describes a key element of patient autonomy in motivational interviewing?**
 - A. Provider leads the conversation**
 - B. Provider imposes treatment plans**
 - C. Patient makes informed decisions**
 - D. Provider minimizes patient input**
- 3. What is the effect of ultrafiltration in the dialysis process?**
 - A. Removes excess fluid from the blood**
 - B. Removes toxins from the blood**
 - C. Both A and B are correct**
 - D. None of the above**
- 4. Which standard can improve outcomes in the patient hospitalized with AKI?**
 - A. Strict aseptic techniques for all invasive procedures**
 - B. Daily shower utilizing chlorhexidine soap**
 - C. Timely administration of antibiotics**
 - D. Limit blood draws to no more than 3/day**
- 5. What symptom could indicate ineffective dialysis treatment?**
 - A. Persistent fatigue**
 - B. Weight fluctuations**
 - C. Increased thirst**
 - D. All of the above**

6. Which patient change should the technician report immediately after a blood transfusion begins?

- A. A few blotches noted on the patient's skin.**
- B. Complaints of back pain with chills.**
- C. Complaints of feeling tired and fatigued.**
- D. Minimal urine noted in the patient's catheter.**

7. What are the most common methods for reducing microbiological contaminants in the water used during dialysis?

- A. Infusion of antibiotics into the water tanks**
- B. Administration of 99% Clorox into water tanks followed by profuse rinsing**
- C. Applying a submicron filter (0.05-mm)**
- D. Use of ultrafiltration device**

8. A patient with "first-use" syndrome is experiencing severe symptoms. What action should be implemented?

- A. Take the patient's blood pressure readings every 5 minutes**
- B. Return the blood to the patient as quickly as possible**
- C. Ask the RN to dispense Benadryl**
- D. Discard the dialyzer**

9. The emergency department is sending a patient to the dialysis unit due to a drug overdose. Which patient conditions should the technician be aware of?

- A. Hypertension**
- B. Respiratory apnea**
- C. Severe acid-base imbalance**
- D. All of the above**

10. What should a technician do when a dialysis patient invites them to lunch?

- A. Go to lunch to build rapport.**
- B. Politely decline due to professional boundaries.**
- C. Offer to bring lunch during the next session.**
- D. Report the invitation to management.**

Answers

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

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Explanations

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1. What is the function of the continuous quality improvement program in dialysis?

- A. To ensure financial accountability**
- B. To enhance patient care outcomes**
- C. To conduct utilization reviews**
- D. To establish motivational standards**

The continuous quality improvement (CQI) program in dialysis primarily aims to enhance patient care outcomes. This program involves a systematic approach to evaluating and improving the processes and outcomes associated with patient care. By regularly assessing and refining procedures, staff performance, and treatment protocols, the CQI program seeks to identify areas for improvement that directly impact patient health and satisfaction. Enhancing patient care outcomes can include reducing complications, improving treatment effectiveness, and ensuring that patients receive high-quality care tailored to their individual needs. Continuous quality improvement fosters a culture of accountability and learning among healthcare providers, which ultimately leads to better clinical results and patient experiences. While financial accountability, utilization reviews, and motivational standards may also play roles in healthcare settings, they do not fundamentally encapsulate the purpose of the CQI program in dialysis as effectively as the focus on improving patient care outcomes.

2. What describes a key element of patient autonomy in motivational interviewing?

- A. Provider leads the conversation**
- B. Provider imposes treatment plans**
- C. Patient makes informed decisions**
- D. Provider minimizes patient input**

A key element of patient autonomy in motivational interviewing is that the patient makes informed decisions. This approach emphasizes the importance of the patient's role in their own healthcare journey. In motivational interviewing, the healthcare provider supports the patient in exploring their thoughts, feelings, and motivations regarding changes in behavior, allowing the patient to take ownership of their decisions. Empowering patients to understand their choices and the implications of those choices is crucial for fostering a collaborative environment where they feel respected and valued. Rather than directing or imposing a treatment plan, the provider acts as a facilitator, guiding the patient to express their preferences and goals, leading to greater adherence to treatment and improved outcomes. This method aligns with the essence of patient-centered care, which honors individual preferences and supports self-determination.

3. What is the effect of ultrafiltration in the dialysis process?

- A. Removes excess fluid from the blood**
- B. Removes toxins from the blood**
- C. Both A and B are correct**
- D. None of the above**

In the dialysis process, ultrafiltration primarily serves to remove excess fluid from the blood, which is critical for patients with kidney failure or those undergoing dialysis. This process utilizes a pressure gradient to pull excess fluid through the dialysis membrane, effectively reducing blood volume and helping to prevent complications associated with fluid overload. While ultrafiltration is primarily focused on fluid removal, it also contributes to the removal of certain small molecular weight toxins within that fluid. This is because the fluid being removed typically contains both excess water and waste products. However, the primary function that ultrafiltration is known for is the management of fluid balance. Therefore, the correct answer highlights the important role of ultrafiltration in both functions — removing excess fluid and aiding in the removal of toxins — thus making it accurate to state that both aspects are covered by this process in the context of dialysis.

4. Which standard can improve outcomes in the patient hospitalized with AKI?

- A. Strict aseptic techniques for all invasive procedures**
- B. Daily shower utilizing chlorhexidine soap**
- C. Timely administration of antibiotics**
- D. Limit blood draws to no more than 3/day**

The standard that improves outcomes in patients hospitalized with acute kidney injury (AKI) is the implementation of strict aseptic techniques for all invasive procedures. This practice helps to prevent infections that could potentially exacerbate the patient's condition. In hospitalized patients, especially those with compromised renal function, the risk of infections can increase due to various factors, including invasive monitoring and catheterizations. By maintaining strict infection control measures, the incidence of hospital-acquired infections can be significantly reduced, thereby helping to preserve renal function and improve overall patient outcomes. In contrast, while daily showers using chlorhexidine soap can help reduce infection risk through improved hygiene, they are not as directly impactful on AKI outcomes as aseptic techniques. Timely administration of antibiotics is crucial in cases where infections are present but does not specifically target the prevention of AKI. Limitations on blood draws can help minimize stress on the patient but do not directly address the improvement of AKI outcomes as effectively as ensuring aseptic conditions during other invasive procedures.

5. What symptom could indicate ineffective dialysis treatment?

- A. Persistent fatigue**
- B. Weight fluctuations**
- C. Increased thirst**
- D. All of the above**

Ineffective dialysis treatment can manifest through a variety of symptoms that indicate the patient's body is not adequately removing toxins and excess fluids, which is the primary function of dialysis. Persistent fatigue is a common symptom associated with inadequate removal of waste products, leading to a lack of energy. Weight fluctuations often occur when there is improper fluid removal; patients may gain weight due to fluid retention or lose weight if they are becoming dehydrated. Increased thirst can also be a significant indicator, as patients may feel thirstier due to fluid imbalance and waste accumulation in the bloodstream. Therefore, the presence of any of these symptoms, whether individually or in combination, strongly suggests that the dialysis treatment may not be effectively meeting the patient's needs. Recognizing these signs is crucial for healthcare professionals to assess the adequacy of dialysis and make necessary adjustments to the treatment plan to improve patient outcomes. Thus, all of the mentioned symptoms can collectively indicate ineffective dialysis treatment.

6. Which patient change should the technician report immediately after a blood transfusion begins?

- A. A few blotches noted on the patient's skin.**
- B. Complaints of back pain with chills.**
- C. Complaints of feeling tired and fatigued.**
- D. Minimal urine noted in the patient's catheter.**

The correct answer highlights a critical situation that requires immediate attention following a blood transfusion. Complaints of back pain accompanied by chills can be indicative of a transfusion reaction, which can develop quickly after the commencement of a blood transfusion. This type of reaction may involve the immune system responding negatively to the foreign blood components, leading to severe consequences if not addressed promptly. In contrast, the other signs mentioned, such as a few blotches on the skin, feelings of tiredness and fatigue, or minimal urine output, could be related to various patient responses that do not necessarily indicate an immediate life-threatening situation. While these symptoms may still require monitoring and further evaluation, they do not carry the same urgency as the potential indicators of a transfusion reaction, making the reported back pain and chills a priority for immediate reporting and intervention. Ensuring patient safety is paramount, so understanding and recognizing key symptoms of adverse reactions is essential in clinical practice.

7. What are the most common methods for reducing microbiological contaminants in the water used during dialysis?

- A. Infusion of antibiotics into the water tanks**
- B. Administration of 99% Clorox into water tanks followed by profuse rinsing**
- C. Applying a submicron filter (0.05-mm)**
- D. Use of ultrafiltration device**

Using a submicron filter (0.05-mm) is a common and effective method for reducing microbiological contaminants in the water used during dialysis. This filtration process removes bacteria and other microorganisms from the water by allowing the clean water to pass through tiny pores while trapping the contaminants. Submicron filtration is particularly beneficial in dialysis settings because it ensures that the water used meets stringent purity standards, which is critical for patient safety. The precise pore size of the filter can effectively capture most bacteria, thereby minimizing the risk of infection and other complications that patients may face during dialysis treatments. Other methods, while they may have their applications, can be less effective or may not be appropriate in the context of preparing water for dialysis. For instance, infusing antibiotics into the water tanks can lead to resistance issues and may not eliminate contaminants effectively. Similarly, the administration of Clorox could potentially leave harmful residues and requires extensive rinsing, which may not guarantee complete removal of chlorine. The use of ultrafiltration devices is also a relevant approach but may not specifically target microbiological contaminants as directly as submicron filtration does. Thus, the use of submicron filters is a standard practice aimed specifically at ensuring the microbiological safety of dialysis water.

8. A patient with "first-use" syndrome is experiencing severe symptoms. What action should be implemented?

- A. Take the patient's blood pressure readings every 5 minutes**
- B. Return the blood to the patient as quickly as possible**
- C. Ask the RN to dispense Benadryl**
- D. Discard the dialyzer**

A patient presenting with "first-use" syndrome, which is a hypersensitivity reaction to a newly used dialysis filter (dialyzer), may exhibit symptoms such as fever, chills, and hypotension. In this scenario, the appropriate action is to discard the dialyzer. This response is essential because continuing the treatment with a dialyzer that has elicited a severe reaction can lead to further complications for the patient. The decision to discard the dialyzer not only prevents ongoing exposure to the allergenic material but also prioritizes patient safety by mitigating any potential for worsening symptoms associated with "first-use" syndrome. In managing such reactions, the healthcare team may need to reassess the entire dialysis setup and ensure that future treatments are performed with alternative materials that have been tolerated by the patient in the past. In contrast, the other options do not address the immediate need to ensure patient safety relative to the dialyzer. Taking frequent blood pressure readings, while important for monitoring, does not resolve the underlying issue of the dialyzer's reaction. Returning the blood to the patient should not be prioritized until the source of the reaction is addressed. Administering Benadryl might provide relief for allergic symptoms, but it would be ineffective if the

9. The emergency department is sending a patient to the dialysis unit due to a drug overdose. Which patient conditions should the technician be aware of?

- A. Hypertension**
- B. Respiratory apnea**
- C. Severe acid-base imbalance**
- D. All of the above**

In a scenario where a patient is being sent to a dialysis unit due to a drug overdose, it is crucial for the technician to recognize a range of potential conditions that can affect the patient's health and treatment plan. The correct answer encompasses all three conditions listed. Hypertension can be a significant concern, as it may be exacerbated by certain drugs or the physiological stress that accompanies an overdose. Understanding this condition helps the technician monitor the patient's blood pressure and manage any necessary interventions. Respiratory apnea is another critical condition to be aware of, as it could indicate a compromised airway or inadequate respiratory effort, which may require immediate intervention. Recognizing signs of respiratory distress is vital for ensuring the patient's safety during dialysis. Moreover, severe acid-base imbalance is commonly associated with drug overdoses. Many drugs can lead to metabolic acidosis or alkalosis, impacting the body's pH levels dramatically. The technician must understand these imbalances to be prepared to adjust the dialysis treatment appropriately and monitor the patient's electrolyte levels closely. In summary, understanding that all three conditions—hypertension, respiratory apnea, and severe acid-base imbalance—are relevant in a drug overdose scenario arms the technician with the knowledge necessary to provide optimal care for the patient.

10. What should a technician do when a dialysis patient invites them to lunch?

- A. Go to lunch to build rapport.**
- B. Politely decline due to professional boundaries.**
- C. Offer to bring lunch during the next session.**
- D. Report the invitation to management.**

When a dialysis patient invites a technician to lunch, the appropriate response is to politely decline due to professional boundaries. Establishing and maintaining professional boundaries is crucial in healthcare settings as it helps to protect both the patient and the technician. Such boundaries ensure that the patient receives care in a professional environment where the focus remains on their health and well-being. Accepting such an invitation could blur the lines of professionalism, potentially leading to situations where the technician might feel compromised in their role or where the patient's expectations could become skewed. Professional boundaries help to maintain trust and integrity in the patient-provider relationship, ensuring that the technician can provide unbiased and focused care. While building rapport with patients is important, it must be done within the confines of a professional relationship. Alternative actions, like bringing lunch during a session or reporting the invitation, are less appropriate since they either do not address the core issue of boundaries or escalate a situation that may not require management's intervention.

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://cchtrecertandersonce.examzify.com>

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

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