

CCHT RECERTIFICATION ANDERSON CONTINUING EDUCATION (CE) PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE**

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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. When a family member expresses anxiety towards dialysis treatment, what is the most appropriate response?**
 - A. Explain why dialysis is the only option.
 - B. Use active listening techniques.
 - C. Reassure the family of financial coverage.
 - D. Refer them to a chaplain.

- 2. What symptom could indicate ineffective dialysis treatment?**
 - A. Persistent fatigue
 - B. Weight fluctuations
 - C. Increased thirst
 - D. All of the above

- 3. If a patient is receiving acute dialysis, what adjustment will help lower hypertension?**
 - A. Use of ultrafiltration
 - B. Transfuse one unit of packed cells
 - C. Infusion of normal saline
 - D. Ask the RN for a cardiotonic drug

- 4. What is the primary purpose of monitoring blood pressure during dialysis?**
 - A. To prevent hemolysis
 - B. To control fluid removal
 - C. To ensure patient comfort
 - D. To evaluate the effectiveness of treatment

- 5. To delay the progression of kidney disease, which nutrient should be reduced in intake?**
 - A. Carbohydrates
 - B. Protein
 - C. Water
 - D. Vitamins

- 6. Patients with CKD should be aware of which potential cardiovascular risk?**
- A. Coronary artery disease
 - B. Congestive heart failure
 - C. Arrhythmias
 - D. Myocardial infarction
- 7. How should the needles be positioned during dialysis treatment?**
- A. Place the needles in the same area during each treatment.
 - B. Place the arterial needle near the anastomosis, no closer than 1.5 to 2 inches from it.
 - C. Place the arterial needle point in the direction of blood flow.
 - D. Space the needles at least 1 inch apart.
- 8. In patients with CKD, which mineral is commonly associated with bone disease?**
- A. Calcium
 - B. Phosphorus
 - C. Magnesium
 - D. Sodium
- 9. 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.
- 10. How should a preceptor technician address a new hire's neglect of handwashing?**
- A. Demonstrate handwashing techniques again
 - B. Explain the importance very slowly
 - C. Describe the mistake and how to correct it
 - D. Get their attention firmly

Answers

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

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Explanations

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1. When a family member expresses anxiety towards dialysis treatment, what is the most appropriate response?

- A. Explain why dialysis is the only option.
- B. Use active listening techniques.**
- C. Reassure the family of financial coverage.
- D. Refer them to a chaplain.

Using active listening techniques is the most appropriate response when a family member expresses anxiety towards dialysis treatment. Active listening involves fully concentrating, understanding, responding, and remembering what is being said. This approach helps to validate the feelings of the family member, allowing them to express their concerns and fears in a supportive environment. By engaging in active listening, you can encourage open communication, which is essential in helping the family member feel heard and understood. This can significantly alleviate their anxiety and foster a sense of trust between them and the healthcare provider. Active listening also creates an opportunity to address specific concerns that the family member may have about the treatment, providing tailored information or reassurance as necessary. It shows empathy and provides emotional support, which are vital components in managing the stress and anxiety that often accompany medical treatments like dialysis.

2. 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.

3. If a patient is receiving acute dialysis, what adjustment will help lower hypertension?

A. Use of ultrafiltration

B. Transfuse one unit of packed cells

C. Infusion of normal saline

D. Ask the RN for a cardiogenic drug

The choice of using ultrafiltration is appropriate for managing hypertension in a patient receiving acute dialysis because it directly addresses fluid overload, which is often a key contributor to hypertension in these patients. Ultrafiltration is a process used during dialysis to remove excess fluid from the patient's blood. By effectively reducing the volume of fluid in the circulatory system, ultrafiltration can help lower blood pressure. This method is particularly beneficial when excess fluid retention leads to increased blood pressure that cannot be managed solely through medication or other interventions. Other options do not specifically target the fluid overload contributing to hypertension. For example, transfusing packed cells generally serves to address anemia rather than fluid volume or hypertension. Infusing normal saline could actually exacerbate fluid overload due to the additional volume it introduces, which is counterproductive in the context of hypertension. Administering a cardiogenic drug typically aims to enhance cardiac contractility rather than directly managing blood pressure in cases of fluid overload.

4. What is the primary purpose of monitoring blood pressure during dialysis?

A. To prevent hemolysis

B. To control fluid removal

C. To ensure patient comfort

D. To evaluate the effectiveness of treatment

Monitoring blood pressure during dialysis plays a crucial role in controlling fluid removal. During the dialysis process, fluid is removed from the bloodstream to help balance fluid levels in patients with kidney failure. If fluid is removed too rapidly, it can lead to hypotension (low blood pressure), which can have serious implications for the patient's safety and overall health. Maintaining an appropriate blood pressure reading allows healthcare providers to adjust the rate of fluid removal as needed to ensure that it is done safely and effectively. If blood pressure drops too low, the healthcare team can reduce the ultrafiltration (fluid removal) rate to avoid complications such as dizziness, fainting, or even more serious cardiovascular events. While the other responses may touch upon relevant aspects of the dialysis process, they do not directly address the primary focus of blood pressure monitoring, which specifically concerns the safe and controlled removal of fluid during treatment. Hence, controlling fluid removal through blood pressure monitoring is essential for maintaining patient safety throughout the dialysis session.

5. To delay the progression of kidney disease, which nutrient should be reduced in intake?

- A. Carbohydrates
- B. Protein**
- C. Water
- D. Vitamins

Reducing protein intake is significant for individuals with kidney disease because the kidneys are responsible for filtering waste products resulting from protein metabolism. When protein is consumed, it breaks down into compounds known as urea and creatinine, which the kidneys must eliminate. In patients with impaired kidney function, high levels of these waste products can accumulate in the blood, leading to further kidney damage and exacerbating the disease's progression. By limiting protein intake, the burden on the kidneys is lessened, allowing them to function more effectively with the remaining capacity. This dietary adjustment can slow the progression of kidney disease, potentially delaying the need for more drastic interventions such as dialysis or transplantation. In contrast, the other options—carbohydrates, water, and vitamins—do not play as direct a role in accelerating kidney disease progression. While they are important in overall health and nutrition, the primary concern in the context of delaying kidney disease progression specifically focuses on managing protein intake.

6. Patients with CKD should be aware of which potential cardiovascular risk?

- A. Coronary artery disease**
- B. Congestive heart failure
- C. Arrhythmias
- D. Myocardial infarction

Coronary artery disease is a significant concern for patients with chronic kidney disease (CKD) due to several interconnected factors. The pathophysiology of CKD includes alterations in calcium and phosphate metabolism, leading to vascular calcification, which increases the risk of atherosclerosis and subsequent coronary artery disease. Patients with CKD often exhibit common risk factors for cardiovascular disease, such as hypertension and diabetes. Additionally, the systemic inflammation and oxidative stress associated with CKD contribute to the progression of cardiovascular conditions. Understanding this risk is crucial because cardiac issues in CKD patients can often lead to poor outcomes, including hospitalization and increased mortality. It highlights the importance of regular cardiovascular risk assessments and management strategies tailored for patients with CKD to mitigate these risks and improve their overall health outcomes.

7. How should the needles be positioned during dialysis treatment?

- A. Place the needles in the same area during each treatment.
- B. Place the arterial needle near the anastomosis, no closer than 1.5 to 2 inches from it.**
- C. Place the arterial needle point in the direction of blood flow.
- D. Space the needles at least 1 inch apart.

Placing the arterial needle near the anastomosis, and ensuring that it is no closer than 1.5 to 2 inches from it, is critical for effective dialysis treatment. This positioning allows for optimal access to the blood flow while minimizing damage to the vascular site. The goal is to ensure that the arterial needle is close enough to be effective while avoiding complications such as the development of pseudoaneurysms or other traumatic injuries to the access site, which could compromise future dialysis sessions. Additionally, this practice maintains the integrity of the access site by preventing excessive trauma, allowing skin and tissues to heal properly after needle insertion. The other options, while they contain relevant practices, do not focus specifically on the importance of the distance from the anastomosis or fail to provide the necessary detail required for safe and effective dialysis access management. Thus, option B accurately captures an essential aspect of needle positioning during dialysis treatment.

8. In patients with CKD, which mineral is commonly associated with bone disease?

- A. Calcium
- B. Phosphorus**
- C. Magnesium
- D. Sodium

In patients with chronic kidney disease (CKD), phosphorus is commonly associated with bone disease due to its role in mineral metabolism. As kidney function declines, the kidneys become less able to excrete phosphorus, leading to elevated serum phosphorus levels, known as hyperphosphatemia. High levels of phosphorus can lead to an imbalance in calcium and phosphorus levels, which in turn can cause bone disease, including conditions such as renal osteodystrophy. The elevated phosphorus stimulates the parathyroid glands to produce more parathyroid hormone (PTH) to help manage calcium and phosphorus levels; however, this can lead to increased bone resorption. Additionally, when phosphorus levels are high, it can promote vascular calcification, further complicating the overall health of the patient. While calcium, magnesium, and sodium are important minerals, they are less directly tied to the specific bone disease seen in CKD compared to phosphorus. For instance, calcium levels are often managed closely in these patients, and although magnesium plays several roles in bone health and cardiovascular function, its association with CKD-related bone disease is not as prominent as that of phosphorus. Sodium, primarily related to fluid balance and blood pressure management, does not have a direct link with bone disease in the context of CKD.

9. 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.

10. How should a preceptor technician address a new hire's neglect of handwashing?

- A. Demonstrate handwashing techniques again
- B. Explain the importance very slowly
- C. Describe the mistake and how to correct it**
- D. Get their attention firmly

Addressing a new hire's neglect of handwashing is crucial for maintaining hygiene and patient safety in a clinical or healthcare setting. The most effective approach is to describe the mistake and how to correct it. This method allows the preceptor to provide direct feedback while promoting a learning opportunity. By identifying the specific issue of neglecting handwashing, the preceptor can clarify to the new hire why handwashing is essential and outline the proper procedure to ensure compliance. This approach fosters an open dialogue, encouraging the new hire to ask questions and seek clarification, which can contribute to their professional development. It also supports a culture of accountability where mistakes can be addressed constructively, rather than in a punitive manner. Demonstrating handwashing techniques again could be beneficial, but it may not fully address the root issue of the neglect; explaining the importance very slowly might come across as patronizing, and getting their attention firmly could create an uncomfortable atmosphere, potentially deterring the new hire from communicating openly in the future.

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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