

Certified Clinical Hemodialysis Technician (CCHT) Practice Exam (Sample)

Study Guide



Everything you need from our exam experts!

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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

- 1. What happens when blood leaves the artificial kidney during hemodialysis?**
 - A. It is discarded**
 - B. It returns to the patient**
 - C. It is filtered again**
 - D. It is stored for later use**
- 2. What is the significance of dialysis fluid quality?**
 - A. It enhances flavor for the patient**
 - B. It prevents complications and ensures treatment efficacy**
 - C. It provides better smell**
 - D. It increases the time of the treatment**
- 3. What dietary restriction is commonly emphasized for patients on dialysis?**
 - A. Increasing potassium intake**
 - B. Limiting sodium intake**
 - C. Eliminating carbohydrates**
 - D. Increasing fiber intake**
- 4. What is the primary function of the glomerulus in the kidney?**
 - A. Transporting urine**
 - B. Filtering blood**
 - C. Reabsorbing nutrients**
 - D. Regulating blood pressure**
- 5. When should a patient ideally inform staff about symptoms during dialysis?**
 - A. Only if symptoms are severe**
 - B. Immediately upon noticing any symptoms**
 - C. At the end of the treatment**
 - D. After a week of treatments**

- 6. What is a potential cardiovascular complication of dialysis?**
- A. Hypertension**
 - B. Arrhythmias**
 - C. Heart failure**
 - D. Myocardial infarction**
- 7. Which substance is not produced by the kidney?**
- A. Renin**
 - B. Aldosterone**
 - C. Erythropoietin**
 - D. Calcitriol**
- 8. What is the normal glomerular filtration rate in adults?**
- A. 80 mL/min/1.73m²**
 - B. 100 mL/min/1.73m²**
 - C. 125 mL/min/1.73m²**
 - D. 150 mL/min/1.73m²**
- 9. What is the role of the dialyzer in hemodialysis?**
- A. It maintains the body's electrolyte balance**
 - B. It filters and cleanses the blood**
 - C. It monitors blood glucose levels**
 - D. It administers anticoagulants**
- 10. Exposure to bacteria from the water may result in which of the following symptoms?**
- A. Nausea**
 - B. Fever/Chills**
 - C. Skin Rashes**
 - D. Headaches**

Answers

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

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Explanations

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1. What happens when blood leaves the artificial kidney during hemodialysis?

- A. It is discarded**
- B. It returns to the patient**
- C. It is filtered again**
- D. It is stored for later use**

During hemodialysis, blood is processed through an artificial kidney, or dialyzer, where it undergoes filtration to remove waste products and excess fluids. After this filtration process, the cleaned blood is returned to the patient's body. This is a critical part of the hemodialysis process, as the goal is to purify the blood and maintain the necessary balance of electrolytes and fluids in the patient's system, similar to what healthy kidneys would do. Options that suggest discarding the blood, filtering it again, or storing it for later use do not align with the primary goal of hemodialysis, which is to treat patients with kidney failure by ensuring that their blood is cleaned and returned back into their circulation effectively and safely after each session. The return of the processed blood is essential for patient safety and health, making it an integral part of dialysis treatments.

2. What is the significance of dialysis fluid quality?

- A. It enhances flavor for the patient**
- B. It prevents complications and ensures treatment efficacy**
- C. It provides better smell**
- D. It increases the time of the treatment**

The significance of dialysis fluid quality is pivotal in preventing complications and ensuring the efficacy of the treatment. High-quality dialysis fluid is crucial because it contains the appropriate balance of electrolytes and is free from contaminants, which can lead to adverse reactions and complications during dialysis. Poor quality fluid can result in imbalances in electrolytes, increased risk of infections, or other harmful effects that can jeopardize the patient's health and treatment outcome. Ensuring optimal dialysis fluid quality directly contributes to the overall safety and effectiveness of the hemodialysis process, thus supporting better health management for patients with renal failure.

3. What dietary restriction is commonly emphasized for patients on dialysis?

- A. Increasing potassium intake
- B. Limiting sodium intake**
- C. Eliminating carbohydrates
- D. Increasing fiber intake

Limiting sodium intake is commonly emphasized for patients on dialysis because sodium can contribute to fluid retention and high blood pressure, both of which can exacerbate the complications associated with kidney failure and dialysis treatment. In patients undergoing hemodialysis, the kidneys are unable to effectively remove excess sodium from the body, leading to an increased risk of hypertension and cardiovascular issues. Consequently, dietary recommendations often include restricting sodium to help manage these risks, improve fluid balance, and reduce swelling. The rationale for the other options is distinct; for example, increasing potassium is typically discouraged because patients on dialysis often need to limit potassium intake due to the risk of hyperkalemia, a condition where potassium levels become dangerously high. Eliminating carbohydrates is not a common dietary restriction for dialysis patients, as carbohydrates can provide essential energy, and patients need balanced nutrition. Increasing fiber intake could be beneficial; however, it is not as critical a restriction as sodium intake in the context of managing the overall health of a dialysis patient. Therefore, the focus is often on sodium restriction to control fluid and blood pressure effectively.

4. What is the primary function of the glomerulus in the kidney?

- A. Transporting urine
- B. Filtering blood**
- C. Reabsorbing nutrients
- D. Regulating blood pressure

The glomerulus plays a critical role in the kidney's function as the initial site for filtration of blood. It is a network of tiny blood vessels, or capillaries, nestled within each nephron, where blood pressure forces plasma and its solutes out of the blood and into the Bowman's capsule, beginning the process of urine formation. This filtration process allows for the removal of waste products, excess salts, and water from the bloodstream while retaining larger molecules like proteins, which are essential for the body's function. The other options describe functions related to other parts of the kidney or the urinary system. For example, transporting urine occurs in the ureters and bladder, reabsorbing nutrients primarily takes place in the renal tubules following filtration, and regulating blood pressure involves hormonal actions and systems like the renin-angiotensin system rather than a direct function of the glomerulus itself. Understanding the glomerulus's specific role in filtration helps clarify the overall renal system's function in maintaining homeostasis and the formation of urine.

5. When should a patient ideally inform staff about symptoms during dialysis?

- A. Only if symptoms are severe**
- B. Immediately upon noticing any symptoms**
- C. At the end of the treatment**
- D. After a week of treatments**

A patient should ideally inform staff immediately upon noticing any symptoms during dialysis because any change in their condition could indicate a significant issue that requires prompt attention. Early detection of symptoms, whether they are mild or severe, is crucial in managing potential complications during the treatment. This practice not only helps in maintaining the safety and comfort of the patient but also aids in effective monitoring and intervention by the healthcare team. By encouraging patients to communicate any symptoms as soon as they arise, staff can assess the situation accurately and respond appropriately, potentially preventing serious complications. This proactive approach aligns with best practices in patient care, emphasizing the importance of ongoing communication between the patient and the healthcare providers throughout the dialysis process.

6. What is a potential cardiovascular complication of dialysis?

- A. Hypertension**
- B. Arrhythmias**
- C. Heart failure**
- D. Myocardial infarction**

Arrhythmias are a recognized potential cardiovascular complication of dialysis. During the dialysis process, several physiological changes occur, including shifts in fluid and electrolyte balance, which can significantly impact the heart's electrical conduction pathways. Hyperkalemia, or elevated potassium levels, frequently seen in patients with kidney failure, can lead to life-threatening arrhythmias during or after dialysis sessions. The process of dialysis itself can also induce changes in heart rate and rhythm due to fluctuations in vascular volume and blood pressure. These factors make it essential for healthcare providers to monitor patients carefully for any signs of arrhythmias during treatment. The other options, while they may also be relevant to patients undergoing dialysis, do not specifically highlight the acute changes related to the treatment process that can directly lead to arrhythmias as a primary concern.

7. Which substance is not produced by the kidney?

- A. Renin
- B. Aldosterone**
- C. Erythropoietin
- D. Calcitriol

The correct answer, indicating that aldosterone is not produced by the kidney, is based on an understanding of renal physiology and hormone production. Aldosterone is a steroid hormone that is primarily produced in the adrenal glands, specifically in the zona glomerulosa layer. Its main function is to regulate sodium and potassium levels, as well as water balance, by acting on the kidneys to promote sodium reabsorption and potassium excretion. In contrast, renin, erythropoietin, and calcitriol are substances produced by the kidneys. Renin is an enzyme involved in blood pressure regulation and is secreted by the juxtaglomerular cells in response to low blood pressure or low sodium levels. Erythropoietin is a hormone that stimulates red blood cell production in response to low oxygen levels and is also produced by the kidneys. Calcitriol, the active form of vitamin D, is synthesized in the kidneys through a process that converts vitamin D into its active form, which is crucial for calcium and phosphate metabolism. Understanding that aldosterone is produced by the adrenal glands rather than the kidneys is integral to recognizing the distinct roles these organs play in the body's hormonal regulation and homeostasis.

8. What is the normal glomerular filtration rate in adults?

- A. 80 mL/min/1.73m²
- B. 100 mL/min/1.73m²
- C. 125 mL/min/1.73m²**
- D. 150 mL/min/1.73m²

The normal glomerular filtration rate (GFR) in adults is considered to be approximately 125 mL/min/1.73m². This measurement is crucial as it reflects the kidneys' ability to filter blood, a key function in maintaining homeostasis by regulating electrolyte balance, fluid levels, and waste removal from the body. The GFR is typically adjusted to a standard body surface area of 1.73m² to provide a more consistent and comparable measurement across individuals of different sizes. Values significantly above or below the normal range may indicate renal impairment or other health issues, making the GFR a cornerstone in assessing kidney function. In clinical practice, monitoring GFR is a vital component of diagnosing and managing chronic kidney disease (CKD) and other related disorders. A GFR lower than the normal range may suggest decreased kidney function and may necessitate further investigation, monitoring, or intervention. Thus, understanding the normal GFR and its implications is essential for any healthcare technician involved in dialysis or kidney health.

9. What is the role of the dialyzer in hemodialysis?

- A. It maintains the body's electrolyte balance
- B. It filters and cleanses the blood**
- C. It monitors blood glucose levels
- D. It administers anticoagulants

The dialyzer plays a crucial role in hemodialysis by filtering and cleansing the blood. This device acts as an artificial kidney, where blood is drawn from the patient's body and passed through a semipermeable membrane. The semipermeable membrane allows waste products, excess salts, and toxins to pass through while retaining larger molecules such as proteins and blood cells. As the blood flows through the dialyzer, dialysis solution, or dialysate, is on the other side of the membrane. This solution helps to create a concentration gradient that enables the removal of unwanted substances from the blood. The process effectively mimics the natural filtration function of the kidneys, which are responsible for maintaining the body's homeostasis by removing waste and regulating fluid and electrolyte balance. In contrast, other functions described in the alternatives do not pertain to the dialyzer. While maintaining electrolyte balance is a broader goal of hemodialysis, it is the dialyzer specifically that is responsible for the actual filtering process. Monitoring blood glucose levels and administering anticoagulants are performed by other components of the hemodialysis system, such as blood glucose monitors and medication administration systems, respectively. Therefore, the primary role of the dialyzer is accurately

10. Exposure to bacteria from the water may result in which of the following symptoms?

- A. Nausea
- B. Fever/Chills**
- C. Skin Rashes
- D. Headaches

Exposure to bacteria in water used for dialysis can lead to severe infections, which often manifest with systemic symptoms. Fever and chills are common indicators of an infection, as the body raises its temperature to fight off pathogens. When bacteria enter the bloodstream or cause infections in the body, such as in cases of bacteremia or sepsis, the immune response triggers these symptoms as part of the inflammatory reaction. The other symptoms mentioned, although possible in various scenarios, typically indicate different conditions or causes. Nausea can occur from a range of factors including medication side effects or gastrointestinal issues, skin rashes may reflect allergic reactions or irritant exposures, and headaches can result from many non-infectious causes. While these symptoms can also be present in various infections, fever and chills specifically point to the body's response to bacterial presence and are more directly related to infection outcomes.

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://ccht.examzify.com>

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