

Kidney School Module 6 Posttest

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

1. Anemia is a shortage of oxygen-carrying red blood cells caused by:
 - A. An increased production of erythropoietin.
 - B. A decreased production of erythropoietin.
 - C. A decreased production of urinary output
 - D. An increased production of urinary output.
2. All of the following are signs an/or symptoms of anemia *except*:
 - A. Feeling cold and tired all the time.
 - B. Pale skin and gums, chest pain and/or shortness of breath.
 - C. Rapid pulse, itchy skin and visual disturbances.
 - D. Dizziness, headaches, or trouble concentrating.
3. The stem cells responsible for making red blood cells reside:
 - A. In the liver.
 - B. In the kidneys.
 - C. In the brain and brain stem.
 - D. In the bone marrow.
4. The hormone that is released by the kidneys to stimulate red blood cell production is called:
 - A. Insulin.
 - B. Erythropoietin.
 - C. Anti-diuretic.
 - D. Parathyroid.
5. A key building block that allows red blood cells to mature and carry oxygen is:
 - A. Vitamin B.
 - B. Iron.
 - C. Albumin.
 - D. Vitamin D.
6. Cardiovascular complications are common and result from the heart working harder to supply the oxygen demands of the body. Which of the heart's four chambers hypertrophies as a result of this increased workload?
 - A. Right ventricle
 - B. Right atrium
 - C. Left ventricle
 - D. Left atrium

7. Pursuant to the FDA's black box warning, Hb levels in CKD patients should be maintained between:
 - A. 11 and 12 g/dL
 - B. 10 and 13 g/dL
 - C. 10 and 12 g/dL
 - D. 11 and 13 g/dL
8. The four tests clinicians use to evaluate anemia and iron values are:
 - A. Hb, Hct, T-sat and eosinophil count.
 - B. LDH, LDL, Hb and ferritin
 - C. Hb, Hct, ferritin and TSAT
 - D. None of the above.
9. Standard treatment of anemia includes:
 - A. Multi-vitamin, iron supplementation and vitamin D therapy.
 - B. Dietary counseling to increase iron in foods eaten, blood transfusions and ESA administration.
 - C. Assessment of lab values, ESA administration and iron supplementation.
 - D. Stem cell transplantation and iron supplementation.
10. You can empower the patient to help manage their anemia by:
 - A. Reporting to the care team blood in their stool, changes in menses (women), and recent hospitalizations.
 - B. Encouraging them to keep a notebook of s/sx as well as their ESA and iron doses.
 - C. Encourage patients to ask questions about their labs and provide education at a level the patient understands.
 - D. All of the above.

**Kidney School – Module #6
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. Define anemia and explain how it is caused by CKD | 5 | 4 | 3 | 2 | 1 | | |
| 5. Identify common signs and symptoms of anemia in CKD. | 5 | 4 | 3 | 2 | 1 | | |
| 6. Identify the most common cardiovascular complication of anemia in CKD. | 5 | 4 | 3 | 2 | 1 | | |
| 7. List 4 lab tests used to assess anemia in CKD | 5 | 4 | 3 | 2 | 1 | | |
| 8. Describe therapeutic interventions for the treatment and management of anemia in CKD. | 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. _____
