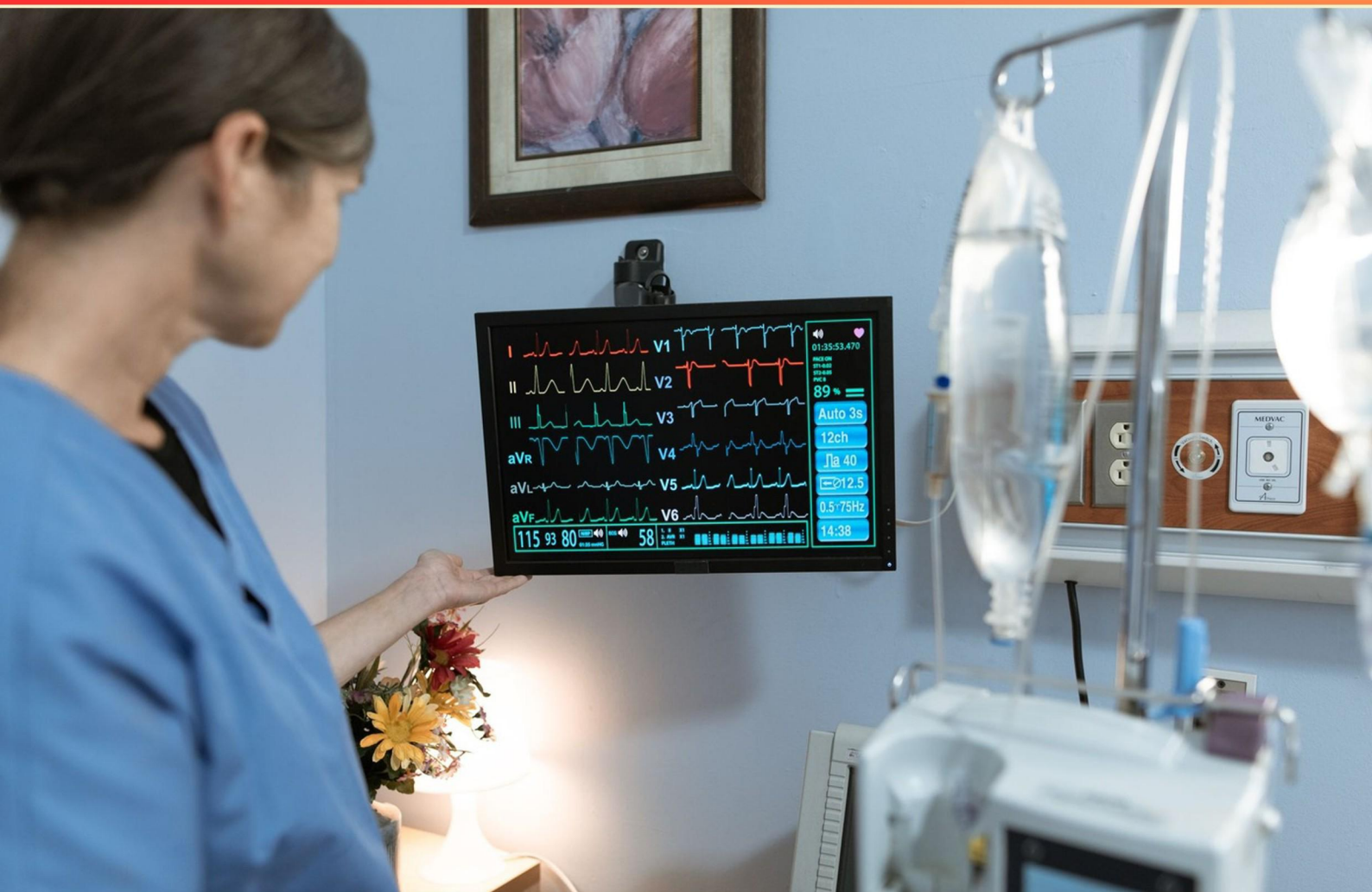


DAVITA IN-CENTER HEMODIALYSIS (ICHD) NURSE/PCT PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR
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. What is the main sign of an air embolism?**
 - A. Cyanosis
 - B. Cherry red blood
 - C. Palpitations
 - D. Abdominal cramping
- 2. What is typically indicated by stable target weight in dialysis patients?**
 - A. Adequate nutritional intake
 - B. Fluid overload
 - C. Effective waste removal
 - D. A lack of adherence to dietary restrictions
- 3. Which of the following is NOT a factor that can increase the K value?**
 - A. Reducing blood flow rate (BFR)
 - B. Using a correct dialyzer
 - C. Correct DFR adjustments
 - D. Maintaining appropriate target weight
- 4. What is the primary function of acid concentrate in hemodialysis?**
 - A. To normalize body pH
 - B. To provide a concentration gradient for diffusion
 - C. To prevent electrolyte imbalances
 - D. To enhance blood flow to the kidneys
- 5. Which intervention is deemed most appropriate for preventing HAIs?**
 - A. Use of gloves
 - B. Hand Hygiene
 - C. Isolation precautions
 - D. Antibiotic prophylaxis
- 6. What does a conductivity reading in hemodialysis measure?**
 - A. The amount of blood flow during treatment
 - B. The transmission of electrical charge within dialysate
 - C. The temperature of the dialysate solution
 - D. The effectiveness of the dialysis machine

7. What is the definition of hemodialysis?

- A. A method to enhance kidney function
- B. A procedure that removes waste products from the blood
- C. A surgery to implant a kidney
- D. A technique to measure blood flow

8. What is the purpose of conducting a post-dialysis assessment?

- A. To evaluate financial outcomes and insurance coverage
- B. To gather feedback on the nursing staff's performance
- C. To monitor for complications and ensure safety
- D. To discuss future treatment plans

9. What are aneurysms often caused by in dialysis patients?

- A. High blood flow rates
- B. Failure to use antiseptic techniques
- C. Insufficient healing time at insertion sites
- D. Excessive needle gauge sizes

10. 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

Answers

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

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Explanations

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1. What is the main sign of an air embolism?

- A. Cyanosis**
- B. Cherry red blood
- C. Palpitations
- D. Abdominal cramping

The main sign of an air embolism is cyanosis, which indicates a lack of oxygen in the blood and is often visible as a bluish discoloration of the skin, especially around the lips, fingertips, and extremities. This condition occurs when air bubbles enter the bloodstream, obstructing blood flow and hindering oxygen delivery to tissues, leading to hypoxia. Cyanosis serves as a critical warning sign to intervene promptly and can help differentiate air embolism from other complications. In the context of air embolism, cherry red blood is typically associated with carbon monoxide poisoning rather than air embolism. Palpitations may be experienced due to various reasons, including anxiety or cardiac issues, but they do not specifically indicate an air embolism. Abdominal cramping can result from various gastrointestinal issues, but it is not a primary symptom of an air embolism. Recognizing cyanosis as a key sign helps healthcare providers to respond swiftly to this life-threatening condition.

2. What is typically indicated by stable target weight in dialysis patients?

- A. Adequate nutritional intake**
- B. Fluid overload
- C. Effective waste removal
- D. A lack of adherence to dietary restrictions

A stable target weight in dialysis patients typically indicates adequate nutritional intake. When patients are receiving proper nutrition, their body is better able to maintain a balance in fluids and electrolytes, which reflects well on their overall health management. Achieving stable target weight suggests that the patient is successfully managing their fluid balance, which is essential for those undergoing dialysis. If the patient were experiencing fluid overload, one would expect fluctuations in weight indicating an excessive accumulation of fluid. Similarly, ineffective waste removal during dialysis would be characterized by weight gain due to retention of toxins and fluids. A lack of adherence to dietary restrictions would often lead to weight gain as well, especially if patients are consuming high-sodium or high-liquid foods, leading to fluid retention. Thus, stable target weight is a positive indicator of the balance between fluid intake and nutritional needs being met effectively in patients on dialysis.

3. Which of the following is NOT a factor that can increase the K value?

- A. Reducing blood flow rate (BFR)**
- B. Using a correct dialyzer
- C. Correct DFR adjustments
- D. Maintaining appropriate target weight

The K value, which represents the clearance of urea during dialysis, is influenced by several factors that enhance the efficiency of the dialysis process. Reducing the blood flow rate (BFR) can negatively impact the K value rather than increase it. When the blood flow rate is lower, there is less blood available to be filtered through the dialyzer, which can result in reduced urea clearance. This is important for maintaining effective dialysis treatment, as the goal is to maximize the removal of toxins and waste from the blood. On the other hand, using the correct dialyzer is crucial, as different dialyzers have varying surface areas and membrane characteristics that can significantly affect the K value. Ensuring that DFR (dialysate flow rate) adjustments are correct also plays a significant role in enhancing clearance, as an optimized flow rate improves the exchange of solutes. Lastly, maintaining an appropriate target weight helps ensure that fluid overload does not impair the filtration process, thus supporting the overall efficacy of dialysis treatments.

4. What is the primary function of acid concentrate in hemodialysis?

- A. To normalize body pH
- B. To provide a concentration gradient for diffusion**
- C. To prevent electrolyte imbalances
- D. To enhance blood flow to the kidneys

The primary function of acid concentrate in hemodialysis is to provide a concentration gradient for diffusion. In the context of dialysis, this gradient is crucial for the effective removal of waste products and excess electrolytes from the patient's blood. The acid concentrate contains certain electrolytes, such as bicarbonate, that, when mixed with dialysate, help create the optimal osmotic and ionic conditions necessary for the diffusion process. This allows for toxins like urea and creatinine, as well as excess potassium and other metabolites, to move from the blood into the dialysate, effectively cleansing the blood during treatment. While normalizing body pH and preventing electrolyte imbalances are important goals of hemodialysis, these results are secondary to the primary role of facilitating the diffusion process through the concentration gradient established by the acid concentrate. Enhancing blood flow to the kidneys is not a function of acid concentrate; instead, dialysis manages these waste and fluid balances artificially, as the kidneys may not be performing these functions effectively on their own.

5. Which intervention is deemed most appropriate for preventing HAIs?

- A. Use of gloves
- B. Hand Hygiene**
- C. Isolation precautions
- D. Antibiotic prophylaxis

Hand hygiene is recognized as the most effective intervention for preventing healthcare-associated infections (HAIs). This practice involves thoroughly washing hands with soap and water or using alcohol-based hand sanitizers at key moments, such as before and after patient contact, before procedures, and after exposure to body fluids. The rationale for prioritizing hand hygiene lies in its ability to significantly reduce the transmission of pathogens. Hands serve as a primary vehicle for the spread of microorganisms, and maintaining proper hygiene practices minimizes the risk of contaminating surfaces and directly exposing patients. While using gloves, implementing isolation precautions, and administering antibiotic prophylaxis are important components of infection control, they do not replace the fundamental role of hand hygiene. Gloves can have microtears and can still carry pathogens if not used properly, whereas isolation precautions may not be applicable in every situation. Antibiotic prophylaxis is used in specific situations but is not a broad infection prevention strategy. Thus, hand hygiene stands out as the critical and most universally applicable intervention for reducing HAIs in healthcare settings.

6. What does a conductivity reading in hemodialysis measure?

- A. The amount of blood flow during treatment
- B. The transmission of electrical charge within dialysate**
- C. The temperature of the dialysate solution
- D. The effectiveness of the dialysis machine

A conductivity reading in hemodialysis specifically measures the transmission of electrical charge within the dialysate. This reading is crucial because it helps to assess the concentration of electrolytes in the dialysate solution, which is essential for maintaining the balance of fluids and electrolytes in patients undergoing dialysis. By measuring conductivity, healthcare providers can ensure that the dialysate is chemically balanced and can effectively remove waste products and excess fluids from the blood. If the conductivity is outside the expected range, it may indicate issues such as improper concentration of the dialysate or the presence of contaminants, which can jeopardize patient safety and treatment efficacy. Understanding this aspect of dialysis is fundamental in ensuring that the treatment remains optimal and effective for patients receiving hemodialysis.

7. What is the definition of hemodialysis?

- A. A method to enhance kidney function
- B. A procedure that removes waste products from the blood**
- C. A surgery to implant a kidney
- D. A technique to measure blood flow

Hemodialysis is defined as a procedure that removes waste products from the blood. This treatment is essential for patients with kidney failure, as their kidneys can no longer effectively filter out toxins and excess fluids from the bloodstream. Through hemodialysis, blood is drawn from the body, passed through a dialyzer (artificial kidney), which removes waste products and excess salts, and then returned to the body. This process not only helps to maintain the appropriate balance of electrolytes and fluids in the body but also alleviates symptoms of kidney failure by ensuring that harmful substances are effectively filtered out. Hemodialysis typically occurs several times a week in a center or at home, depending on the patient's needs and circumstances. The focus on waste removal makes this definition precise and directly aligned with the primary function of hemodialysis in patient care.

8. What is the purpose of conducting a post-dialysis assessment?

- A. To evaluate financial outcomes and insurance coverage
- B. To gather feedback on the nursing staff's performance
- C. To monitor for complications and ensure safety**
- D. To discuss future treatment plans

Conducting a post-dialysis assessment is essential for monitoring complications and ensuring the safety of the patient after a hemodialysis session. This assessment involves checking vital signs, observing the patient for signs of any adverse reactions, and assessing the overall well-being of the patient. It allows healthcare providers to identify immediate issues that may arise as a result of the dialysis process, such as hypotension, cramping, or other complications that might occur. Additionally, by monitoring the patient's response to dialysis, the healthcare team can make informed decisions to enhance future treatments, medication adjustments, and patient education, all of which contribute to a safer and more effective treatment experience. This continuous monitoring is vital for providing high-quality care and ensuring that the patient's health is prioritized during and after treatment.

9. What are aneurysms often caused by in dialysis patients?

- A. High blood flow rates
- B. Failure to use antiseptic techniques
- C. Insufficient healing time at insertion sites**
- D. Excessive needle gauge sizes

Aneurysms in dialysis patients are often caused by insufficient healing time at insertion sites. When patients receive hemodialysis, access is typically created through arteriovenous (AV) fistulas or grafts. If the insertion sites for needles are not given adequate time to heal between treatments, the repeated trauma and disruption can compromise the integrity of the blood vessels, leading to weakened areas that may subsequently bulge or form aneurysms. Proper care and management of access sites are crucial to allow for sufficient healing, thereby reducing the risk of complications such as aneurysms. Other factors, such as high blood flow rates or excessive needle gauges, may contribute to access-related complications, but insufficient healing time directly correlates to the physical stress placed on the vessel due to repeated needle punctures without allowing adequate recovery. Properly assessing and managing the healing process is essential in preventing these adverse outcomes.

10. 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.

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://davitaichdnursepct.examzify.com>

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

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