

# Certified Dialysis Nurse 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**

- 1. Which complication is most commonly associated with hemodialysis?**
  - A. Anemia**
  - B. Hypotension**
  - C. High blood pressure**
  - D. Sepsis**
- 2. Which inflammation marker is commonly assessed in dialysis patients?**
  - A. C-reactive protein (CRP)**
  - B. Blood urea nitrogen (BUN)**
  - C. Creatinine**
  - D. Albumin**
- 3. What crucial role do dietitians play in managing dialysis patients?**
  - A. Administering medications**
  - B. Providing nutritional counseling and balancing dietary needs with restrictions**
  - C. Monitoring vital signs**
  - D. Conducting physical therapy**
- 4. Which of the following is a sign or symptom of benign nephrosclerosis?**
  - A. Elevated blood sugar levels**
  - B. Proteinuria**
  - C. Frequent urination**
  - D. Fatigue**
- 5. Which components are essential for effective patient-centered care in dialysis?**
  - A. Individualized treatment plans and supportive communication**
  - B. Strict diet control and medication compliance**
  - C. Frequent visits from family and friends**
  - D. Regular updates to insurance policies**



- 6. What is the effect of inconsistent insulin levels in ESRD patients?**
- A. Hypoglycemia**
  - B. Tachycardia**
  - C. Hyperglycemia**
  - D. Atherosclerosis**
- 7. Why is potassium a concern for dialysis patients?**
- A. It is a non-essential nutrient for kidney function**
  - B. Patients may accumulate excessive levels due to impaired kidney function**
  - C. It is found only in processed foods which are restricted**
  - D. High potassium levels are not related to kidney health**
- 8. What condition is indicated by an increase in uremic toxins affecting the gastrointestinal tract?**
- A. Gastritis**
  - B. IBS**
  - C. Constipation**
  - D. Pneumonia**
- 9. What characterizes restless leg syndrome as a symptom of uremic encephalopathy?**
- A. Severe joint pain**
  - B. Uncontrollable urge to move the legs**
  - C. Loss of vision**
  - D. Dreamlike states while awake**
- 10. What is the normal range of creatinine levels in adults?**
- A. 0.1 to 0.5 mg/dL**
  - B. 0.4 to 0.8 mg/dL**
  - C. 0.6 to 1.2 mg/dL**
  - D. 1.5 to 2.0 mg/dL**

## **Answers**

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

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## **Explanations**

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**1. Which complication is most commonly associated with hemodialysis?**

- A. Anemia**
- B. Hypotension**
- C. High blood pressure**
- D. Sepsis**

Hypotension is the most common complication associated with hemodialysis due to the rapid changes in fluid and electrolyte balance that occur during the procedure. During hemodialysis, blood is filtered through a dialyzer, and excess fluid is removed from the body. This can lead to a sudden drop in blood volume, especially if a patient has a high fluid overload prior to treatment or if excessive fluid is removed during a session. The process can also result in shifts in blood pressure control, related to the use of medications for blood pressure management prior to or during treatment. When a patient experiences hypotension, they may exhibit symptoms such as dizziness, weakness, nausea, and even fainting, making it a significant concern for healthcare providers managing patients undergoing hemodialysis. Understanding the dynamics of fluid removal and its effects on the cardiovascular system is crucial for dialysis nurses, as they must closely monitor patients for signs of hypotension throughout the treatment process.

**2. Which inflammation marker is commonly assessed in dialysis patients?**

- A. C-reactive protein (CRP)**
- B. Blood urea nitrogen (BUN)**
- C. Creatinine**
- D. Albumin**

C-reactive protein (CRP) is a highly sensitive marker of inflammation and is often used to assess the inflammatory status in various patient populations, including those undergoing dialysis. In dialysis patients, elevated levels of CRP can indicate the presence of systemic inflammation, which is common due to factors such as the underlying kidney disease, dialysis processes, or concurrent infections. Monitoring CRP levels can help healthcare professionals evaluate the patient's inflammation, guide clinical decisions, and assess treatment responses. In contrast, blood urea nitrogen (BUN) and creatinine are primarily utilized to evaluate kidney function and the efficacy of dialysis, rather than inflammation. Albumin levels, although they can reflect nutritional status and inflammation, are not as specific or sensitive for detecting inflammation compared to CRP.

### 3. What crucial role do dietitians play in managing dialysis patients?

A. Administering medications

**B. Providing nutritional counseling and balancing dietary needs with restrictions**

C. Monitoring vital signs

D. Conducting physical therapy

Dietitians play a vital role in managing dialysis patients by providing nutritional counseling and balancing dietary needs with restrictions. This is particularly important for dialysis patients, as their dietary requirements differ significantly from those who do not have kidney disease. Such patients must adhere to specific dietary restrictions to manage their condition and promote overall health. The dietitian assesses each patient's dietary preferences, medical condition, and lab values to create a tailored nutrition plan. They ensure that patients receive adequate protein, manage potassium and phosphorus intake, and address fluid restrictions, all of which are critical for minimizing complications associated with dialysis. By doing so, dietitians help improve patients' quality of life, support their treatment regimen, and prevent complications stemming from inadequate nutrition or dietary imbalances. In contrast, other roles mentioned are not primarily focused on dietary management. Administering medications would be under the purview of nursing or medical staff rather than a dietitian. Monitoring vital signs is also typically a nursing responsibility, crucial for assessing the patient's immediate health status but not directly related to dietary management. Conducting physical therapy involves rehabilitation professionals and is unrelated to the dietitian's primary function. Thus, the dietitian's expertise in nutrition is essential for optimizing the health and treatment outcomes of dialysis patients.

### 4. Which of the following is a sign or symptom of benign nephrosclerosis?

A. Elevated blood sugar levels

**B. Proteinuria**

C. Frequent urination

D. Fatigue

Benign nephrosclerosis is a condition characterized by the thickening of the kidney's blood vessels, often related to hypertension. One of the key signs associated with this condition is proteinuria, which refers to the presence of an abnormal amount of protein in the urine. The presence of protein can indicate damage to the kidney's filtering units, or glomeruli, which occurs when there is chronic high blood pressure affecting renal circulation. This damage leads to increased permeability of the glomeruli, allowing proteins that normally stay in the bloodstream to leak into the urine. While elevated blood sugar levels, frequent urination, and fatigue can be associated with various kidney disorders or conditions, they are not direct indicators of benign nephrosclerosis. Elevated blood sugar levels are more specifically linked to diabetes, which can subsequently affect kidney function, but they do not specifically indicate benign nephrosclerosis. Frequent urination can be symptomatic of many conditions, including diabetes and urinary tract infections, rather than being a hallmark of nephrosclerosis. Fatigue is a nonspecific symptom that can arise from multiple health issues, making it less characteristic of benign nephrosclerosis specifically. Thus, the presence of proteinuria is a significant and relevant indicator for diagnosing and monitoring the progression of benign nephrosclerosis.

**5. Which components are essential for effective patient-centered care in dialysis?**

- A. Individualized treatment plans and supportive communication**
- B. Strict diet control and medication compliance**
- C. Frequent visits from family and friends**
- D. Regular updates to insurance policies**

The focus on individualized treatment plans and supportive communication is crucial for delivering effective patient-centered care in dialysis. Patient-centered care prioritizes the needs, preferences, and values of patients, allowing them to play an active role in their treatment journey. Individualized treatment plans take into account each patient's specific medical history, lifestyle, and personal goals, which enhances engagement and adherence to care. Supportive communication is equally important, as it fosters a trusting relationship between patients and healthcare providers, encourages open dialogue about concerns or preferences, and ensures that patients feel heard and valued throughout their treatment. While strict diet control and medication compliance are important aspects of managing a patient's health, they do not encompass the holistic and personalized approach that defines patient-centered care. Family visits can provide emotional support, but they are not as directly linked to the essential elements of effective care. Regular updates to insurance policies are administrative tasks that do not contribute to the core principles of individualized care and supportive communication. Thus, the combination of tailored treatment and effective dialogue forms the foundation for a patient-centered approach in dialysis.

**6. What is the effect of inconsistent insulin levels in ESRD patients?**

- A. Hypoglycemia**
- B. Tachycardia**
- C. Hyperglycemia**
- D. Atherosclerosis**

In patients with End-Stage Renal Disease (ESRD), inconsistent insulin levels can lead to hyperglycemia. The kidneys play a crucial role in glucose metabolism and insulin clearance. When renal function declines, the clearance of insulin can be impaired, leading to fluctuating insulin levels in the bloodstream. These fluctuating insulin levels can result in an inadequate response to glucose intake, causing the body to remain in a less able state to utilize glucose effectively. This is further compounded by the fact that many ESRD patients might also have underlying conditions such as diabetes, which can exacerbate hyperglycemic episodes if insulin levels are not managed properly. Additionally, the production of counter-regulatory hormones like glucagon may also be increased in renal failure, which can further contribute to elevated blood glucose levels. Consequently, the result of these mechanisms often manifests as hyperglycemia, making this the most accurate and relevant effect of inconsistent insulin levels in ESRD patients.

**7. Why is potassium a concern for dialysis patients?**

- A. It is a non-essential nutrient for kidney function**
- B. Patients may accumulate excessive levels due to impaired kidney function**
- C. It is found only in processed foods which are restricted**
- D. High potassium levels are not related to kidney health**

The concern for dialysis patients regarding potassium levels primarily revolves around the accumulation of excessive potassium in the blood, known as hyperkalemia. In healthy individuals, the kidneys effectively filter and excrete excess potassium. However, for patients with kidney failure or reduced kidney function, this ability is compromised. As a result, potassium can build up to dangerous levels, leading to serious health risks such as cardiac dysrhythmias or heart failure. Managing potassium intake through diet and monitoring levels is essential for dialysis patients. This ensures that they maintain safe potassium levels and reduce the risk of complications associated with hyperkalemia. Therefore, the recognition of impaired kidney function and its role in potassium accumulation is crucial for the health management of these patients.

**8. What condition is indicated by an increase in uremic toxins affecting the gastrointestinal tract?**

- A. Gastritis**
- B. IBS**
- C. Constipation**
- D. Pneumonia**

The condition indicated by an increase in uremic toxins affecting the gastrointestinal tract is gastritis. In patients with kidney dysfunction or failure, the accumulation of uremic toxins, such as urea and creatinine, can lead to various gastrointestinal issues, including inflammation of the stomach lining, known as gastritis. This condition can manifest as abdominal pain, nausea, vomiting, and other gastrointestinal symptoms. While irritable bowel syndrome (IBS) and constipation can also affect gastrointestinal function, they are not directly linked to the accumulation of uremic toxins in the same way gastritis is. Pneumonia, although a serious condition, does not relate to gastrointestinal involvement and is instead a respiratory illness. Therefore, the association of uremic toxins specifically points to gastritis as the condition indicated in this context.



**9. What characterizes restless leg syndrome as a symptom of uremic encephalopathy?**

**A. Severe joint pain**

**B. Uncontrollable urge to move the legs**

**C. Loss of vision**

**D. Dreamlike states while awake**

Restless leg syndrome is characterized by an uncontrollable urge to move the legs, typically due to uncomfortable sensations. This symptom is particularly notable in patients experiencing uremic encephalopathy, a condition that arises from the accumulation of toxins in the body due to kidney failure. The sensations that lead to the urge to move can often be relieved temporarily by movement, which is a key factor in identifying this syndrome. The presence of restless leg syndrome in uremic patients can significantly impact their quality of sleep and overall well-being, making it an important symptom for healthcare professionals to recognize and address. Understanding this symptom in the context of uremic encephalopathy can aid in providing appropriate care and management strategies for affected patients.

**10. What is the normal range of creatinine levels in adults?**

**A. 0.1 to 0.5 mg/dL**

**B. 0.4 to 0.8 mg/dL**

**C. 0.6 to 1.2 mg/dL**

**D. 1.5 to 2.0 mg/dL**

The normal range of creatinine levels in adults is between 0.6 to 1.2 mg/dL. This range is important as creatinine is a waste product produced from muscle metabolism, and it is primarily eliminated from the body through the kidneys. Monitoring creatinine levels is crucial for assessing kidney function. Levels within this normal range indicate that the kidneys are effectively filtering waste products from the blood. Values outside of this range may suggest impaired kidney function. For example, lower values could be seen in conditions where muscle mass is reduced, while higher values may indicate reduced kidney function or damage. Understanding the normal range helps healthcare professionals evaluate kidney health and make necessary decisions regarding treatment or further testing if creatinine levels deviate from the norm.

## 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](mailto:hello@examzify.com).**

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

**<https://certifieddialysisnurse.examzify.com>**

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