

# Archer Renal and Nutrition Practice Test (Sample)

## Study Guide



**Everything you need from our exam experts!**

**This is a sample study guide. To access the full version with hundreds of questions,**

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**SAMPLE**

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# Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

# How to Use This Guide

**This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:**

## **1. Start with a Diagnostic Review**

**Skim through the questions to get a sense of what you know and what you need to focus on. Don't worry about getting everything right, your goal is to identify knowledge gaps early.**

## **2. Study in Short, Focused Sessions**

**Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations, and take breaks to retain information better.**

## **3. Learn from the Explanations**

**After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.**

## **4. Track Your Progress**

**Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.**

## **5. Simulate the Real Exam**

**Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.**

## **6. Repeat and Review**

**Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning.**

## **7. Use Other Tools**

**Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.**

**There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly — adapt the tips above to fit your pace and learning style. You've got this!**

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## **Questions**

- 1. What landmark should the nurse use to measure abdominal girth in a client with ascites?**
  - A. Xiphoid process**
  - B. Umbilicus**
  - C. Pubic symphysis**
  - D. Costal margin**
- 2. What is a key nursing intervention following a Kock pouch procedure?**
  - A. Monitor fluid intake**
  - B. Assess for ostomy pouch leaks**
  - C. Change the stoma appliance**
  - D. Encourage fluid restriction**
- 3. How does proper nutrition impact patients on dialysis?**
  - A. Only helps in physical appearance**
  - B. Is essential for overall health and recovery**
  - C. Does not affect health whatsoever**
  - D. Only impacts weight management**
- 4. What dietary recommendations are suggested for patients undergoing dialysis?**
  - A. Reduced protein and unrestricted fluid intake**
  - B. Increased protein and managed fluid intake**
  - C. High carbohydrate and low fat intake**
  - D. Minimal fruit consumption**
- 5. After performing a peritoneal dialysis session, which of the following might the nurse expect regarding dialysis outflow?**
  - A. It will always be equal to inflow**
  - B. It may be higher than inflow due to absorption**
  - C. It will be significantly lower than inflow**
  - D. It will have very low levels of toxins**



- 6. How might a plant-based diet impact cholesterol levels in renal patients?**
- A. It typically raises cholesterol levels**
  - B. It has no impact on cholesterol**
  - C. It often helps lower cholesterol levels**
  - D. It can lead to imbalanced cholesterol levels**
- 7. What physical sign indicates appendicitis?**
- A. Direct tenderness in the epigastric region**
  - B. McBurney's point tenderness**
  - C. Pain in the left upper quadrant**
  - D. Constant pain in the back**
- 8. What is the significance of vitamin D in renal health?**
- A. Prevents all kidney diseases**
  - B. Essential for calcium absorption**
  - C. Reduces the need for potassium**
  - D. Enhances iron absorption**
- 9. Which is considered the biggest complication from a liver biopsy?**
- A. Intraperitoneal hemorrhage**
  - B. Infection**
  - C. Pneumothorax**
  - D. Intestinal perforation**
- 10. What should the client do post-liver biopsy regarding coughing?**
- A. Avoid coughing and straining**
  - B. Cough freely to clear lungs**
  - C. Practice deep breathing exercises**
  - D. Use cough suppressants**

## **Answers**

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1. B
2. B
3. B
4. B
5. B
6. C
7. B
8. B
9. A
10. A

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## **Explanations**

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**1. What landmark should the nurse use to measure abdominal girth in a client with ascites?**

- A. Xiphoid process**
- B. Umbilicus**
- C. Pubic symphysis**
- D. Costal margin**

Measuring abdominal girth is an important practice in assessing fluid retention, particularly in patients with conditions like ascites. The umbilicus, or belly button, serves as a consistent anatomical landmark for this measurement. Using the umbilicus allows for reproducibility in measurements since it is centrally located and typically remains unchanged regardless of shifts in fluid. By measuring at this point, healthcare providers can accurately track changes in abdominal girth over time, which can indicate the progression or resolution of ascites or other abdominal conditions. Using other landmarks, such as the xiphoid process, pubic symphysis, or costal margin, would introduce variability and could lead to inconsistent measurements. Thus, the umbilicus is considered the standard point of reference for abdominal girth measurements in clinical practice.

**2. What is a key nursing intervention following a Kock pouch procedure?**

- A. Monitor fluid intake**
- B. Assess for ostomy pouch leaks**
- C. Change the stoma appliance**
- D. Encourage fluid restriction**

Following a Kock pouch procedure, a critical nursing intervention is to assess for ostomy pouch leaks. This is particularly important because a Kock pouch is a continent ileostomy, where the bowel is surgically created to serve as a reservoir for stool. Since the pouch relies on internal mechanisms to store and manage waste, ensuring that there are no leaks is vital for preventing skin irritations, maintaining the integrity of the surgical site, and ensuring the patient's comfort. Monitoring for leaks helps in early identification of complications such as pouch rupture or issues with the reservoir's ability to retain stool. Effective management of the ostomy is crucial to the patient's recovery and overall quality of life. Regular checks for leaks not only protect the skin around the stoma but also reassure the patient about their new bodily function, which can significantly impact their psychological adjustment post-surgery. Other interventions are still important but do not directly address the most immediate concern related to the Kock pouch's functionality. For instance, monitoring fluid intake is necessary to ensure adequate hydration and avoid complications associated with output, while changing the stoma appliance and encouraging fluid restrictions have different implications and are not primary focuses in the initial postoperative period.

### 3. How does proper nutrition impact patients on dialysis?

- A. Only helps in physical appearance
- B. Is essential for overall health and recovery**
- C. Does not affect health whatsoever
- D. Only impacts weight management

Proper nutrition is critically important for patients on dialysis because it plays a key role in their overall health and recovery. Dialysis patients often experience various nutritional deficiencies and an imbalance in electrolyte levels because their kidneys are no longer effectively filtering waste and regulating their body's fluid and mineral balance.

Nutrition for these patients must be tailored to their unique needs, focusing on adequate protein intake to maintain muscle mass while managing potassium, phosphorus, and sodium levels to avoid complications. Good nutrition helps to support the immune system, maintain energy levels, and may even improve the response to treatments. It can also minimize some of the common symptoms associated with kidney failure, such as fatigue and weakness. Furthermore, proper nutrition can help reduce the risk of complications such as cardiovascular disease, which is prevalent among individuals undergoing dialysis. Thus, a well-planned nutritional regimen not only aids in physical recovery but also enhances quality of life. This holistic approach underscores the importance of nutrition in managing the complex needs of dialysis patients.

### 4. What dietary recommendations are suggested for patients undergoing dialysis?

- A. Reduced protein and unrestricted fluid intake
- B. Increased protein and managed fluid intake**
- C. High carbohydrate and low fat intake
- D. Minimal fruit consumption

For patients undergoing dialysis, increased protein intake and managed fluid intake are essential dietary recommendations. Dialysis patients experience a loss of protein during the dialysis process, which can lead to malnutrition if protein intake is not adequately increased. Therefore, a higher protein diet helps to meet nutritional needs, support muscle mass, and enhance overall health. Fluid intake is typically managed or restricted because dialysis does not completely remove fluid from the body. Excess fluid can lead to complications such as hypertension and edema. By monitoring and managing fluid intake, patients can prevent these issues while also ensuring they are consuming sufficient nutrients. In this context, carbohydrate and fat intake are generally not prioritized as standalone recommendations; instead, they are considered as part of a balanced diet. Additionally, while fruit can be a valuable part of a diet, certain fruits may need to be limited due to their potassium or phosphorus content, but this varies based on individual dietary needs and blood levels. Thus, the focus for dialysis patients primarily revolves around protein and fluid management, making the choice of increased protein and managed fluid intake the most appropriate dietary recommendation.

**5. After performing a peritoneal dialysis session, which of the following might the nurse expect regarding dialysis outflow?**

- A. It will always be equal to inflow**
- B. It may be higher than inflow due to absorption**
- C. It will be significantly lower than inflow**
- D. It will have very low levels of toxins**

During a peritoneal dialysis session, the expectation regarding dialysis outflow is that it may be higher than inflow due to absorption. This phenomenon occurs because, while the dialysis solution is instilled into the peritoneal cavity, some of the fluid can be absorbed by the body's tissues or blood vessels during the dwell time, leading to a greater volume of fluid being returned via the outflow. Moreover, the composition of the dialysis solution, including osmotic substances like dextrose, encourages fluid movement to balance concentrations inside and outside the peritoneal cavity. This osmotic gradient can draw extra fluid into the dialysate, which is then evacuated, contributing to a higher outflow volume. Understanding the fluid dynamics involved in peritoneal dialysis is crucial, as it directly impacts the effectiveness of the treatment in removing waste products and excess fluids from the body. Thus, anticipating higher outflow than inflow helps healthcare providers assess the efficiency of the dialysis process and manage patient care effectively.

**6. How might a plant-based diet impact cholesterol levels in renal patients?**

- A. It typically raises cholesterol levels**
- B. It has no impact on cholesterol**
- C. It often helps lower cholesterol levels**
- D. It can lead to imbalanced cholesterol levels**

A plant-based diet can positively impact cholesterol levels, particularly for renal patients, by often leading to a reduction in cholesterol levels. This dietary approach emphasizes whole foods such as fruits, vegetables, whole grains, nuts, and legumes, which are low in saturated fat and high in dietary fiber. Dietary fiber is particularly effective at reducing low-density lipoprotein (LDL) cholesterol, commonly referred to as "bad" cholesterol. The phytosterols present in plant-based foods can also compete with cholesterol for absorption in the intestines, further contributing to lower cholesterol levels. Moreover, the reduction of animal products in a plant-based diet decreases the intake of saturated fats, which are known to raise cholesterol levels when consumed in excess. In renal patients, managing cholesterol is essential since they are at increased risk for cardiovascular diseases. A plant-based diet that focuses on heart-healthy foods aligns well with the need to maintain overall health while also managing kidney function. This diet can help improve lipid profiles, making it a beneficial strategy for those with renal issues.

## 7. What physical sign indicates appendicitis?

- A. Direct tenderness in the epigastric region
- B. McBurney's point tenderness**
- C. Pain in the left upper quadrant
- D. Constant pain in the back

McBurney's point tenderness is a classic physical sign used to indicate appendicitis. This point is located approximately one-third of the distance from the anterior superior iliac spine to the umbilicus on the right side of the abdomen. When the appendix becomes inflamed and possibly infected, it often results in localized tenderness at this site. In appendicitis, tenderness at McBurney's point is particularly significant because it indicates irritation of the peritoneum overlying the appendix due to inflammation. Additionally, this type of localized tenderness is often accompanied by other symptoms, such as pain that may begin around the umbilical area and eventually shifts to the right lower quadrant, as well as potential fever and gastrointestinal disturbances. In contrast, the other options point to different abdominal conditions or signs that are not directly associated with appendicitis. For example, direct tenderness in the epigastric region could suggest various gastrointestinal issues, but it is not specific to appendicitis. Pain in the left upper quadrant might indicate issues with organs in that region, such as the spleen or stomach, and constant pain in the back may derive from musculoskeletal problems or conditions affecting the kidneys, rather than the appendix. Thus, McBurney's point tenderness

## 8. What is the significance of vitamin D in renal health?

- A. Prevents all kidney diseases
- B. Essential for calcium absorption**
- C. Reduces the need for potassium
- D. Enhances iron absorption

Vitamin D plays a crucial role in maintaining renal health primarily by being essential for calcium absorption in the intestines. When kidney function is compromised, the ability to metabolize vitamin D can also be affected, leading to disturbances in calcium and phosphorus balance. Healthy levels of vitamin D are necessary to ensure that calcium can be effectively absorbed, which is vital for maintaining bone health and regulating various bodily functions, including cardiovascular health. In patients with chronic kidney disease, insufficient levels of active vitamin D can lead to secondary hyperparathyroidism, characterized by elevated parathyroid hormone levels. This condition can cause further bone disease and other complications. Thus, ensuring adequate vitamin D levels is vital for preventing these metabolic disturbances. Other options are not relevant in representing the primary role of vitamin D with respect to kidney function.



**9. Which is considered the biggest complication from a liver biopsy?**

- A. Intraoperative hemorrhage**
- B. Infection**
- C. Pneumothorax**
- D. Intestinal perforation**

The biggest complication from a liver biopsy is intraoperative hemorrhage. This is primarily because the liver is highly vascular, and its biopsy involves the risk of damaging blood vessels. When a needle is inserted to obtain a tissue sample, there is potential for significant bleeding within the peritoneal cavity, which can lead to hemodynamic instability and may require surgical intervention or transfusion if the bleeding is substantial. While infection, pneumothorax, and intestinal perforation are potential complications associated with various types of biopsies, they do not pose the same level of risk in the context of a liver biopsy specifically. Infection, though a concern with any invasive procedure, is generally less common. Pneumothorax is primarily a risk associated with lung biopsies. Intestinal perforation is more relevant to procedures involving the gastrointestinal tract. Therefore, intraoperative hemorrhage stands out as the most serious and frequent complication directly linked to liver biopsies.

**10. What should the client do post-liver biopsy regarding coughing?**

- A. Avoid coughing and straining**
- B. Cough freely to clear lungs**
- C. Practice deep breathing exercises**
- D. Use cough suppressants**

After a liver biopsy, it is crucial for the client to avoid coughing and straining. This recommendation is based on the need to minimize any movements that could lead to internal bleeding or complications at the biopsy site. Coughing exerts pressure on the abdomen and can potentially disrupt the area where the biopsy was performed, leading to increased risk of hemorrhage or damage to surrounding tissues. Maintaining stability in the area allows for proper healing and decreases the likelihood of pain or discomfort post-procedure. Therefore, when clients understand the importance of avoiding coughing and straining, they can better contribute to a safe recovery process after their liver biopsy.

## Next Steps

**Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.**

**As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.**

**If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at [hello@examzify.com](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://archerrenalnutrition.examzify.com>**

**We wish you the very best on your exam journey. You've got this!**