

Posttest

Kidney School—Modules #1 & #2

Use this printable version of the test to fill out as you review the modules.

1. The specialized blood vessel inside each nephron is called a:
 - a. glomerulus
 - b. nephrobed
 - c. AV fistula
 - d. ureter
2. The three primary functions of the kidneys are to filter out wastes and excess fluid, produce hormones, and _____.
 - a. regulate temperature
 - b. improve muscle strength
 - c. control heart rate
 - d. balance chemicals
3. Three hormones produced by the kidneys include:
 - a. insulin, calcitonin, and estrogen
 - b. erythropoietin, progesterone, and angiotensin
 - c. calcitriol, angiotensin, and erythropoietin
 - d. parathyroid hormone, insulin, and erythropoietin
4. Even small declines in kidney function can lead to significant health problems.
 - a. True
 - b. False
5. The two most common causes of kidney failure are:
 - a. heart disease and infection
 - b. diabetes and infection
 - c. drug abuse and hypertension
 - d. hypertension and diabetes
6. Early warning signs of chronic kidney disease include:
 - a. fatigue, itching, and swelling in hands and/or feet
 - b. swelling, chest pain, and hair loss
 - c. tinnitus, shortness of breath, and skin discoloration
 - d. swelling in hands and/or feet, no urine production, and heart palpitations
7. Slowing the progression of kidney disease may include all of the following except:
 - a. dietary restrictions
 - b. medications
 - c. avoiding certain pain medications
 - d. radiation treatment

8. Peritoneal dialysis utilizes _____ to filter out wastes and excess fluid.
- residual renal function
 - intestinal absorption
 - blood vessels in the peritoneum
 - bladder diffusion
9. In non-diabetic kidney failure patients Medicare will pay for dialysis when the serum creatinine concentration is greater than _____
- 2.5
 - 8.0
 - 6.0
 - 4.0
10. Many kidney failure patients have a deficiency in calcitriol, which can lead to:
- high sodium levels
 - low blood pressure
 - bone disease
 - loss of vision
11. Patients on continuous ambulatory peritoneal dialysis (CAPD) complete _____ dialysate exchanges per day.
- 6 to 8
 - 1 to 2
 - 10 to 15
 - 3 to 5
12. The hemodialysis vascular access that uses a surgically connected vein and artery is called a:
- graft
 - fistula
 - catheter
 - lumen
13. Erythropoietin is a hormone that is important in:
- blood pressure control
 - red blood cell production
 - glucose metabolism
 - hair growth

14. Approximately how much blood is actually outside the body at any given time during dialysis?
- 8 ounces
 - 16 ounces
 - 32 ounces
 - 64 ounces
15. According to Dr. Tom Peters, a transplant surgeon from Florida, what percentage of patients do very well in the first year after a kidney transplant?
- 25%
 - 50%
 - 60%
 - 80%
16. Immunosuppressant medications are given after a kidney transplant to:
- prevent infection
 - reduce inflammation
 - prevent organ rejection
 - increase kidney function
17. Trying to learn more about kidney disease is a positive coping strategy for patients with chronic kidney disease.
- True
 - False
18. Home hemodialysis requires patients to dialyze everyday.
- True
 - False
19. The least prevalent method of dialysis is:
- home hemodialysis
 - in-center hemodialysis
 - continuous ambulatory peritoneal dialysis
 - continuous cycling peritoneal dialysis
20. In-center hemodialysis is typically done 3 days a week for _____ hours at a time.
- 1 to 2
 - 2 to 3
 - 3 to 4
 - 5 to 6

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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 the basic functions of the kidneys.	5	4	3	2	1		
5. Identify the leading causes of kidney failure.	5	4	3	2	1		
6. Describe the warning signs of kidney failure.	5	4	3	2	1		
7. Discuss treatments that can slow the progression of renal failure	5	4	3	2	1		
8. List the four treatment options for end-stage renal disease	5	4	3	2	1		
9. Describe the peritoneal dialysis process	5	4	3	2	1		
10. List the pro's and con's of the two types of peritoneal dialysis	5	4	3	2	1		
11. Describe the hemodialysis process	5	4	3	2	1		
12. Enumerate the pro's and con's of transplantation	5	4	3	2	1		
13. Identify possible sources of organ donation	5	4	3	2	1		
14. List 4 strategies for successful adjustment to chronic kidney disease	5	4	3	2	1		
Comments:							