

Teach Your Patients Self-Management with Kidney School™

1. What is a key finding from the study on long-term dialysis survivors:
 - A. Adherence to the treatment plan.
 - B. Non-adherence to the treatment plan.
 - C. Active, comprehensive self-management.
 - D. Monitoring the progress and effectiveness of the treatment plan.
2. What are the areas of self-management:
 - A. Self-care and self-advocacy.
 - B. Follow treatment plan, maintain safety, report/manage symptoms.
 - C. Planning, monitoring, and following the treatment plan.
 - D. Working with providers and sharing responsibility for care.
3. Which of the following have been shown to improve patients mental and physical well-being:
 - A. Patients' knowledge of dialysis and use of self-management.
 - B. Patients' knowledge of dialysis and adhering to the treatment plan.
 - C. Patients practicing self-advocacy and self-management.
 - D. Patients practicing self-advocacy and self-care.
4. What are the developmental needs of adults based on self-determination theory:
 - A. Autonomy, support, advocacy
 - B. Autonomy, support, advocacy
 - C. Competence, support, relatedness
 - D. Competence, Autonomy, Relatedness
5. Which is the primary reason CKD patients are not using the internet to seek health information:
 - A. Do not know how to use a computer
 - B. Do not want to access information on the internet
 - C. No access to a computer
 - D. Do not need any health information
6. What stage(s) of CKD is Kidney School™ designed for:
 - A. Stage 5
 - B. Stages 3-5
 - C. Stages 105
 - D. Stage 4
7. Which is a method to use Kidney School™ as a supplemental teaching tool:
 - A. Prepare questions to ask patients on each module
 - B. Hold discussions after patients review modules
 - C. Assign Kidney School™ modules in advance
 - D. Recognize patients with completion certificates
8. What are methods for using Kidney School™ as a behavior changing tool:
 - A. Goal-setting and problem-solving.
 - B. Improve patient adherence.
 - C. Teaching information on dialysis.
 - D. Teaching patients about self-management.

**Teaching Your Patients Self-Management
Learner Evaluation Form**

To assist us in evaluating the effectiveness of the educational activity, please complete this evaluation form by circling the appropriate rating. To receive continuing education credit, this form must be completed and returned along with the post-test and CE Certificate of Participation.

General Evaluation:	Strongly Agree	5	4	3	2	1	Strongly Disagree
1. The teaching/learning resources were effective to complete this self-study	5	4	3	2	1		
2. The subject matter presented is relevant to my current practice	5	4	3	2	1		
3. The self-study format was effective	5	4	3	2	1		
Comments:							

Upon completion of this activity, I am able to:	Strongly Agree	5	4	3	2	1	Strongly Disagree
4. Describe how chronic kidney disease (CKD) patients perceive their quality of life.	5	4	3	2	1		
5. Identify areas of self-management.	5	4	3	2	1		
6. Review the research completed on self-management in CKD patients.	5	4	3	2	1		
7. Summarize CKD patients use of the internet to obtain health information	5	4	3	2	1		
8. Describe how Kidney School™ can be used as a patient education tool for CKD patients.	5	4	3	2	1		
Comments:							