

NCLEX-Style Quiz: Renal System & Renal Failure

Instructions: Choose the *best* answer. SATA = *Select all that apply*.

Questions

1. Which primary function of the kidneys helps regulate blood pressure?

- A. Excretion of urea
 - B. Secretion of erythropoietin
 - C. Activation of vitamin D
 - D. Regulation of sodium and water balance
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2. Damage to the glomeruli will most directly impair which process?

- A. Filtration
 - B. Reabsorption
 - C. Secretion
 - D. Concentration
-

3. Which finding is most characteristic of chronic kidney disease (CKD)?

- A. Sudden rise in creatinine
 - B. Reversible loss of kidney function
 - C. Progressive nephron loss
 - D. Acute oliguria
-

4. A patient develops acute kidney injury after severe vomiting and diarrhea. Which type of AKI is this?

- A. Intrarenal
- B. Postrenal
- C. Prerenal
- D. Chronic

5. Which condition is the leading cause of chronic kidney disease in adults?

- A. Hypertension
 - B. Diabetes mellitus
 - C. Recurrent UTIs
 - D. Kidney stones
-

6. Which assessment finding suggests postrenal acute kidney injury?

- A. Hypotension
 - B. Hematuria
 - C. Enlarged prostate
 - D. Recent NSAID use
-

7. SATA: Which factors increase the risk for acute kidney injury?

- ☐ Sepsis
 - ☐ Hypovolemia
 - ☐ Long-term hypertension
 - ☐ IV contrast exposure
 - ☐ Diabetes mellitus
-

8. Which laboratory value is the most reliable indicator of kidney function?

- A. Blood urea nitrogen (BUN)
 - B. Serum creatinine
 - C. Potassium
 - D. Sodium
-

9. A patient with renal failure has tall peaked T waves on ECG. Which electrolyte imbalance does the nurse suspect?

- A. Hypocalcemia
- B. Hypernatremia

- C. Hyperkalemia
 - D. Hypokalemia
-

10. Which finding requires the nurse's *immediate* intervention in a patient with renal failure?

- A. Fatigue
 - B. Pruritus
 - C. Serum potassium 6.2 mEq/L
 - D. Decreased appetite
-

11. Loop diuretics are prescribed for renal patients primarily to:

- A. Improve GFR
 - B. Reduce fluid overload
 - C. Correct metabolic acidosis
 - D. Increase erythropoiesis
-

12. SATA: Nursing actions when administering furosemide to a renal patient include:

- ☐ Monitor intake and output
 - ☐ Assess daily weight
 - ☐ Monitor potassium levels
 - ☐ Encourage potassium supplements routinely
 - ☐ Monitor blood pressure
-

13. ACE inhibitors must be used cautiously in renal patients because they can cause:

- A. Hypokalemia
 - B. Hyperkalemia
 - C. Hypotension only
 - D. Hypoglycemia
-

14. The mechanism of action of ACE inhibitors is best described as:

- A. Blocking aldosterone receptors
 - B. Preventing angiotensin II formation
 - C. Increasing sodium reabsorption
 - D. Enhancing diuresis
-

15. Erythropoietin is prescribed for patients with CKD to treat:

- A. Infection
 - B. Hypertension
 - C. Anemia
 - D. Fluid overload
-

16. SATA: Which adverse effects should the nurse monitor for in a patient receiving erythropoietin?

- ☐ Hypertension
 - ☐ Thromboembolism
 - ☐ Hypokalemia
 - ☐ Headache
 - ☐ Bradycardia
-

17. Which laboratory value is most important to monitor when administering erythropoietin?

- A. Platelets
 - B. Hemoglobin
 - C. Sodium
 - D. Calcium
-

18. Phosphate binders are prescribed in CKD to:

- A. Prevent anemia
- B. Lower serum phosphate levels
- C. Improve calcium excretion
- D. Reduce potassium levels

19. Patient teaching for phosphate binders should include which instruction?

- A. Take on an empty stomach
 - B. Take with meals
 - C. Take at bedtime
 - D. Avoid calcium-containing foods
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20. SATA: Common adverse effects of phosphate binders include:

- ☐ Constipation
 - ☐ Hypercalcemia
 - ☐ Nausea
 - ☐ Hypotension
 - ☐ Diarrhea
-

21. Sodium bicarbonate is prescribed in renal failure primarily to treat:

- A. Respiratory alkalosis
 - B. Metabolic acidosis
 - C. Metabolic alkalosis
 - D. Hyperkalemia
-

22. Which medication is most likely to worsen kidney function if not used cautiously?

- A. Acetaminophen
 - B. NSAIDs
 - C. Antacids
 - D. Stool softeners
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23. SATA: Which medications are considered nephrotoxic?

- ☐ Aminoglycosides
- ☐ NSAIDs
- ☐ IV contrast dye

- ☐ Penicillin
 - ☐ Loop diuretics
-

24. The nurse is administering IV contrast. Which action is most important to prevent AKI?

- A. Restrict fluids
 - B. Ensure adequate hydration
 - C. Administer diuretics
 - D. Increase protein intake
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25. Which nursing action has the *highest priority* in a patient with severe hyperkalemia?

- A. Monitor urine output
 - B. Administer insulin with glucose
 - C. Restrict sodium intake
 - D. Administer erythropoietin
-

26. SATA: Which are clinical manifestations of worsening renal failure?

- ☐ Decreased urine output
 - ☐ Confusion
 - ☐ Pruritus
 - ☐ Weight gain
 - ☐ Increased appetite
-

27. Which patient statement indicates correct understanding of CKD management?

- A. "I can stop my meds when I feel better."
 - B. "I should avoid all physical activity."
 - C. "I need regular lab tests to monitor my kidneys."
 - D. "Protein intake should be unlimited."
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28. The nurse should prioritize teaching which lifestyle modification to slow CKD progression?

- A. Increase sodium intake
 - B. Control blood pressure and glucose
 - C. Increase protein consumption
 - D. Avoid vaccinations
-

29. Which finding suggests fluid volume overload in renal failure?

- A. Dry mucous membranes
 - B. Weight gain of 3 kg in one week
 - C. Hypotension
 - D. Increased urine output
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30. The most effective nursing intervention to prevent medication-related renal injury is to:

- A. Administer all medications rapidly
- B. Monitor renal labs before and during therapy
- C. Restrict fluids
- D. Increase protein intake



ANSWER SHEET

1. D
2. A
3. C
4. C
5. B
6. C
7. A, B, D
8. B
9. C
10. C
11. B
12. A, B, C, E
13. B
14. B
15. C
16. A, B, D
17. B
18. B
19. B
20. A, B, C
21. B
22. B
23. A, B, C
24. B
25. B
26. A, B, C, D
27. C
28. B
29. B
30. B