

Kidney School Module 5 Posttest

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

1. The most common emotion experienced by CKD patients is:
 - A. Hopelessness.
 - B. Anger.
 - C. Fear.
 - D. Shock.

2. Healthcare professionals can assist patients coping with CKD by:
 - A. Providing answers to their questions about CKD.
 - B. Helping them verbalize and work through their feelings.
 - C. Referring to or providing support group information or activities.
 - D. All of the above.

3. Patients experience feelings of isolation after the initial crisis of kidney disease has passed. Healthcare professionals can assist during the isolation emotion by:
 - A. Discouraging interaction with other patients.
 - B. Encouraging the patient to keep their emotions inside themselves.
 - C. Telling the patient to be strong and independent.
 - D. Encouraging the patient to learn to ask for help or assistance.

4. Constructive, positive expression is a goal for this emotion:
 - A. Fear.
 - B. Anger.
 - C. Isolation.
 - D. Depression.

5. Ongoing depression that warrants further investigation or referral is depression lasting for:
 - A. Hours or days.
 - B. Two weeks or more.
 - C. Four weeks or more.
 - D. Six weeks or more.

6. An appropriate intervention for a patient suspected of suffering from on-going depression is:
 - A. Support group referral
 - B. Notification of the patient's nephrologists.
 - C. Request social worker evaluation (if on dialysis).
 - D. All of the above.

7. Three things patients need to accept their new lifestyle with CKD include:
 - A. Time, hope and knowledge.
 - B. Money, thankfulness for advances in dialysis treatment and good care providers.
 - C. Family support, hope and counseling.
 - D. Grief counseling, anger therapy and their physician.

8. Healthcare professionals can encourage development of positive patient attitudes by:
 - A. Encouraging patients to deny their anger.
 - B. Encouraging patients to blame others for their misfortune.
 - C. Encouraging the patient to embrace change and seek knowledge.
 - D. Encouraging the patient to avoid people when they are upset.

9. Barriers to obtaining assistance that patients may experience when feeling isolated include all the following *except*:
 - A. Strong feelings that asking for help is a sign of weakness.
 - B. Cultural influences encouraging independence and self-sufficiency.
 - C. It is easy for most people to ask for the help they need.
 - D. Feelings of burdening loved ones.

10. Which of the following organizations offer community-based support groups for CKD patients?
 - A. Medical Education Institute, Life Options and Kidney School.
 - B. The National Kidney Foundation, Renal Support Network and American Association of Kidney Patients.
 - C. The American Nephrology Nurses Association and the Council of Nephrology Social Workers.
 - D. None of the above.

**Kidney School – Module #5
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. List common emotions experienced by CKD patients.	5	4	3	2	1		
5. Distinguish differences between common emotions.	5	4	3	2	1		
6. Identify coping techniques patients can be encouraged to utilize.	5	4	3	2	1		
7. Give examples of community coping resources.	5	4	3	2	1		
Comments:							

The following were disclosed in writing prior to, or at the start of, this education activity.

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|---|-----|----|
| a. Requirements for successful completion | Yes | No |
| b. Conflict of interest | Yes | No |
| c. Relevant financial relationships and mechanism to identify & resolve conflicts of interest | Yes | No |
| d. Sponsorship or commercial support | Yes | No |
| e. Non-endorsement of products | Yes | No |
| f. Off-label use | Yes | No |
| g. Expiration date for awarding contact hours | Yes | No |

Please refer to CE Credit information page on the Kidney School website.

Did you, as a participant, notice any bias in the presented material that was not previously disclosed? Yes No
 If yes, please describe the nature of the bias. _____
