

HEALTHCARE STUDY GUIDE

IV THERAPY &
CENTRAL LINE MANAGEMENT

YEAR 1
SYSTEM STRUCTURE

SAMPLE
250 EXAM PREP QUESTIONS,
WITH EXPLAINED ANSWERS



LEARNERS | PRACTITIONERS | EDUCATORS

HealthcareStudyGuide.com

UNITY CREST SOLUTIONS INC.

Who Is Healthcare Study Guide For

Healthcare Study Guide is a professional-grade study and review resource for healthcare workers across the United States and Canada. Whether you're preparing for a certification exam, re-entering the workforce, or transitioning into a new role or specialty, this guide is designed to help you test your knowledge, reinforce critical concepts, and build career confidence.

This guide can be used for exam preparation, knowledge review, and independent study. It is suitable for a wide range of professionals who need to refresh, refine, or benchmark their understanding of core healthcare topics.

It is not a substitute for accredited coursework or formal clinical training, and does not replace regulatory, licensing, or board-approved materials. Rather, it is meant to complement your preparation, offering structured support and insight as you work toward your goals.

Who We Serve

1. Internationally Trained Healthcare Professionals

You've completed your education and worked in your home country. Now you're preparing to meet Canadian or U.S. standards. This guide helps you align your clinical knowledge with North American expectations.

2. Licensed Nurses, Paramedics, and Allied Health Workers Advancing Their Roles

Whether you're moving from general practice to a specialty field, taking on leadership, or preparing for an internal assessment, this guide helps you reinforce foundational knowledge and expand into more advanced thinking.

3. Returning Healthcare Professionals

If you're re-entering the workforce after time away, this guide is a practical starting point to evaluate what you remember, what's changed, and where to focus next.

4. New Graduates Preparing for Exams

You're nearing the end of your formal education, and now it's time to prepare for licensing. Our practice tests and explanations help you study smarter and approach your exams with confidence.

5. Healthcare Instructors, Coaches, and Bridge Programs

You need reliable, structured materials to support learners from diverse backgrounds. This guide is suitable for supplemental instruction, assessment tools, and career readiness modules.

Start Strong. Stay Sharp. Move Forward With Confidence.

Whether you're preparing for exams, transitioning into a new role, or reviewing after time away, *Healthcare Study Guide* gives you the structure and clarity to take your next step. Designed for independent learners, this guide helps you build confidence, reinforce knowledge, and stay aligned with your professional goals.

Explore additional resources, practice tools, and review materials tailored to today's healthcare environment at: HealthcareStudyGuide.com

Certainly! Here's a version that's approximately 20% longer, while maintaining clarity and structure—ideal for filling out the page more fully without being repetitive:



What Healthcare Study Guide Offers

Whether you're preparing for a certification exam, returning to the field after time away, or stepping into a new clinical role, *Healthcare Study Guide* provides the structure and insight you need to move forward with purpose. Designed to reflect North American clinical standards, this guide gives you a flexible, self-paced tool for reinforcing your knowledge and building confidence.

1. **Structured Study Guides**

Each guide is developed and reviewed by experienced healthcare professionals to align with core competencies across roles and jurisdictions. Content is thoughtfully organized to help learners from diverse educational backgrounds, including internationally trained professionals, navigate complex topics with clarity and focus.

2. **Exam-Style Practice Tests**

Timed, multiple-choice practice exams simulate real testing environments. These allow you to track progress, improve decision-making under pressure, and become more familiar with exam structure, pacing, and question format.

3. **Role-Specific Question Banks**

Our question banks are organized around practical responsibilities and clinical terminology you'll encounter on the job. Whether you're in direct patient care, support services, or administration, the material is crafted to reflect real-world priorities and expectations.

4. **Clinical Answer Rationales**

Each question is followed by a detailed rationale explaining not just which answer is correct, but why it's correct. This supports deeper learning, strengthens clinical reasoning, and encourages critical thinking—especially useful for internationally trained professionals adapting to North American protocols.

5. **Supplemental Review Tools**

You'll also find extra learning material on topics such as infection prevention, patient safety, ethical care, cultural competence, and interprofessional communication. These tools are designed to round out your knowledge and help you better understand the expectations of modern healthcare systems.

Using This Guide Effectively

This study guide is meant to supplement—not replace—formal education, accredited coursework, or required clinical training. It should be used to enhance your preparation by identifying your strengths, exposing gaps in knowledge, and encouraging repeat engagement with real-world scenarios and test logic.

For best results, we recommend pairing this guide with official reference materials and regulatory frameworks provided by your licensing authority, training institution, or employer. This combined approach ensures that you're not only reviewing the right material but developing a mindset for safe, confident, and effective practice.



Ready to Take the First Step Toward Career Progression

Whether you're pivoting to a new specialty, re-entering the field, or preparing for certification in the U.S. or Canada, this guide provides a structured foundation for the next step in your healthcare career.

Visit **HealthcareStudyGuide.com** to access additional resources, take full-length practice tests, and explore tools tailored to your role and goals.

Why Healthcare Study Guide

We believe healthcare education should be practical, affordable, and accessible—whether you're starting a new chapter, transitioning across borders, or stepping into a more advanced role. This guide was built to help you move forward with clarity, confidence, and direction.

This isn't a shortcut. It's a structured, expert-reviewed study and review tool designed to help you assess your knowledge, strengthen clinical reasoning, and focus on what matters most. From practice tests to detailed answer breakdowns, every feature is designed to support real-world preparation—not just academic review.

Use this guide alongside formal coursework, official licensing materials, and clinical experience for the best results.

Success Stories from Professionals Like You

"I was preparing to return to practice in North America after more than a decade abroad. This guide gave me a clear path to follow. It helped me refocus and regain my confidence before applying for hospital roles."

— Priya D., Registered Nurse

"I used this guide while prepping for a trauma nurse position. The questions pushed me to think beyond memorization and into clinical decision-making. It helped me walk into the interview prepared and focused."

— Daniel H., Licensed Practical Nurse

"I'm an instructor for an international bridging program. We needed something affordable that didn't compromise on depth. The explanations are sharp, the structure is clean, and my students rely on it week after week."

— Tanya W., Clinical Educator

Ready to Start Your Own Success Story

Whether you're reviewing core skills, preparing for certification, or planning a lateral move—Healthcare Study Guide gives you the tools to move forward with purpose.

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What This Guide Will Teach You

This guide isn't just about reviewing facts. It's about sharpening clinical reasoning, preparing for role-specific expectations, and building confidence as you advance, transition, or requalify in healthcare.

Success in this field demands more than academic knowledge. It requires focus, effort, and a mindset ready for high-pressure decision-making. Here's what to expect:

- 1. Progress takes work**

This guide is a tool—how much you gain depends on how actively you use it. Engaging with questions, reviewing explanations, and retesting weak areas is key to progress.

- 2. The focus is on clinical thinking**

Every question is designed to develop how you think, not just what you know. The answer explanations aren't filler—they're your opportunity to strengthen diagnostic logic, decision-making, and situational awareness.

- 3. It's a supplement, not a stand-alone solution**

This guide is most effective when paired with accredited coursework, current regulatory materials, and hands-on experience. It helps orient your study and fill knowledge gaps—but it's not a replacement for formal training or licensure requirements.

Used consistently, this guide can help you study with more purpose, reduce stress, and show up prepared—whether for an exam, a return-to-practice interview, or a new position in healthcare.

What This Guide Is—and What It Is Not

Healthcare Study Guide is a structured study resource built to support exam preparation, professional transitions, and independent review. It includes questions, explanations, and scenario-based material designed by professionals to reflect clinical realities in North American healthcare.

However, credentialing and licensure standards vary. This guide does not guarantee certification and is not affiliated with any official regulatory or licensing body.

This is not a substitute for medical education, formal clinical instruction, or hands-on patient care experience. It is meant to complement your preparation—not replace it.

Before using this guide for credentialing purposes, verify current requirements with your licensing authority or relevant governing body.



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Unlock Your Next Step

Whether you're studying for a national exam or re-entering the healthcare field, this guide is designed to move with you—offering practical tools to build confidence and clarity in your next step.

With flexible, self-paced learning built for busy professionals, *Healthcare Study Guide* supports learners at every stage. Visit HealthcareStudyGuide.com for access to practice tests, review tools, and resources tailored to your goals.



SNOWSITES



Year 1: Foundations of IV Therapy & Central Line Management

Subject 3: Getting It Right: Safe Peripheral IV Starts

1. What is the first step in IV start?

- a) Apply the tourniquet
- b) Gather supplies
- c) Insert the catheter
- d) Clean the site

Correct Answer: b) Gather supplies

Explanation: The first step in starting a peripheral IV is to gather all necessary supplies. This includes the IV catheter, antiseptic wipes, gloves, a tourniquet, and tape. Having everything ready ensures a smoother procedure and minimizes the risk of contamination or complications during the IV insertion process.

2. What is the purpose of using a tourniquet?

- a) To clean the site
- b) To make veins visible
- c) To apply pressure
- d) To secure the catheter

Correct Answer: b) To make veins visible

Explanation: The purpose of applying a tourniquet is to engorge the veins, making them more prominent and easier to locate for IV insertion. This is especially important in patients with smaller or difficult veins. Proper tourniquet application can significantly enhance the success rate of peripheral IV starts.

3. What should be done before catheter insertion?

- a) Remove gloves
- b) Clean the site
- c) Insert the needle
- d) Apply pressure

Correct Answer: b) Clean the site

Explanation: Before inserting the catheter, the site must be cleaned thoroughly with an appropriate antiseptic solution to reduce the risk of infection. This step is crucial to ensure a sterile environment and to protect both the patient and healthcare provider from potential complications during IV therapy.



4. What angle should the needle be inserted?

- a) 10 degrees
- b) 45 degrees
- c) 90 degrees
- d) 30 degrees

Correct Answer: d) 30 degrees

Explanation: The needle should be inserted at a 30-degree angle to the skin when starting a peripheral IV. This angle allows for better access to the vein while minimizing the risk of puncturing through the vein. Proper angling is essential for a successful and safe IV insertion.

5. What is the importance of sterile technique?

- a) Prevents patient discomfort
- b) Ensures quick insertion
- c) Reduces infection risk
- d) Saves supplies

Correct Answer: c) Reduces infection risk

Explanation: Maintaining a sterile technique during peripheral IV starts is vital to prevent the introduction of pathogens that could lead to infections. Keeping the insertion site and equipment sterile minimizes the risk of complications such as phlebitis or systemic infections, ensuring patient safety throughout the IV therapy process.

6. How should the catheter be secured?

- a) With glue
- b) With tape
- c) With a bandage
- d) With gauze

Correct Answer: b) With tape

Explanation: After successfully inserting the catheter, it should be secured with tape to prevent dislodgment and ensure it remains in place during use. Proper securing helps maintain the integrity of the IV line and reduces the risk of accidental removal, which can lead to complications.



7. What is the next step after catheter insertion?

- a) Flush with saline
- b) Dispose of needle
- c) Apply a tourniquet
- d) Clean the site

Correct Answer: a) Flush with saline

Explanation: After catheter insertion, it is crucial to flush the catheter with saline to ensure patency and confirm proper placement within the vein. This step helps to check for any resistance and verifies that the IV line is functioning correctly before administering any medications or fluids.

8. What should be monitored after IV start?

- a) Patient's color
- b) IV site for complications
- c) Equipment brand
- d) Room temperature

Correct Answer: b) IV site for complications

Explanation: After starting a peripheral IV, it is essential to continuously monitor the IV site for signs of complications such as swelling, redness, or pain. Observing for these symptoms helps detect any issues early, allowing for prompt intervention and ensuring patient safety during IV therapy.

9. What is a common complication of IV therapy?

- a) Fever
- b) Dizziness
- c) Headache
- d) Infiltration

Correct Answer: d) Infiltration

Explanation: Infiltration is a common complication associated with IV therapy, which occurs when the IV fluid leaks into the surrounding tissue instead of staying within the vein. This can cause swelling, discomfort, and potential tissue damage. Monitoring the IV site regularly can help identify infiltration early and address it appropriately.



10. How often should IV sites be assessed?

- a) Every hour
- b) Every minute
- c) Every day
- d) Every shift

Correct Answer: a) Every hour

Explanation: IV sites should be assessed at least every hour to monitor for any signs of complications, such as infiltration, phlebitis, or infection. Regular assessments allow healthcare providers to intervene quickly if any issues arise, ensuring the effectiveness of the IV therapy and maintaining patient safety.

11. What should be done if infiltration occurs?

- a) Ignore it
- b) Remove catheter
- c) Apply heat
- d) Flush quickly

Correct Answer: b) Remove catheter

Explanation: If infiltration occurs, the appropriate action is to remove the catheter immediately to prevent further tissue damage and discomfort. Following removal, the site should be assessed and monitored for swelling. Documenting the incident and notifying the healthcare provider is also necessary for ongoing patient care.

12. What should be used for skin antisepsis?

- a) Hydrogen peroxide
- b) Alcohol wipes
- c) Soap and water
- d) Sterile gauze

Correct Answer: b) Alcohol wipes

Explanation: Alcohol wipes are commonly used for skin antisepsis prior to IV catheter insertion. They effectively reduce microbial load on the skin, which is crucial in preventing infections at the insertion site. Proper antisepsis is a fundamental part of maintaining sterile technique during IV therapy.



13. Which vein is commonly used for IV starts?

- a) Basilic vein
- b) Jugular vein
- c) Femoral vein
- d) Subclavian vein

Correct Answer: a) Basilic vein

Explanation: The basilic vein is commonly used for peripheral IV starts due to its size and accessibility. It is located on the inner side of the forearm and is often easier to locate than other veins. Choosing the right vein is essential for successful IV access and minimizing patient discomfort.

14. What is the purpose of using gloves?

- a) To maintain hygiene
- b) To appear sterile
- c) To keep hands warm
- d) To look professional

Correct Answer: a) To maintain hygiene

Explanation: Using gloves during IV starts is crucial for maintaining hygiene and protecting both the healthcare provider and the patient from potential infections. Gloves act as a barrier against contaminants, ensuring that the procedure remains sterile and reducing the risk of transmission of pathogens.

15. How should the IV catheter be disposed of?

- a) In recycling bin
- b) In regular trash
- c) In a sharps container
- d) In biohazard bag

Correct Answer: c) In a sharps container

Explanation: The IV catheter should be disposed of in a designated sharps container to prevent needle-stick injuries and ensure safe waste management. Sharps containers are specifically designed to handle sharp objects, reducing the risk of injury to healthcare workers and the public while adhering to safety regulations.



16. What is phlebitis?

- a) Infection of the vein
- b) Blockage of the vein
- c) Swelling of the vein
- d) Inflammation of the vein

Correct Answer: d) Inflammation of the vein

Explanation: Phlebitis is the inflammation of a vein, often caused by irritation from the IV catheter or the infused solution. Symptoms may include redness, warmth, and tenderness at the site. Prompt recognition and management of phlebitis are essential to prevent further complications and ensure patient comfort during IV therapy.

17. What is the significance of flushing the IV line?

- a) To test the catheter
- b) To check for leaks
- c) To waste saline
- d) To clear the line

Correct Answer: d) To clear the line

Explanation: Flushing the IV line is significant as it helps clear any potential blockages and ensures that the catheter is patent. It also helps remove any residual medication or blood that may obstruct the flow of fluids. Regular flushing is crucial for maintaining the effectiveness of IV therapy.

18. When should IV therapy be discontinued?

- a) After 24 hours
- b) Patient request
- c) Upon signs of complications
- d) Every week

Correct Answer: c) Upon signs of complications

Explanation: IV therapy should be discontinued immediately upon signs of complications such as infiltration, phlebitis, or infection. Promptly addressing these issues is vital to ensure patient safety and comfort. Discontinuing IV therapy in a timely manner helps prevent further complications and promotes better patient outcomes.



19. What should be documented after IV insertion?

- a) Personal details
- b) Equipment brand
- c) Date and time
- d) Patient's favorite color

Correct Answer: c) Date and time

Explanation: Proper documentation after IV insertion should include the date and time of the procedure, along with details such as the site of insertion, type of catheter used, and any observations regarding the site. Accurate documentation is essential for continuity of care and for legal and medical record-keeping purposes.

20. What is a common sign of infection at the IV site?

- a) Swelling
- b) Fever
- c) All of the above
- d) Redness

Correct Answer: c) All of the above

Explanation: Common signs of infection at the IV site include swelling, redness, and occasionally fever. Prompt recognition of these symptoms is crucial for effective intervention. Early detection and treatment of infections can prevent more serious complications and ensure the safety and well-being of the patient.

21. What should be done if the IV catheter becomes dislodged?

- a) Call for help
- b) Remove and start over
- c) Reinsert immediately
- d) Apply pressure

Correct Answer: b) Remove and start over

Explanation: If the IV catheter becomes dislodged, the correct action is to remove it and start the IV process again. Reattempting to insert the same catheter can lead to further complications and discomfort for the patient. It's crucial to ensure proper placement for effective IV therapy.



22. How should IV fluids be administered?

- a) In a random manner
- b) All at once
- c) Slowly and steadily
- d) Fast and quick

Correct Answer: c) Slowly and steadily

Explanation: IV fluids should be administered slowly and steadily to avoid complications such as fluid overload or adverse reactions. This method allows the body to assimilate the fluids properly and minimizes the risk of discomfort or other side effects. Careful monitoring during administration is essential.

23. What is a sign of successful IV placement?

- a) Redness
- b) Swelling
- c) Blood return
- d) Pain at site

Correct Answer: c) Blood return

Explanation: A sign of successful IV placement is the presence of blood return in the catheter. This indicates that the catheter is correctly positioned within the vein, allowing for effective administration of fluids or medications. Observing blood return is a crucial step in verifying catheter placement.

24. What should you do if a patient feels discomfort?

- a) Adjust the catheter
- b) Ignore it
- c) Continue without stopping
- d) Ask for help

Correct Answer: a) Adjust the catheter

Explanation: If a patient expresses discomfort during IV therapy, the healthcare provider should assess the situation and consider adjusting the catheter's position. Discomfort may indicate improper placement or irritation, and addressing it promptly can enhance patient comfort and ensure the efficacy of the IV treatment.



25. Why is patient education important?

- a) To avoid questions
- b) To fill out forms
- c) To pass time
- d) To ensure understanding

Correct Answer: d) To ensure understanding

Explanation: Patient education is vital to ensure that patients understand the IV therapy process, what to expect, and how to recognize potential complications. Educating patients empowers them to participate actively in their care and fosters a sense of security. Clear communication enhances the overall quality of healthcare delivery.



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About the Creators

Bobby Bedi

Bobby Bedi is a digital strategist and EdTech systems architect with over 30 years of experience building scalable learning platforms. With roots in architecture and digital innovation, he specializes in designing user-focused education tools that blend clean design with powerful infrastructure.

Bobby has led digital transformation initiatives across startups, public companies, and global education ventures. His work centers on making learning more intuitive, accessible, and effective—regardless of a user's background or starting point.

At Healthcare Study Guide, Bobby oversees platform strategy, systems design, and digital experience—ensuring that each product delivers clarity, performance, and long-term value for learners and institutions alike.

Kris McFarlane

Kris McFarlane is a content strategist, learning designer, and EdTech entrepreneur with two decades of experience building practical, outcome-driven education programs. His background spans business development, curriculum design, and instructional systems—particularly in industries where accessible education is critical to career growth.

Kris has led the development of national study systems used across North America, combining technical accuracy with an understanding of how real people learn. His approach centers on clear, actionable content that meets professionals where they are and helps them move forward—fast.

At Healthcare Study Guide, Kris leads product development and content strategy, ensuring that every module reflects clinical standards while remaining approachable, efficient, and easy to use.

Work with the Creators

Bobby and Kris bring over 40 years of combined experience in EdTech, curriculum design, and scalable learning systems. Together, they build platforms that make professional education more accessible, more effective, and more aligned with the demands of today's workforce.

To learn more or connect with the Unity Crest Solutions team, visit UnityCrestSolutions.com.



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Unite, Educate, and Innovate

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We strongly recommend that all users consult the official resources provided by their provincial, state, or national regulatory organizations to obtain the most current, accurate, and legally binding information regarding licensing requirements, exam structure, and scope of practice.

Use this guide as a companion—not a replacement—for official training and credentialing pathways.



Unlock Your Potential with the Healthcare Study Guide

Whether you're preparing for a healthcare certification exam, stepping into a new clinical role, or transitioning from international training into the North American healthcare system, the Healthcare Study Guide is designed to support your next step.

This guide goes beyond memorization. It offers a structured, focused approach to help you review core knowledge, strengthen clinical reasoning, and prepare with confidence. Created for professionals at all stages, it delivers practical insight—without the high cost or complexity of traditional review programs.

What We Offer

- **Realistic Practice Tests**
Timed assessments simulate the pace and pressure of real exams, helping you evaluate readiness, sharpen focus, and build test-day confidence.
- **Targeted Question and Answer Sets**
Engage with questions written by healthcare professionals, aligned with clinical logic and licensing standards in both the U.S. and Canada.
- **In-Depth Explanations**
Every answer includes a clear, practical rationale—so you understand not just what's correct, but why. It's preparation Designed for clinical application.

Whether you're preparing for licensing, requalification, or a shift in specialty, this guide gives you the tools to move forward—on your own schedule.

Real Stories from Real Professionals

- "This gave me the structure I needed. After years away from practice, it helped me rebuild confidence and pass my certification."
— Alina S., Registered Nurse
- "I was preparing to move into emergency care. This guide helped me refocus and sharpen the clinical thinking I needed."
— Marcus K., Paramedic
- "As a program lead in an international bridge course, I've reviewed dozens of study tools. This is one of the few I continue to recommend."
— Dr. Elise N., Healthcare Educator

Take the Next Step in Your Career

Healthcare professionals across North America use this guide to sharpen their knowledge, rebuild confidence, and move into new roles with clarity and purpose. Now it's your turn.

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