

# DaVita In-Center Hemodialysis (ICHD) Nurse/PCT Practice Test (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**

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- 1. What are the risks associated with not following policies and procedures in patient care?**
  - A. Increased patient satisfaction**
  - B. Negligence and potential damages**
  - C. Improved team morale**
  - D. Greater operational efficiency**
  
- 2. What is an indicator of outflow stenosis in hemodialysis?**
  - A. Excessive bleeding during treatment**
  - B. Low blood flow rates**
  - C. High-pitched whistle sounds**
  - D. Pain at the site of cannulation**
  
- 3. What is the long-term goal of hemodialysis treatment?**
  - A. To prepare the patient for surgery**
  - B. To maintain the best possible health and quality of life**
  - C. To ensure the patient remains on dialysis indefinitely**
  - D. To solely manage diet and medication**
  
- 4. If removal of the infiltrated needle is necessary, what should be applied afterward?**
  - A. Hot water to reduce swelling**
  - B. Cold pack to the infiltration area**
  - C. Pressure bandage immediately**
  - D. No treatment is necessary**
  
- 5. What condition is described by a decrease in venous pressure without a change in blood flow rate and visible clots in the venous drip chamber?**
  - A. Hemolysis**
  - B. Clotted Dialyzer**
  - C. Air Embolism**
  - D. First Use Syndrome**

**6. What is a common emotional response when starting hemodialysis?**

- A. Excitement about new treatment options.**
- B. Anxiety and fear regarding treatment.**
- C. Indifference to the process.**
- D. Relief from previous symptoms.**

**7. What does the acronym DARN stand for in behavioral change communication?**

- A. Doubt, Apathy, Regret, Neglect**
- B. Desire, Ability, Reason, Need**
- C. Decision, Action, Reasoning, Need**
- D. Denial, Acceptance, Respect, Neglect**

**8. What should a nurse do if a patient experiences fever during dialysis treatment?**

- A. Wait until treatment is complete to address the fever**
- B. Assess the patient for signs of infection and notify the physician**
- C. Reduce the temperature using cool towels**
- D. Ignore the fever if the patient feels fine**

**9. What intervention should be taken first upon noticing signs of hemolysis?**

- A. Monitor vital signs**
- B. Stop the blood pump**
- C. Notify the physician**
- D. Administer oxygen**

**10. Why is hand hygiene critical in dialysis units?**

- A. It improves patient comfort.**
- B. It prevents infections for patients and staff.**
- C. It reduces treatment time.**
- D. It enhances the aesthetic of the unit.**

## **Answers**

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

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## **Explanations**

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**1. What are the risks associated with not following policies and procedures in patient care?**

- A. Increased patient satisfaction**
- B. Negligence and potential damages**
- C. Improved team morale**
- D. Greater operational efficiency**

Not adhering to established policies and procedures in patient care can lead to negligence and potential damages, which is the reason this choice is the correct answer. In a healthcare setting, protocols are designed to ensure safety, quality of care, and compliance with legal and ethical standards. When these protocols are ignored, there is a heightened risk of patient harm, such as incorrect medication administration, misunderstanding of treatment plans, or inadequate infection control, all of which can foster negative outcomes. Negligence refers to the failure to exercise the care that a reasonably prudent person would exercise in a similar situation. If a patient suffers harm as a result of a breach in these policies, it may lead to liability for the healthcare provider or facility, resulting in legal and financial consequences. Therefore, following guidelines and policies not only protects patient safety but also mitigates the potential for costly lawsuits and damages resulting from negligent care. On the other hand, increased patient satisfaction, improved team morale, and greater operational efficiency are generally positive outcomes associated with following policies and procedures, rather than consequences of not adhering to them. Adhering to established protocols typically helps to enhance these aspects within healthcare environments, demonstrating the importance of compliance in fostering a safe and effective patient care atmosphere.

**2. What is an indicator of outflow stenosis in hemodialysis?**

- A. Excessive bleeding during treatment**
- B. Low blood flow rates**
- C. High-pitched whistle sounds**
- D. Pain at the site of cannulation**

Outflow stenosis in hemodialysis is often indicated by high-pitched whistle sounds. This occurs when there is an obstruction in the blood flow, typically through the fistula or graft, which narrows the outflow pathway. As blood is forced through the restricted area, it creates turbulence, resulting in these characteristic high-pitched sounds. Identifying these sounds is crucial for timely intervention, as they signal that the access may be compromised. In contrast, other symptoms like excessive bleeding during treatment can arise from various factors and are not specifically indicative of outflow stenosis. Similarly, low blood flow rates can occur due to multiple causes, including but not limited to access issues, but they don't provide the same clarity about stenosis as high-pitched whistling does. Pain at the site of cannulation, while it may suggest issues with the access, can be caused by numerous other factors as well, making it a less specific indicator for outflow stenosis.

### 3. What is the long-term goal of hemodialysis treatment?

- A. To prepare the patient for surgery
- B. To maintain the best possible health and quality of life**
- C. To ensure the patient remains on dialysis indefinitely
- D. To solely manage diet and medication

The long-term goal of hemodialysis treatment is to maintain the best possible health and quality of life for the patient. This approach focuses on not just the physiological aspects of managing kidney failure, but also emphasizes the overall well-being of the patient. Effective hemodialysis treatment aims to remove waste and excess fluid from the blood, balance electrolytes, and help control blood pressure, all of which contribute to the patient's health status. When patients are stabilized through consistent and effective dialysis, they can lead more active and fulfilling lives while managing their condition. This holistic view aligns with the philosophy of patient-centered care, which prioritizes the individual's quality of life alongside clinical outcomes. Furthermore, the ultimate goal is often to empower patients to engage in their treatment and make informed choices about their health and day-to-day living. In contrast, options that focus on preparing for surgery or managing diet and medications do not encompass the broader objective of enhancing the patient's overall health and life quality in the same comprehensive manner. Such aspects might play a role in a patient's treatment plan but do not define the primary long-term goal of hemodialysis itself.

### 4. If removal of the infiltrated needle is necessary, what should be applied afterward?

- A. Hot water to reduce swelling
- B. Cold pack to the infiltration area**
- C. Pressure bandage immediately
- D. No treatment is necessary

When a needle infiltration occurs during hemodialysis, the application of a cold pack to the infiltration area is recommended. This is because cold therapy serves to constrict blood vessels, which can help minimize swelling and discomfort associated with the infiltration. The cold can also numb the area, reducing pain and preventing further tissue damage. Applying a cold pack shortly after the needle is removed can address any immediate inflammation and discomfort that may arise from the infiltration. It's crucial to ensure that the cold pack is not applied directly to the skin to avoid ice burns; it should be wrapped in a cloth or towel. Using hot water, as suggested in one option, could exacerbate swelling and increase blood flow to the area, which is counterproductive. A pressure bandage can be useful in certain circumstances but is typically not the first line of treatment immediately following needle infiltration, as it could further irritate the site. Lastly, while it might seem that no treatment is needed, ignoring the infiltration can lead to complications such as further swelling or pain, making it important to take appropriate action right after the event.

**5. What condition is described by a decrease in venous pressure without a change in blood flow rate and visible clots in the venous drip chamber?**

- A. Hemolysis**
- B. Clotted Dialyzer**
- C. Air Embolism**
- D. First Use Syndrome**

The condition described involves a decrease in venous pressure while maintaining a consistent blood flow rate, accompanied by the presence of visible clots in the venous drip chamber. When a dialyzer becomes clotted, the formation of clots obstructs the flow of blood through the dialyzer itself. This obstruction is likely to cause changes in venous pressure as the pressure decreases, but the blood flow rate remains constant until a threshold is reached. The clots can accumulate in such a way that they block blood return, which may be indicated by a decrease in the venous pressure reading.

Identifying visible clots in the venous drip chamber further supports the diagnosis of a clotted dialyzer. This scenario is characterized by visible obstruction that results from clot formation, which is crucial for interpreting the fluid dynamics in the dialyzer. In this context, the other conditions present different mechanisms or symptoms that do not align with the observed decrease in venous pressure combined with visible clots.

**6. What is a common emotional response when starting hemodialysis?**

- A. Excitement about new treatment options.**
- B. Anxiety and fear regarding treatment.**
- C. Indifference to the process.**
- D. Relief from previous symptoms.**

Starting hemodialysis can often elicit anxiety and fear regarding the treatment. This emotional response is commonly experienced by patients as they grapple with the realities of a chronic medical condition that necessitates regular, sometimes unfamiliar, procedures. The thought of undergoing dialysis, the potential implications for their health, and the lifestyle changes required can all contribute to heightened levels of anxiety. Patients may be anxious about the process itself, including concerns about pain, complications, and the effects on their overall well-being. They might also fear the significant lifestyle adjustments that come with adhering to a dialysis schedule, dietary restrictions, and the impact on their daily lives and social interactions. Understanding this emotional response is crucial for healthcare providers, as it allows for better support for patients during this transition. Providing education, emotional support, and addressing concerns can help alleviate some of this anxiety and empower patients as they begin their dialysis journey.

**7. What does the acronym DARN stand for in behavioral change communication?**

- A. Doubt, Apathy, Regret, Neglect**
- B. Desire, Ability, Reason, Need**
- C. Decision, Action, Reasoning, Need**
- D. Denial, Acceptance, Respect, Neglect**

The acronym DARN stands for Desire, Ability, Reason, and Need. Each component plays a crucial role in understanding an individual's motivation to change behavior, particularly in a healthcare or supportive environment. Desire refers to the individual's wish to change or improve a certain aspect of their life or health. It reflects their intrinsic motivation and willingness to consider making a change. Ability highlights the individual's confidence in their capacity to make that change, emphasizing the importance of self-efficacy. Reason speaks to the rationale behind wanting to change, such as understanding the benefits of changing behavior and how it can improve their life. Finally, Need underscores the individual's recognition of the necessity for change, often based on their current situation or health circumstances. Understanding these elements is essential for professionals working in health settings, as they assist in facilitating effective conversations around behavioral change with patients. By addressing each of these components, healthcare providers can better support patients in their journey towards making positive lifestyle modifications.

**8. What should a nurse do if a patient experiences fever during dialysis treatment?**

- A. Wait until treatment is complete to address the fever**
- B. Assess the patient for signs of infection and notify the physician**
- C. Reduce the temperature using cool towels**
- D. Ignore the fever if the patient feels fine**

When a patient experiences a fever during dialysis treatment, it is crucial for the nurse to assess the patient for signs of infection and notify the physician. The presence of a fever could indicate an underlying infection, particularly in patients undergoing dialysis, who are at an increased risk due to their compromised immune systems. This proactive approach allows the healthcare team to evaluate the patient's condition thoroughly, which may involve checking vital signs, reviewing laboratory results, and possibly altering the treatment if necessary. Early detection and intervention can significantly affect the patient's outcome and treatment plan. By notifying the physician, appropriate diagnostic tests or changes in management can be ordered promptly, ensuring patient safety and effective care. While other actions may seem appropriate, such as reducing temperature with cool towels or waiting until treatment is complete, they do not address the underlying concern of possible infection. Ignoring the fever is also not an option, as it disregards a pivotal sign that could lead to serious complications if not evaluated appropriately.

**9. What intervention should be taken first upon noticing signs of hemolysis?**

- A. Monitor vital signs**
- B. Stop the blood pump**
- C. Notify the physician**
- D. Administer oxygen**

Stopping the blood pump is the critical first intervention upon noticing signs of hemolysis during hemodialysis. Hemolysis, which is the destruction of red blood cells, can lead to significant complications such as a sudden drop in hemoglobin levels, hemoglobinuria, and potential acute kidney injury. By stopping the blood pump immediately, healthcare providers prevent further blood flow through the dialysis system where hemolysis is occurring, thereby minimizing additional damage to the patient's erythrocytes and preventing more serious systemic effects. This action allows for the immediate assessment and stabilization of the patient before taking further steps, such as monitoring vital signs, notifying the physician, or administering supplemental oxygen, which are essential but may follow after ensuring that blood flow is halted to address the hemolysis. This prioritization is crucial in an acute setting to safeguard the patient's health and prevent worsening of the condition.

**10. Why is hand hygiene critical in dialysis units?**

- A. It improves patient comfort.**
- B. It prevents infections for patients and staff.**
- C. It reduces treatment time.**
- D. It enhances the aesthetic of the unit.**

Hand hygiene is critical in dialysis units primarily because it prevents infections for both patients and staff. Dialysis patients often have compromised immune systems due to their underlying kidney disease or the nature of their treatment. Infections can lead to severe complications, extended hospitalizations, or even life-threatening situations. Proper hand hygiene practices—such as regular handwashing, the use of hand sanitizers, and wearing gloves when necessary—create a barrier against the transmission of pathogens. This is essential in a healthcare setting like dialysis units where continuous, close contact with patients and equipment occurs. By maintaining high standards of hand hygiene, healthcare providers significantly reduce the risk of healthcare-associated infections, ensuring better patient outcomes and safety for all individuals in the unit.

# 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://davitaichdnursepct.examzify.com>**

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

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