

International DHA-Phleb

DHA Phlebotomist (DHA-Phleb)

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Question: 1

Which of the following is a purpose of the requisition form?

- A. identifying the patient
- B. telling the phlebotomist what specimen should be collected
- C. knowing what equipment is needed for the collection
- D. all of the above

Answer: D

Explanation:

The requisition form plays a crucial role in medical and laboratory settings, serving multiple essential functions to ensure the accuracy and efficiency of patient care and diagnostic processes. Here's a detailed explanation of the purposes of a requisition form:

****Identifying the Patient:**** One of the primary purposes of the requisition form is to provide clear and accurate identification of the patient. This includes details such as the patient's name, date of birth, medical record number, and other pertinent information that helps in preventing errors and ensuring that the tests are conducted on the correct individual. Accurate patient identification is crucial for maintaining the integrity of the test results and for proper diagnosis and treatment.

****Telling the Phlebotomist What Specimen Should Be Collected:**** The requisition form specifies what type of specimen needs to be collected from the patient, such as blood, urine, or other bodily fluids or tissues. This information guides the phlebotomist or the personnel collecting the sample in preparing for the appropriate collection method and ensures that the correct tests are performed on the right type of specimen. This is particularly important in cases where the nature of the test could vary significantly depending on the type of specimen collected.

****Knowing What Equipment is Needed for the Collection:**** The requisition form often contains information about the specific equipment or tools required for collecting the specimen. This could include details about the size or type of needle, the kind of syringe, specific tubes with or without additives, and other collection devices. This ensures that the collection process is not only correct but also adheres to the required standards for specific types of samples, which can be critical for the accuracy of test results.

****Special Handling Procedures:**** Although not always explicitly stated on the requisition form, understanding any special handling requirements for certain samples is essential. If the form does not provide this information, it may be necessary for the phlebotomist or technician to consult additional laboratory resources. This ensures that the specimen is not only collected correctly but also transported, stored, and processed under conditions that preserve its integrity and viability for accurate testing.

****All of the Above:**** Each of these functions is integral to the purpose of the requisition form, making "all of the above" a correct choice if presented as an option in a question about the form's purpose. The comprehensive information on the requisition form facilitates a coordinated approach to patient care, minimizes the risk of errors, and enhances the efficiency of the diagnostic process.

Question: 2

The most common procedure for collecting many types of urine specimens is which of the following?

- A. suprapubic aspiration
- B. needle aspiration
- C. catheter collection
- D. midstream clean catch

Answer: D

Explanation:

The most common procedure for collecting many types of urine specimens is the midstream clean catch. This method is widely used because it is relatively easy to perform and helps in obtaining a urine sample that is free from contaminants. The goal of this technique is to collect urine that represents the actual composition within the bladder, minimizing contamination from the external genitalia and urethra.

To perform a midstream clean catch, the individual first cleans the genital area with a sterile wipe to reduce the presence of bacteria and other contaminants that are normally found on the external urethra. After cleaning, the individual begins to urinate into the toilet. Once a small amount of urine has been passed, which helps flush out potential contaminants from the urethra, the collection container is then placed in the urine stream to catch the urine "midstream." This middle portion of the urine stream is thought to be less contaminated than the initial part. The individual finishes urinating into the toilet after the container has been removed, ensuring that only the midstream urine is collected.

This collection method is used for routine urinalysis, urine culture, and other diagnostic tests. It is particularly important for accurate results in urine cultures, which can be used to diagnose urinary tract infections. Collecting the midstream portion reduces the likelihood of the sample being contaminated with bacteria that are not actually present in the urinary tract, thus providing more accurate results. Other methods for collecting urine samples include suprapubic aspiration, needle aspiration, and catheter collection. However, these methods are more invasive and are typically used in specific clinical situations where the midstream clean catch is not appropriate or feasible. For example, suprapubic aspiration involves inserting a needle directly into the bladder through the abdominal wall, and it is used when extremely sterile samples are needed or when a patient is unable to independently provide a urine sample.

Overall, the midstream clean catch method is preferred for its simplicity and effectiveness in reducing contamination. It is a standard practice in both outpatient and inpatient settings and is suitable for most patients, including those who are able to understand and follow the instructions necessary to provide a clean sample.

Question: 3

When collecting a 24-hour urine sample the first urine specimen is collected:

- A. at 0800 hours
- B. in the evening after fluid loading
- C. after the first morning urine is discarded

D. when the patient wakes up

Answer: C

Explanation:

The correct procedure for collecting a 24-hour urine sample typically involves discarding the first urine of the day and then collecting every urine voided thereafter for the next 24 hours. Here is an expanded explanation of the steps involved in this process:

The 24-hour urine collection test is a diagnostic procedure used to measure components, such as hormones, electrolytes, and metabolites, over a 24-hour period. This test is crucial for accurately assessing substances that may vary in concentration throughout the day.

To begin the test, it is standard practice for the patient to void (urinate) first thing in the morning and discard this initial urine sample. This first urination marks the starting point of the 24-hour collection period but is not included in the sample. The reason for discarding this first morning urine is that it has accumulated overnight and may not accurately represent the kidney's processing capabilities throughout an average day.

Immediately after discarding the first morning sample, the patient should collect all subsequent urine passed in the next 24 hours. This includes all urine voided during the day and night. Each urine void should be collected in a clean, dry container, which is typically provided by the healthcare facility conducting the test. It's crucial for the patient to ensure all urine passed is collected during the 24-hour period, as missing any urine can lead to inaccurate results.

The collection period ends after 24 hours with the collection of the first morning urine on the following day. This last sample is included in the collection because it completes the 24-hour cycle.

During the collection period, the patient should maintain their usual diet and fluid intake unless otherwise instructed by their healthcare provider. Any deviations from normal habits can skew the results of the test.

Once the 24-hour collection is complete, the collected urine should be kept cool and brought to the laboratory or healthcare provider as soon as possible. The laboratory will then analyze the total volume and various components of the urine to assist in diagnosing any abnormalities or monitoring specific conditions.

In summary, when conducting a 24-hour urine collection, the first urine specimen of the day is discarded, and all urine voided thereafter for the next 24 hours is collected. This method ensures that the sample reflects the renal function and substance levels accurately over an entire day.

Question: 4

The type of tissue that is characterized by a relative scarcity of cells and a relative abundance of extracellular ground substance is which of the following?

- A. epithelial tissue
- B. muscle tissue
- C. nerve tissue
- D. connective tissue

Answer: D

Explanation:

Connective tissue is one of the four main types of tissues in the body, alongside epithelial, muscle, and nerve tissues. It plays a fundamental role in the structure and function of the body by supporting, connecting, or separating different types of tissues and organs.

A distinctive feature of connective tissue is its composition. Unlike epithelial tissue, which has cells closely packed together with minimal extracellular material, connective tissue is characterized by fewer cells and a large amount of extracellular matrix. This matrix consists of ground substance and fibers, which are secreted by the connective tissue cells themselves. The ground substance is a mixture of proteins and carbohydrates, which provides a medium in which cells can exchange nutrients and waste products.

The scarcity of cells in connective tissues compared to the abundance of extracellular matrix is a defining characteristic. The cells in connective tissue, such as fibroblasts, adipocytes, and cells of the immune system, are spaced out and embedded within the ground substance. This structure allows connective tissues to fulfill their role in providing support and structural framework for other tissues and organs. Examples of connective tissues include bone, cartilage, adipose (fat) tissue, blood, lymph, and various types of fibrous connective tissues. Each of these types serves specific functions in the body, ranging from providing rigidity and structural support (as in bones and cartilage) to serving as energy reserves and protective padding (as in adipose tissue).

In summary, connective tissue is essential for the structural integrity and function of the body's organs and systems. Its unique composition, characterized by fewer cells and a predominant extracellular matrix, enables it to perform a variety of critical functions, including binding and supporting other tissue types. Bone, a type of connective tissue, exemplifies this role with its dense, rigid structure that supports and protects body structures.

Question: 5

Blood leaves the heart by way of which of the following?

- A. right and left ventricles
- B. right and left atriums
- C. arterioles
- D. venules

Answer: A

Explanation:

Blood leaves the heart primarily through the right and left ventricles, which are the two lower chambers of the heart. These chambers are crucial in the heart's function of pumping blood throughout the body and to the lungs. The heart is divided into four chambers: the right atrium, right ventricle, left atrium, and left ventricle.

The process begins when blood returns to the heart from the body and enters the right atrium. It then moves into the right ventricle, which pumps it to the lungs via the pulmonary arteries for oxygenation. After receiving oxygen in the lungs, the blood returns to the left atrium of the heart. It is then transferred to the left ventricle, which is responsible for pumping the oxygen-rich blood through the aorta to the various parts of the body, ensuring that oxygen and nutrients are delivered to all tissues. The right and left ventricles are equipped with thick muscular walls to handle their respective pumping functions. The right ventricle has thinner walls because it only needs to pump blood to the lungs, which

is a shorter circuit. In contrast, the left ventricle has much thicker walls as it must generate enough force to propel blood throughout the entire body.

It's important to distinguish the ventricles from the atria (the upper chambers), which serve as receiving areas for blood but do not have the primary role of forcefully expelling it from the heart. Similarly, blood vessels such as arterioles and venules are involved in the circulation process but serve different functions. Arterioles are small branches of arteries that lead to capillaries and help regulate blood pressure and flow. Venules collect blood from capillaries and return it to larger veins, eventually leading back to the heart, but do not directly interact with the heart's expulsion of blood like the ventricles do. In summary, blood exits the heart through the right and left ventricles, where it is pumped into the pulmonary and systemic circulations, respectively. This efficient system ensures that both oxygen-depleted and oxygen-rich blood are correctly routed to sustain vital body functions.

Question: 6

The person in a civil action claiming to have been harmed is known as which of the following?

- A. defendant
- B. prosecutor
- C. plaintiff
- D. witness

Answer: C

Explanation:

In the context of a civil lawsuit, the correct answer to the question, "The person in a civil action claiming to have been harmed is known as which of the following?" is "plaintiff."

A plaintiff is an individual or party who brings a lawsuit against another party in a court of law. In civil law, a plaintiff is the person who claims to have incurred loss or damage as a result of the defendant's actions and seeks legal remedy through the courts. This legal action generally arises when there is a dispute between parties over non-criminal matters such as personal injury, breach of contract, or property damage.

The role of the plaintiff is to demonstrate to the court that they have sustained injuries or damages and that the defendant is responsible for these. The burden of proof lies with the plaintiff, who must present sufficient evidence to support their claims. This may involve submitting documents, physical evidence, and witness testimonies that corroborate their account of events.

The defendant, on the other hand, is the party being sued. In civil litigation, the defendant is required to respond to the plaintiff's complaint. If the defendant disagrees with the plaintiff's claims, they may contest the allegations by presenting their own evidence and arguments. The outcome of a civil lawsuit depends on whether the plaintiff can convince the court that their claims are valid and that they deserve compensation or another form of legal relief from the defendant.

It is crucial to distinguish the plaintiff's role from that of a prosecutor in criminal cases. In criminal law, the prosecutor represents the state and brings charges against the defendant for violating criminal statutes, not because of personal harm, but because the actions are deemed offenses against society as a whole.

Lastly, a witness in legal proceedings is a person who gives testimony, either in person or in written form, about what they know or have observed. A witness is not directly involved as a party in the lawsuit but may provide critical information that can influence the outcome of the case. In summary, in a civil

lawsuit, the plaintiff is the party who claims to have been wronged or injured and initiates the legal action against the defendant seeking compensation or other legal remedies.

Question: 7

Which of the following is the first step to take in removing personal protective equipment?

- A. remove the gown and gloves
- B. remove the goggles or face shield
- C. remove the mask or respirator
- D. perform hand hygiene

Answer: A

Explanation:

The correct first step in removing personal protective equipment (PPE) is to remove the gown and gloves. This procedure is prioritized because these pieces of PPE are typically the most contaminated after exposure to a hazardous environment. It is crucial to follow the correct sequence and technique to prevent self-contamination or the spread of contaminants to others or the surrounding environment. When removing the gown, one should carefully untie all ties or unfasten any hooks without agitating the gown too much to avoid dispersing contaminants into the air. The gown should be pulled away from the body, turning it inside out and folding or rolling it into a bundle. This process helps to contain any contaminants on the outer surface of the gown.

Following the removal of the gown, the gloves should be the next item to be taken off. Gloves can be removed using a technique that prevents skin contact with the outer surface. This usually involves pinching one glove at the wrist and peeling it off over the hand, holding it with the gloved hand, and then sliding fingers under the wrist of the remaining glove to peel it off, turning it inside out over the first glove. This method ensures that both gloves are contained within each other, with the contaminated surfaces on the inside.

After removing the gown and gloves, it is essential to perform hand hygiene immediately to eliminate any contamination that might have been transferred to the hands during the removal process. This step involves washing hands with soap and water or using an alcohol-based hand sanitizer.

The subsequent steps in the removal of PPE, such as taking off goggles, face shields, and masks or respirators, should follow the removal of the gown and gloves. Each of these items should be handled carefully and with minimal contact to avoid contamination. The complete and systematic removal of PPE is crucial in maintaining the safety and health of individuals who are exposed to hazardous environments, ensuring that protective barriers do not become sources of contamination themselves.

Question: 8

Communicating with patients is of utmost importance. One of the methods of communicating is restating the person's message in your own words. This is called:

- A. listening
- B. paraphrasing
- C. questioning

D. focusing

Answer: B

Explanation:

The correct answer to the question about a communication method where you restate another person's message in your own words is "paraphrasing."

Paraphrasing is an essential communication skill, particularly in healthcare settings where clear understanding between healthcare providers and patients is crucial. It involves taking what someone else has said and rephrasing it in your own words. This technique serves multiple purposes. Firstly, it demonstrates active listening, showing the speaker that you are fully engaged and attentive to their words. This can help in building trust and rapport between the patient and the healthcare provider. Secondly, paraphrasing acts as a form of feedback. It gives the speaker a chance to hear their own words reflected back to them in a different form, which can help clarify any misunderstandings right away. If the paraphrase is not accurate, it provides an opportunity for the speaker to correct any discrepancies. This ensures that both parties have a mutual understanding of the discussion, which is vital for effective treatment and care.

Moreover, paraphrasing can encourage further elaboration. When a patient sees that the healthcare provider is genuinely interested in what they are saying, it can make them feel more comfortable and valued, potentially leading them to share additional information that could be pertinent to their care. In summary, paraphrasing is more than just a communication tool; it is a fundamental component of effective patient care, ensuring clarity, encouraging deeper conversations, and building a supportive relationship between the healthcare provider and the patient. This method stands distinct from merely repeating or summarizing as it involves interpretation and reiteration in the listener's own words, enhancing understanding and engagement in any healthcare interaction.

Question: 9

The metacarpal bones are located in which of the following areas?

- A. hands
- B. feet
- C. arms
- D. legs

Answer: A

Explanation:

The metacarpal bones are an essential component of the skeletal system, specifically located in the hands. Each hand contains five metacarpal bones, which are the long bones found between the wrist (carpal bones) and the fingers (phalanges). These bones form the framework of the palm and are numbered from one to five, starting with the thumb side of the hand.

In terms of function, the metacarpal bones play a crucial role in the mobility and dexterity of the hand. They allow movements such as grasping, gripping, and clenching, which are fundamental for daily activities ranging from writing to lifting objects. The metacarpal bones are connected to the muscles of the hand through tendons, which facilitate the movement of the fingers and thumb.

Comparatively, the bones located in the feet, arms, and legs serve different purposes. The feet contain tarsal and phalangeal bones, not metacarpals. The arms are primarily composed of the humerus, radius, and ulna, while the legs consist of the femur, tibia, and fibula, among others. Each set of bones is adapted to the specific functions and mechanics of their respective locations within the body. Understanding the placement and role of metacarpal bones is not only crucial for those studying anatomy and medicine but also for understanding common injuries such as fractures, which can significantly impact hand function. Proper knowledge helps in accurate diagnosis and effective treatment planning for injuries or conditions affecting the hands.

Question: 10

Which of the following is NOT a characteristic of arteries?

- A. They carry blood from the heart.
- B. They have elastic walls that expand with the surge of blood.
- C. The blood is normally bright red in color.
- D. They have valves.

Answer: D

Explanation:

The correct answer to the question "Which of the following is NOT a characteristic of arteries?" is "They have valves." This statement is inaccurate regarding the structural characteristics of arteries and instead applies to veins.

Arteries are blood vessels that carry oxygenated blood away from the heart to various parts of the body. One of the key structural features of arteries is their thick, elastic walls. These walls are composed of three layers: the intima, the media, and the adventitia. The elasticity of these walls allows arteries to withstand the high pressure of blood pumped by the heart and to maintain a continuous flow of blood throughout the body. This characteristic also enables them to expand and contract as the blood volume and pressure within them rise and fall with each heartbeat.

In contrast to veins, arteries do not have valves. The purpose of valves in the circulatory system is to prevent the backflow of blood, ensuring it moves in one direction. Veins, which carry blood back to the heart at a lower pressure, are equipped with valves to assist in the upward return of blood against gravity, especially in the limbs. Since the blood in arteries is pumped under higher pressure by the heart's contractions, there is no need for valves to prevent backflow, as the high pressure keeps the blood moving forward.

Additionally, the blood in arteries is generally bright red due to its high oxygen content, except in the case of the pulmonary artery, which carries deoxygenated blood from the heart to the lungs for oxygenation. This distinct coloration contrasts with the darker red blood found in veins, reflecting lower oxygen content.

Hence, the statement that arteries have valves is incorrect and does not describe a characteristic of arteries, making it the right choice for the answer to the question provided.

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