HEALTHCARE STUDY GUIDE

IV THERAPY & CENTRAL LINE MANAGEMENT

YEAR 2 SYSTEM FUNCTION

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.

QUESTIONS

Subject 3: Central Line Care: Routine Maintenance & Dressing Changes

1. What is the purpose of sterile dressing change?
a) Enhance visibility
b) Reduce cost
c) Prevent infection
d) Increase comfort

Correct Answer: c) Prevent infection

Explanation: Sterile dressing changes are crucial in maintaining the integrity of the IV site and preventing infections. A sterile technique reduces the risk of introducing pathogens into the bloodstream, which can lead to serious complications such as bloodstream infections. Regular dressing changes help ensure the area remains clean and free of contaminants.

2. How often should IV site dressings be changed?
a) Every 72 hours
b) Every day
c) Every week
d) Every month

Correct Answer: a) Every 72 hours

Explanation: IV site dressings should typically be changed every 72 hours to minimize the risk of infection and ensure proper site assessment. This interval helps maintain a sterile environment and allows for evaluation of the insertion site for any signs of complications, ultimately promoting patient safety and care quality.

3. What is a key step in flushing protocols?
a) Use distilled water
b) Use sterile saline
c) Use alcohol
d) Use tap water

Correct Answer: b) Use sterile saline

Explanation: Flushing protocols for IV therapy typically involve the use of sterile saline to clear the catheter and maintain patency. This practice prevents clot formation and ensures that the IV line remains open for medication administration. Using sterile saline is essential to avoid introducing contaminants that could lead to infection.

4. What is the first step in dressing change?
a) Remove old dressing
b) Inspect IV site
c) Prepare new dressing
d) Wash hands

Correct Answer: d) Wash hands

Explanation: The first step in any dressing change is to wash hands thoroughly to reduce the risk of infection. Hand hygiene is critical in the IV therapy process as it eliminates pathogens that could be transferred to the IV site during the dressing change. This practice sets the foundation for maintaining a sterile environment.

5. Which is a securement technique?
a) Cotton balls
b) Plastic wrap
c) Elastic bandage
d) Adhesive tape

Correct Answer: d) Adhesive tape

Explanation: Adhesive tape is a common securement technique used to stabilize IV catheters and prevent dislodgement. Proper securement is essential to ensure that the IV line remains in place and functions effectively during treatment. Using adhesive tape reduces the risk of movement and potential complications associated with IV therapy.

6. How should you dispose of used dressings?
a) In recycling bin
b) In biohazard waste
c) In regular trash
d) In compost

Correct Answer: b) In biohazard waste

Explanation: Used dressings should be disposed of in biohazard waste containers to minimize the risk of exposure to infectious materials. This practice is important in healthcare settings to protect patients, staff, and the environment from potential contamination. Proper disposal also complies with safety regulations and infection control protocols.

7. What should be assessed before dressing change?
a) Patient's mood
b) Room temperature
c) IV insertion site
d) Staff availability

Correct Answer: c) IV insertion site

Explanation: Assessing the IV insertion site before a dressing change is crucial to identify any signs of infection, inflammation, or other complications. This evaluation helps healthcare providers determine the appropriate course of action and ensures the safety and effectiveness of the IV therapy being administered. Regular assessments are key to patient care.

8. What is the purpose of securing IV lines?
a) Enhance aesthetics
b) Prevent accidental dislodgement
c) Reduce medication errors
d) Simplify documentation

Correct Answer: b) Prevent accidental dislodgement

Explanation: The primary purpose of securing IV lines is to prevent accidental dislodgement, which can lead to complications such as infiltration or phlebitis. Proper securement techniques, such as using adhesive tape or specialized securement devices, help ensure that the IV catheter remains in place during patient movement or activities, thereby promoting patient safety.

9. What should you do if the IV site is red?
a) Notify a nurse
b) Ignore it
c) Apply ice
d) Change the dressing

Correct Answer: a) Notify a nurse

Explanation: If the IV site appears red, it may indicate inflammation or infection, necessitating immediate attention. It is crucial to notify a nurse or healthcare provider for further evaluation and intervention. Prompt recognition and action can prevent serious complications and ensure appropriate treatment, maintaining patient safety and health.

10. What is an important step after flushing an IV?
a) Remove gloves
b) Allow patient to eat
c) Document procedure
d) Change dressing

Correct Answer: c) Document procedure

Explanation: Documenting the flushing procedure is essential after completing it to maintain an accurate and comprehensive patient record. This documentation includes the time of the flush, the solution used, and the IV site condition. Accurate records contribute to continuity of care, ensuring that all healthcare providers involved are informed of the patient's treatment history.

11. What technique ensures sterile field during dressing change?
a) Close windows
b) Use antiseptic
c) Wear gloves
d) Limit movement

Correct Answer: c) Wear gloves

Explanation: Wearing gloves is essential for maintaining a sterile field during a dressing change. Gloves protect both the healthcare provider and the patient from potential contamination and infection. Ensuring that gloves are donned properly before handling any sterile materials helps uphold infection control standards during the dressing change process.

12. Which method is used to secure an IV catheter?
a) String
b) Rubber bands
c) Safety pins
d) Adhesive strips

Correct Answer: d) Adhesive strips

Explanation: Adhesive strips are commonly used to secure IV catheters, ensuring they remain in place during therapy. This method provides stability and reduces the risk of accidental dislodgement, which can lead to complications. Proper securement is vital for effective IV therapy and patient safety, making adhesive strips a preferred choice.

13. When should a saline flush be performed?
a) After dressing change
b) Every hour
c) Before medication
d) Only when needed

Correct Answer: c) Before medication

Explanation: A saline flush is typically performed before administering medication through an IV to ensure the line is patent and free of any blockages. This practice helps confirm that the IV is functioning correctly, allowing for the effective delivery of medications. It is an essential step in IV therapy protocols to maintain line integrity.

14. What is the recommended flush volume for IV lines?
a) 30-40 mL
b) 1-2 mL
c) 5-10 mL
d) 15-20 mL

Correct Answer: c) 5-10 mL

Explanation: The recommended flush volume for IV lines is typically 5-10 mL of sterile saline. This volume is sufficient to clear the line of medication residue and ensure patency without causing discomfort to the patient. Following the appropriate flushing protocols is critical in IV therapy to maintain effective treatment and prevent complications.

15. How should the IV site be cleaned before dressing change?
a) With soap
b) With water
c) With alcohol swab
d) With lotion

Correct Answer: c) With alcohol swab

Explanation: The IV site should be cleaned with an alcohol swab to reduce the risk of infection before changing the dressing. This antiseptic technique helps eliminate bacteria and other pathogens from the skin surface, maintaining a sterile environment for the dressing change. Proper cleaning is essential to uphold infection control measures in IV therapy.

16. What is a common sign of IV infection?
a) Redness and swelling
b) Decreased temperature
c) Increased appetite
d) Improved mood

Correct Answer: a) Redness and swelling

Explanation: Redness and swelling at the IV site are common signs of infection and should be addressed immediately. These symptoms indicate that the body is reacting to an infection, which could lead to more serious complications if not treated promptly. Early recognition and intervention are vital in maintaining patient safety and effective IV therapy.

17. Which dressing type is commonly used for IV sites?
a) Cotton
b) Gauze
c) Band-aid
d) Transparent film

Correct Answer: d) Transparent film

Explanation: Transparent film dressings are commonly used for IV sites as they provide a sterile barrier while allowing for visibility of the insertion site. This type of dressing helps keep the area clean and dry while facilitating monitoring for any signs of complications. The transparency also aids in ongoing assessments without needing to change the dressing frequently.

18. When should you change an IV dressing?
a) When it looks dirty
b) Only if patient requests
c) If it becomes loose
d) Every 48 hours

Correct Answer: c) If it becomes loose

Explanation: An IV dressing should be changed if it becomes loose or soiled, as this can increase the risk of infection and compromise the integrity of the IV site. Regular assessment of the dressing is important to ensure it remains secure and effective. Changing the dressing at the appropriate times helps maintain optimal patient care and safety.

19. What should be done if an IV catheter is dislodged?
a) Reinsert immediately
b) Notify healthcare provider
c) Apply pressure
d) Leave it alone

Correct Answer: b) Notify healthcare provider

Explanation: If an IV catheter is dislodged, it is crucial to notify a healthcare provider immediately rather than attempting to reinsert it yourself. Dislodgment can lead to complications such as infiltration or phlebitis. Prompt communication ensures that the patient receives appropriate care and that any necessary interventions are carried out effectively and safely.

20. What is essential during dressing change procedure?
a) Play music
b) Talk to coworkers
c) Use personal items
d) Ensure patient comfort

Correct Answer: d) Ensure patient comfort

Explanation: Ensuring patient comfort during the dressing change procedure is essential for promoting a positive experience and reducing anxiety. Patients should be informed about the procedure and any sensations they might feel. Comfort measures, such as positioning and reassuring communication, contribute to better patient satisfaction and cooperation during IV therapy.

21. What to do if IV site is leaking?
a) Apply pressure
b) Change dressing immediately
c) Ignore it
d) Notify a nurse

Correct Answer: d) Notify a nurse

Explanation: If the IV site is leaking, it is important to notify a nurse for further evaluation and intervention. Leakage may indicate catheter malfunction or complications that require prompt attention. Proper management of such issues is essential to maintain the safety and effectiveness of IV therapy while preventing potential complications for the patient.

22. What is the role of a securement device?
a) Enhance patient comfort
b) Reduce costs
c) Increase visibility
d) Stabilize IV catheter

Correct Answer: d) Stabilize IV catheter

Explanation: The primary role of a securement device is to stabilize the IV catheter and prevent it from moving or dislodging during patient activity. Proper stabilization is crucial for maintaining the effectiveness of IV therapy and minimizing the risk of complications such as infiltration. Securement devices help ensure patient safety and enhance the overall quality of care.

23. What should be avoided during dressing changes?
a) Sterile technique
b) Sharing supplies
c) Patient involvement
d) Hand hygiene

Correct Answer: b) Sharing supplies

Explanation: Sharing supplies during dressing changes should be avoided to prevent contamination and infection. Each dressing change should utilize sterile, single-use supplies to maintain a clean environment and ensure patient safety. Adhering to strict protocols for supply handling is crucial in infection control and effective IV therapy practices.

24. What is the main goal of IV therapy?
a) Hydration
b) Infection
c) Aesthetics
d) Comfort

Correct Answer: a) Hydration

Explanation: The main goal of IV therapy is to provide hydration and deliver medications or nutrients directly into the bloodstream. This method ensures rapid absorption and effectiveness, especially in patients who cannot take medications orally. IV therapy is a critical component of patient care in various clinical settings, aiming to support overall health and recovery.

25. What should you document after IV dressing change?
a) Date and time
b) Room temperature
c) Staff names
d) Patient's favorite color

Correct Answer: a) Date and time

Explanation: It is essential to document the date and time of the IV dressing change to maintain an accurate record of patient care. This information is vital for tracking dressing change intervals, assessing the IV site condition, and ensuring compliance with protocols. Comprehensive documentation contributes to effective communication among healthcare providers and enhances patient safety.

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20). (A) (B) (C) (D)   25). (A) (B) (C) (D)

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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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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