

# DaVita Competency Evaluation/Assessment Practice Exam Sample Study Guide



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**SAMPLE**

## **Questions**

- 1. If a patient is eating a banana during treatment, what should you do?**
  - A. Allow them to continue eating**
  - B. Refer to dietitian**
  - C. Inform the patient that the banana will not be dialyzed**
  - D. Monitor their blood sugar levels**
- 2. A 15 gauge needle can accommodate which blood flow rate?**
  - A. 200 - 250 BFR**
  - B. 250 - 350 BFR**
  - C. 350 - 450 BFR**
  - D. Greater than 450 BFR**
- 3. Which protein level is particularly important for patients in preventing further health complications?**
  - A. Insulin**
  - B. Albumin**
  - C. Hemoglobin**
  - D. Fibrinogen**
- 4. What should be done if a patient reports unusual symptoms prior to dialysis treatment?**
  - A. The treatment should be proceeded as normal**
  - B. The symptoms should be ignored**
  - C. A licensed nurse should be notified for assessment**
  - D. The patient should be administered pain relief**
- 5. What may occur if there is a 5-second delay after lowering the blood pump speed before drawing a post-treatment blood sample?**
  - A. It could result in a falsely low KT/V reading**
  - B. It could cause the KT/V reading to be inaccurately high**
  - C. It may lead to fluid overload**
  - D. It could prevent accurate blood pressure measurement**

- 6. What practice is associated with tactile learners during learning sessions?**
- A. Listening to lectures**
  - B. Hands-on activities**
  - C. Reading textbooks**
  - D. Visual presentations**
- 7. What might distract a visual learner's attention during instruction?**
- A. Clear instructions**
  - B. Providing background music**
  - C. Visual aids**
  - D. Engaging discussions**
- 8. What is the primary device used for purifying water in dialysis?**
- A. Ultrafiltration unit**
  - B. Deionizer**
  - C. Reverse osmosis**
  - D. Carbon filter**
- 9. What are the two most common routes of CVC infection?**
- A. Cut and puncture**
  - B. Migration and contamination**
  - C. Direct contact and airborne**
  - D. Friction and abrasion**
- 10. In what position should a patient be placed to prevent air embolism during CVC procedures?**
- A. Standing position**
  - B. Seated position**
  - C. Supine position**
  - D. Prone position**

## **Answers**

SAMPLE

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

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## **Explanations**

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**1. If a patient is eating a banana during treatment, what should you do?**

**A. Allow them to continue eating**

**B. Refer to dietitian**

**C. Inform the patient that the banana will not be dialyzed**

**D. Monitor their blood sugar levels**

The focus here is on the nutritional impact of consuming a banana during treatment. Bananas are high in potassium, which is crucial for patients undergoing dialysis. In this scenario, informing the patient that the potassium content in a banana is not removed during the dialysis process helps them understand the risks associated with their dietary choices while receiving treatment. By addressing this concern, you empower the patient to make informed decisions about their food intake. This understanding is vital, as elevated potassium levels can lead to serious complications, such as cardiac issues. Ensuring that patients are aware of how certain foods interact with their treatment aids in better management of their condition. While it's important to refer patients to a dietitian for comprehensive nutritional counseling and to tailor dietary plans, the immediate concern during dialysis treatment revolves around educating the patient about the intake of specific foods like bananas. Additionally, monitoring blood sugar levels may be relevant for diabetic patients, but the primary focus here is the potassium content and its implications in the context of dialysis.

**2. A 15 gauge needle can accommodate which blood flow rate?**

**A. 200 - 250 BFR**

**B. 250 - 350 BFR**

**C. 350 - 450 BFR**

**D. Greater than 450 BFR**

A 15 gauge needle is designed for hemodialysis and facilitates a blood flow rate (BFR) that is typically higher than that for smaller gauge needles. The range of 350 - 450 BFR is appropriate for a 15 gauge needle as it allows for efficient blood flow during dialysis, promoting optimal treatment outcomes. This specific flow rate is crucial because higher flow rates enable the removal of more toxins and excess fluid from a patient's blood, significantly improving the efficacy of the dialysis process. Using a needle that can accommodate this flow rate ensures that the treatment is both effective and safe, minimizing the risk of complications associated with inadequate blood circulation during the procedure. Other options fall outside the typical parameters established for a 15 gauge needle, making them less suitable for achieving efficient hemodialysis. Thus, focusing on the range of 350 - 450 BFR captures the essence of the functionality provided by this size of needle in a clinical setting.

**3. Which protein level is particularly important for patients in preventing further health complications?**

**A. Insulin**

**B. Albumin**

**C. Hemoglobin**

**D. Fibrinogen**

Albumin is a critical protein for patients, particularly those undergoing dialysis or with chronic kidney disease, as it serves several essential functions in the body. It helps maintain oncotic pressure, which is crucial for keeping fluid balanced in the bloodstream and preventing edema. Low albumin levels can indicate nutritional deficiencies, liver disease, or increased risk of complications such as cardiovascular issues and infections. In dialysis patients, maintaining adequate albumin levels is vital for ensuring overall health and reducing morbidity rates. Albumin levels can reflect a patient's nutritional status, and low levels may lead to poor healing and higher rates of hospitalization. The importance of monitoring and maintaining appropriate albumin levels is directly linked to patient outcomes, making it a key focus in managing the health of individuals with kidney issues or other related conditions.

**4. What should be done if a patient reports unusual symptoms prior to dialysis treatment?**

**A. The treatment should be proceeded as normal**

**B. The symptoms should be ignored**

**C. A licensed nurse should be notified for assessment**

**D. The patient should be administered pain relief**

When a patient reports unusual symptoms prior to dialysis treatment, notifying a licensed nurse for assessment is crucial. This step ensures that a trained professional can evaluate the patient's condition and determine the appropriate course of action. Unusual symptoms might indicate potential complications or health issues that could affect the safety and efficacy of the dialysis treatment. By alerting a licensed nurse, the patient can receive the necessary medical attention, which may include further diagnostic evaluation, adjustments in treatment protocols, or additional monitoring. Addressing unusual symptoms proactively is vital in maintaining patient safety and avoiding adverse outcomes during dialysis. The trained nurse has the expertise to make informed clinical decisions based on the patient's symptoms, medical history, and overall health status.

**5. What may occur if there is a 5-second delay after lowering the blood pump speed before drawing a post-treatment blood sample?**

**A. It could result in a falsely low KT/V reading**

**B. It could cause the KT/V reading to be inaccurately high**

**C. It may lead to fluid overload**

**D. It could prevent accurate blood pressure measurement**

In the context of dialysis treatment, the post-treatment blood sample is critical for evaluating the effectiveness of the session, particularly in calculating KT/V, which assesses the adequacy of dialysis. If there is a delay after lowering the blood pump speed before taking the sample, this delay can lead to an inaccurately high KT/V reading. When the blood pump speed is reduced and then paused, residual blood in the dialyzer and bloodlines may not be fully cleared before sampling. This can result in capturing a larger volume of blood that may not have been effectively treated during the dialysis session, as it has not been exposed to the dialysate properly. Consequently, since the sample reflects blood that is less effectively filtered, the KT/V reading, which correlates to the clearance of urea and other waste products from the bloodstream, may present as higher than it actually is. This is important to consider in clinical practice, as accurate KT/V measurements are essential for determining the adequacy of dialysis treatment, and misleading results can impact patient care decisions.

**6. What practice is associated with tactile learners during learning sessions?**

**A. Listening to lectures**

**B. Hands-on activities**

**C. Reading textbooks**

**D. Visual presentations**

The practice most associated with tactile learners during learning sessions is hands-on activities. Tactile learners, also known as kinesthetic learners, learn best through physical engagement and real-life experiences. They retain information more effectively when they can manipulate materials, engage in simulations, or participate in activities that allow them to physically experience the concepts being taught. This learning style emphasizes the importance of active participation in the educational process, highlighting the value of practicing skills and techniques in a tangible way. By doing so, tactile learners can better internalize knowledge compared to passive learning methods, such as listening to lectures, reading textbooks, or viewing visual presentations, which do not engage their learning style as effectively.

**7. What might distract a visual learner's attention during instruction?**

- A. Clear instructions**
- B. Providing background music**
- C. Visual aids**
- D. Engaging discussions**

For visual learners, who primarily absorb information through what they see, distractions can significantly affect their ability to focus and retain information. The option of providing background music stands out as a potential distraction because it introduces an auditory element that can compete for the learner's attention. Visual learners may struggle to concentrate on the visual materials presented if they are simultaneously listening to music, regardless of its type or volume. In an educational context, this can lead to decreased comprehension and hinder their engagement with the visual content that is critical for their learning process. While other elements like clear instructions, visual aids, and engaging discussions are typically beneficial for these learners, background music can disrupt their processing of visual information. This underscores the importance of creating a focused learning environment tailored to the strengths and preferences of visual learners.

**8. What is the primary device used for purifying water in dialysis?**

- A. Ultrafiltration unit**
- B. Deionizer**
- C. Reverse osmosis**
- D. Carbon filter**

The primary device used for purifying water in dialysis is reverse osmosis. This process is crucial because it effectively removes a high percentage of impurities, including contaminants and dissolved solids, from the water supply. Reverse osmosis uses a semi-permeable membrane that allows water to pass through while rejecting larger molecules and ions, ensuring that the water used in dialysis is of high purity. This is essential for the safety and effectiveness of the dialysis treatment, as impurities in the water can lead to harmful effects for patients undergoing the procedure. While other devices like deionizers, carbon filters, and ultrafiltration units play important roles in water purification, they are typically used in conjunction with reverse osmosis rather than as the primary means of purifying water for dialysis. Deionizers remove specific ions, carbon filters are primarily used to remove chlorine and organic molecules, and ultrafiltration can help remove bacteria and larger pathogens, but none of these alone achieve the level of purification that reverse osmosis does. Therefore, reverse osmosis is recognized as the critical step in producing water that meets the rigorous standards required for dialysis treatments.

**9. What are the two most common routes of CVC infection?**

- A. Cut and puncture
- B. Migration and contamination**
- C. Direct contact and airborne
- D. Friction and abrasion

The correct choice indicates that migration and contamination are the two most common routes of central venous catheter (CVC) infection. Migration refers to the movement of the catheter within the body, which can potentially introduce pathogens from the skin or surrounding tissues into the bloodstream, especially when the catheter is not properly secured. Contamination involves the introduction of bacteria or other pathogens onto the catheter itself or through the insertion site, often due to improper aseptic techniques during catheter placement or maintenance. These routes highlight the importance of maintaining sterile conditions and monitoring catheter care to prevent infections, which are serious complications associated with the use of CVCs. Understanding these mechanisms assists healthcare providers in implementing appropriate infection control practices and enhances patient safety.

**10. In what position should a patient be placed to prevent air embolism during CVC procedures?**

- A. Standing position
- B. Seated position
- C. Supine position**
- D. Prone position

The correct choice is the supine position because placing a patient in this position during central venous catheter (CVC) procedures minimizes the risk of air embolism. When patients are supine, the venous system is more favorable for preventing air from entering the bloodstream. This position helps ensure that the catheter entry site is above the level of the heart, allowing any potential air that may enter inadvertently to rise to the heart apex, where it can be recognized and managed more effectively. This positioning is particularly important because air embolisms can occur if air enters the venous system, which can happen particularly during the placement or removal of central lines if the patient is not positioned correctly. In the supine position, the hydrostatic pressure helps to counter the effects of gravity that could lead to air entering the veins. Other positions, like standing, seated, or prone, do not provide the same level of safety against air embolism during these procedures. For instance, in a standing or seated position, the potential for air to enter the bloodstream increases, as any air that enters might have a direct path towards the heart due to gravity. Similarly, the prone position would not only contribute to accumulating air in the thoracic space but also makes access to the vein more