

Participant Name: _____
Address: _____

Fadem Update Symposium Online Post Test

Please circle your answer and submit them to the designated website. All answer must be submitted by April 21st, 2009.

Disaster Preparedness

1. One out of three patients stated they received no emergency preparation prior to a disaster.
a) true b) false
2. New patients to dialysis are _____ likely to miss treatments during a disaster.
a) more b) less
3. Pre-prepared service announcements can make a difference _____ a disaster.
a) before b) during c) after d) all of the above
4. It is essential for dialysis clinics to communicate their emergent need of critical services prior to a disaster.
a) true b) false
5. The most important skill during a disaster is:
a) flexibility b) rigidity to plan c) communication d) both a and c

R.E.A.D.Y. Matching

- | | |
|-------|---|
| 6. R | a) Emergency room locations |
| 7. E | b) Prescriptions (Rx) and pharmaceutical supply |
| 8. A | c) liquids and diets |
| 9. D | d) How to access people |
| 10. Y | e) YOU |

11. Researching available resources is only essential during a disaster
a) true b) false
12. The following is FALSE. Individual clinics should try to manage their patients instead of sending them to the ER during a disaster because
a) ERs become over crowded very quickly
b) ERs are not staffed to handle large volumes of dialysis patients
c) ERs should be used only for critical patients
d) ERs have full time dietitians to work out nutrition needs

13. Communication between hospitals and dialysis clinics are important during a disaster because
- a) Hospitals are overcrowded and need to triage patients
 - b) Hospitals do not know which dialysis units are open
 - c) Patients can become unstable during a disaster
 - d) all of the above
14. Which website is not important in disaster preparedness is:
- a) www.kidneysdisasters.org
 - b) medline.plus
 - c) www.esrdnetwork.org
 - d) www.kidney.org
 - e) none of the above
15. It is Tuesday and the news is reporting a Category 5 is being tracked to probably hit the Gulf coast town where you live. A patient has a brother in Dallas, 300 miles away, and have dialyzed there before. What do tell him to do?
- a) Evacuate now, before the traffic jams
 - b) Have a HIPAA release signed and continue watching the news until Thursday
 - c) Call the dialysis unit hotline
 - d) Buy batteries, water and hunker down. Usually this far out, nothing happens
16. Which is FALSE: Disaster planning information can be shared with dialysis staff by.
- a) quarterly drills
 - b) written facility specific disaster plan
 - c) providing a list of special foods
 - d) providing a list of special phone numbers
17. To find open dialysis units in your area you can send patients to go to
- a) www.google.com
 - b) www.pubmed.gov
 - c) www.cdc.gov
 - d) www.dialysisunits.com
 - e) www.nih.gov
18. A major hurricane hit on Saturday morning. You last dialyzed on Friday. On Monday, you report to your unit and the trees and powerlines are down. The tree service and power company say it will not be up until Friday. What do you advise your patients?
- a) Watch fluids, avoid potassium foods and wait until next Friday for treatment
 - b) Go to the hospital for dialysis
 - c) You will make arrangements with a sister facility that still has power, water and service
 - d) It is not your job to advise patients. This is the Network's responsibility.
19. Dialysis patients are identified by what color bands in Texas
- a) blue
 - b) purple
 - c) red
 - d) green

20. Choose the best answer: All of the following are barriers to evacuation except
- a) traffic jams and lack of fuel
 - b) confusion over storm path
 - c) reluctance to leave pets
 - d) nowhere to go.
 - e) None of the above

Conditions for Coverage - Frequently Asked Questions

21. CMS regulations were first published in
a) 1966 b) 1976 c) 1986 d) 1996
22. CMS regulations serve as the _____ standards that dialysis facilities must meet in order to meet to be certified under the Medicare program.
a) Minimum b) maximum c) general d) none of the above
23. Staff scrubs or uniforms are sufficient attire within the dialysis unit, except for times when...
a) staff is talking with a patient b) staff is on the treatment floor c) one might expect to be exposed to a blood spattering.
24. In the wake of recent hurricanes CMS guidelines now also require that patients be given:
a) evacuation instructions b) emergency phone numbers c) alternate clinics available d) all of the above
25. A disaster plan must include procedures and processes for use in the event of power or water source loss, or a disaster that would make the dialysis facility inoperable.
a) true b) false
26. If a facility chooses not to honor a patients advance directive they must:
a) transfer the patient to a facility that does b) inform patient and allow them to transfer c) they cannot choose to honor an advance directive
27. CMS guidelines state that an interdisciplinary assessment must be completed after
a) 1 month b) 2 months c) 3 months d) 5 months e) 6 months
28. Dialysis facility must follow infections control policies out lined by
a) CDC b) AMMI c) CMS d) QBC
29. A patient deemed unstable must reassessed every
a) week b) bi-weekly c) month d) year

30. All the dialysis staff must wear protective gear out on the floor except the medical director

a) true b) false

31. The new CMS guidelines require a transplant referral to be included in the long-term care plan

a) true b) false

32. In the event of disaster or emergency the patient's attending physician must be notified prior to dialysis initiation.

a) true b) false

CKD Education

33. Pre-ESRD patient education does better when patients are

a) referred early to an education program b) seen in the hospital c) not educated prior to ESRD

34. Phosphorus control is not necessary in stage 4 CKD

a) True b) false

35. Vitamin D is not necessary until patient reach stage 5

a) True b) false

36. Permanent vascular access should be evaluated only after starting dialysis.

a) true b) false

37. The following has been shown to slow the progression of ESRD

a) diet b) blood pressure control c) both A and B d) glucose control
e) all of the above

38. Pre-ESRD classes lead to a smoother transition into a dialysis regimen.

a) True b) False

39. Patient education is important in CKD to slow the progression of kidney disease. a)

True b) False

40. Incenter hemodialysis is the only dialysis modality a patient may choose.

a) True b) False

41. Home dialysis treatment options are chosen _____ often when patients have been through CKD education.

a) more b) less

42. Diet has no impact on the patient's kidney function.

a) true b) False

MATCH THE FOLLOWING

43. Stage 2 CKD a) Refer patient for access assessment/placement
44. Stage 3 CKD b) First signs of anemia, acidosis, CKD MBD
45 Stage 4 CKD c) Start diabetes control, BP management, ACE or ARB

Vascular Access Assessment and Management

46. If a fistula fails to mature after four months you should allow another two months prior to intervention
a) true b) false
47. Venograms must be done on all patients prior to access evaluation
a) true b) false
48. Central venous catheters can scar the subclavian vein thus making fistula or graft creation more difficult
a) true b) false
49. Access planning should include
a) the patient b) the nephrologist c) the surgeon d) the nurse e) all of the above
50. Good assessment prior to cannulation can increase the longevity of a fistula or graft
a) true b) false
51. Consistant auscultation and palpation have no benefit in anticipating access complications
a) true b) false
52. It is important to rotate the cannulation sites on a AV graft because
a) it is less painful b) it prevents one-side-itis c) it is easier
53. Access survalance monitoring is not require by CMS guidelines
a) true b) false
54. Studies have shown that patients initiating dialysis with which type of access have the best survival rate?

a) Catheter b) Graft c) Fistula d) Any of the above

55. To what does a “thrill” in a dialysis access refer?

- a) The pulse that is felt.
- b) The buzzing sensation that is felt.
- c) The sound heard when auscultated.

56. Which of the following is associated with aneurysm formation in a fistula?

- a) Age of fistula
- b) Needle entry site
- c) Increased intra-access pressures
- d) All of the above

57. Inability to cannulate a fistula or graft is usually due to poor nursing ability?

- a) True
- b) False

58. Prolonged bleeding is not related to which of the following:

- a) High blood pressures
- b) Access stenosis causing high intra-access pressures
- c) High heparin loads
- d) None of the above

59. Use of an immature fistula should be attempted before referral to an Interventionalist.

- a) True
- b) False

60. Which of the following is not a complication that can arise from catheter use?

- a) Infection
- b) Central venous stenosis
- c) Endocarditis
- d) All of the above

61. Hyperkalemia is solely due to patient noncompliance.

- a) True
- b) False

62. Poor fistula maturation is solely due to poor surgical technique.

- a) True
- b) False

63. Hemodynamically significant stenoses in a graft or fistula will always be associated with declining flow rates?

- a) True
- b) False

64. Poor catheter flows are often related to which of the following:

- a) Patient noncompliance
- b) Dialysis machine malfunction
- c) Infection
- d) Fibrin sheath formation

65. Early intervention for signs of dialysis access malfunction is an important part of providing high quality care.

a) True b) False

66. Which of the following is not a sign of a vascular stenosis

a) A high pitched bruit b) A water hammer pulse c) A thrill over an area other than the anastomosis d) a low pitched bruit

67. Arterial mapping is of no value when determining whether or not to place an av fistula a) true b) false

68. Once an fistula or graft has clotted it is unsalvable

a) true b) false

69. A patient must have a central venous catheter prior to using a fistula

a) false b) true

70. The HERO[®] access is not an option in patients with an ejection fraction

a) 30% b) 40% c) 50% d) <20%

71. Patients must be on dialysis for what length of time prior to vascular access referral

a) 1 month b) 1 week c) 1 day d) no given length of time

72. Fistulas can develop above a lower arm graft

a) true b) false

73. CVC have a higher incidence of

a) morbidity b) mortality c) infection d) stenosis e) all of the above

74. A new graft should be successfully cannulated after

a) 1 week b) two weeks c) one month d) two months

Practical Tips for Diabetes Control

75. The NHANES Datasets over the past twenty years not shown any significant change in body mass index

a) true b) false

76. What is the leading cause of chronic kidney failure in the United States

a) trauma b) diabetes c) polycystic kidney disease d) hypertension

77. Vascular calcification is a major problem in kidney disease and diabetes
a) true b) false
78. A diabetic diet and a renal diet are really the same
a) true b) false
79. Intensive management of blood glucose not been shown to significantly lower the incidence of microalbuminuria in early diabetes
a) true b) false
80. A diabetic patient presents with Stage 4 CKD and 1 gram of proteinuria/24 hours. You review his medications and recommend discontinuing which one
a) irbesartan b) lisinopril c) metformin d) furosemide
81. The incidence of diabetes is actually decreasing in the USA a) true b) false
82. There is controversy on what the ideal hgbA1c should be for diabetes control a) true b) false
83. The same patient asks you if he can take naprosyn for his gout. You respond:
a) yes, but drink lots of fluids
b) no
c) not unless he takes it with a phosphate binder
d) yes
84. A wife presents with her husband. They are independent and want to travel. They will need dialysis in the next three to four months. You advise them
a) Travel before you start dialysis. It is impossible there after
b) Incenter hemodialysis patients can never travel
c) Peritoneal dialysis patients can never travel
d) Travel is possible with dialysis but certain arrangements must be made
85. The following is usually not associated with a rise in the serum potassium
a) propranolol b) albuterol c) captopril d) ibuprofen
86. The following is not most commonly associated with diabetes
a) Peripheral vascular disease b) hypertensive cardiovascular disease c) peripheral neuropathy d) macrocytic anemia

CHOOSE THE BEST ANSWER

87. A complication of high blood sugars
88. A complication of hypertension
89. More likely to have hypoglycemia
90. Less likely to have wide swings in blood sugar
- a) Type 1 diabetes
b) Type II diabetes
c) Stroke
d) Microvascular disease

- 91.** Diabetes mellitus is characterized by a fasting blood sugar less than or equal to 140 a) true b) false
- 92.** Insulin resistance is associated with hypertension, stroke and cardiac disease
a) true b) false
- 93.** Some oral agents lose their efficacy after a few years
a) true b) false
- 94.** Kidney disease can cause insulin resistance
a) true b) false
- 95.** Type 1 and type 2 diabetes are really the same, but occur at different ages
a) true b) false
- 96.** Early treatment of type 1 diabetes with captopril will slow the doubling of creatinine
a) true b) false
- 97.** Angiotensin receptor blockers are not useful to reduce proteinuria in diabetes
a) true b) false
- 98.** Diabetic patients can easily drop their blood pressure during dialysis because they have autonomic insufficiency
a) true b) false
- 99.** The serum creatinine is the most accurate test to measure kidney function
a) true b) false
- 100.** Which is the best statement
a) Diabetic patients on insulin should never exercise if they are using insulin
b) Patients should always receive their insulin, even when NPO and going for surgery
c) Diabetic patients on insulin should not skip a meal
d) Diabetic patients on dialysis rarely need insulin