

Archer Renal and Nutrition Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

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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. 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.

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. 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!

Questions

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- 1. What is the primary use of isotonic solutions in medical treatment?**
 - A. Fluid resuscitation for severe dehydration**
 - B. Correction of severe hypernatremia**
 - C. Treatment of acute blood loss and hyponatremia**
 - D. Management of physiological acidosis**
- 2. Which electrolyte imbalance is expected in a client with chronic kidney disease?**
 - A. Hyperkalemia**
 - B. Hypomagnesemia**
 - C. Hypercalcemia**
 - D. Hypophosphatemia**
- 3. What dietary adjustments are often necessary for patients initiating dialysis?**
 - A. Complete freedom in food choices**
 - B. Increased caloric restrictions only**
 - C. Careful management of nutrient intake**
 - D. High sodium intake to boost energy**
- 4. What condition is characterized by an increase in abdominal girth due to fluid accumulation?**
 - A. Portal hypertension**
 - B. Chronic kidney disease**
 - C. Ascites**
 - D. Cholecystitis**
- 5. If a client on peritoneal dialysis reports that only half of the dialysate is drained, what should the nurse recommend?**
 - A. Apply heat to the abdomen**
 - B. Encourage the client to have a bowel movement**
 - C. Strip the dialysis catheter**
 - D. Instill more dialysate solution**

6. What distinguishes creatinine from creatine kinase (CK)?

- A. Creatinine is an enzyme**
- B. Creatinine is a waste product of muscle breakdown**
- C. Creatinine is produced in the liver**
- D. Creatinine levels do not indicate kidney function**

7. How does diabetes affect kidney health?

- A. It has no impact on kidney function**
- B. It can lead to diabetic nephropathy, causing kidney damage**
- C. It improves glucose filtration in the kidneys**
- D. It prevents renal diseases**

8. When monitoring a patient with SIADH, what should the nurse look for that may indicate neurological changes?

- A. Changes in heart rate**
- B. Altered mental status**
- C. Change in skin color**
- D. Decreased respiratory rate**

9. What does visceral pain commonly refer to?

- A. Pain felt on the surface of the skin**
- B. Pain originating from internal organs**
- C. Pain associated with muscle injury**
- D. Pain that is psychogenic in nature**

10. What lifestyle change should a client with peptic ulcer disease implement?

- A. Increase caffeine intake**
- B. Reduce stress levels**
- C. Consume more NSAIDs**
- D. Increase daily alcohol consumption**

Answers

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

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Explanations

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1. What is the primary use of isotonic solutions in medical treatment?

- A. Fluid resuscitation for severe dehydration**
- B. Correction of severe hypernatremia**
- C. Treatment of acute blood loss and hyponatremia**
- D. Management of physiological acidosis**

Isotonic solutions are primarily used in medical treatment to maintain fluid balance and restore adequate hydration levels without causing shifts in electrolyte concentrations. When considering their application, isotonic solutions effectively replace lost fluids and are essential in situations such as acute blood loss and hyponatremia. In acute blood loss, isotonic solutions help to restore intravascular volume, promoting improved circulation and oxygen delivery to tissues. This is crucial in trauma or surgical settings where the risk of shock is elevated. Additionally, in cases of hyponatremia, administering isotonic solutions allows for the gradual correction of sodium levels without the risks associated with hypertonic solutions, which could lead to rapid shifts in fluid balance and potential complications like central pontine myelinolysis. This makes isotonic solutions versatile for addressing both the need for volume restoration in acute blood loss and safely managing sodium levels in hyponatremia.

2. Which electrolyte imbalance is expected in a client with chronic kidney disease?

- A. Hyperkalemia**
- B. Hypomagnesemia**
- C. Hypercalcemia**
- D. Hypophosphatemia**

Hyperkalemia, or elevated potassium levels in the blood, is a common electrolyte imbalance in patients with chronic kidney disease (CKD). As kidney function declines, the ability to excrete potassium diminishes, leading to increased serum potassium levels. The kidneys play a crucial role in maintaining potassium balance by filtering excess potassium from the bloodstream. In CKD, this filtration process is compromised, resulting in the retention of potassium. Monitoring potassium levels is essential in CKD patients, as hyperkalemia can lead to serious consequences such as cardiac arrhythmias. Patients with CKD are often advised to manage dietary potassium intake and may require treatments to help lower potassium levels if they become elevated.

3. What dietary adjustments are often necessary for patients initiating dialysis?

- A. Complete freedom in food choices**
- B. Increased caloric restrictions only**
- C. Careful management of nutrient intake**
- D. High sodium intake to boost energy**

For patients initiating dialysis, careful management of nutrient intake is crucial. This is due to the body's altered metabolism and the way dialysis affects nutrient needs and waste removal. Dialysis patients often need to pay close attention to protein, potassium, phosphorus, and sodium intake to ensure their health and manage fluid balance. When patients begin dialysis, there may be specific dietary restrictions to prevent complications that can arise from imbalanced nutrient levels. For example, protein needs can change depending on the type of dialysis; patients undergoing hemodialysis typically require higher protein intake because dialysis can lead to protein loss. However, managing phosphorus and potassium levels is also critical because an excess can lead to serious health issues like cardiac problems. Fluid intake may also need to be restricted to prevent overload, especially for those undergoing hemodialysis, as their kidneys can no longer manage fluid balance effectively. This nuanced approach to diet requires careful consideration, unlike options that suggest unrestricted food choices or oversimplified caloric adjustments. Overall, embracing a comprehensive and attentive dietary strategy helps support the health and treatment outcomes for individuals in dialysis.

4. What condition is characterized by an increase in abdominal girth due to fluid accumulation?

- A. Portal hypertension**
- B. Chronic kidney disease**
- C. Ascites**
- D. Cholecystitis**

The condition characterized by an increase in abdominal girth due to fluid accumulation is ascites. Ascites refers specifically to the accumulation of fluid in the abdominal cavity, which can result from various health issues, including liver disease, heart failure, or certain cancers. In ascites, the fluid buildup occurs in the peritoneal cavity, leading to distension and increased girth of the abdomen. This condition can also cause discomfort, difficulty breathing due to pressure on the diaphragm, and other complications if not managed properly. While other conditions listed also have associated symptoms, they do not primarily lead to fluid accumulation in the abdominal cavity that would significantly increase abdominal girth in the same way. For example, portal hypertension may contribute to the development of ascites as a secondary effect, and chronic kidney disease can lead to fluid overload, but it does not exclusively cause abdominal distension as a defining symptom. Cholecystitis, which involves inflammation of the gallbladder, can cause abdominal pain but is not primarily associated with fluid accumulation that leads to increased abdominal girth.

5. If a client on peritoneal dialysis reports that only half of the dialysate is drained, what should the nurse recommend?

- A. Apply heat to the abdomen**
- B. Encourage the client to have a bowel movement**
- C. Strip the dialysis catheter**
- D. Instill more dialysate solution**

When a client on peritoneal dialysis reports that only half of the dialysate has drained, recommending that the client be encouraged to have a bowel movement is appropriate because constipation can impede the flow of dialysate and cause incomplete drainage. The presence of a full bowel can exert pressure on the peritoneal cavity and make it difficult for the dialysis fluid to completely drain from the abdomen. Encouraging a bowel movement may help alleviate any impaction or blockage that could be affecting the drainage process. This is especially pertinent as abdominal displacement from bowel contents can lead to inadequate dialysis exchange, thereby affecting treatment efficiency. Applying heat to the abdomen could be uncomfortable and does not specifically address the underlying issue related to incomplete drainage. The action of stripping the dialysis catheter can potentially introduce infection or cause discomfort, and instilling more dialysate solution would not solve the issue of drainage. By focusing on promoting a bowel movement, the nurse addresses a common and potentially easily resolved issue directly related to the client's complaint.

6. What distinguishes creatinine from creatine kinase (CK)?

- A. Creatinine is an enzyme**
- B. Creatinine is a waste product of muscle breakdown**
- C. Creatinine is produced in the liver**
- D. Creatinine levels do not indicate kidney function**

Creatinine is indeed distinguished from creatine kinase (CK) primarily by its role as a waste product of muscle metabolism. Creatinine is generated from the breakdown of creatine, a molecule important for energy production in muscles. As muscles use creatine for energy, it eventually converts to creatinine, which is then released into the bloodstream and eliminated by the kidneys through urine. In contrast, creatine kinase is an enzyme involved in the conversion of creatine and is largely found in the heart and skeletal muscles. It facilitates the phosphorylation of adenosine diphosphate (ADP) to adenosine triphosphate (ATP), thereby playing a critical role in energy metabolism, not as a waste product. The production of creatinine occurs primarily in muscle tissue and not in the liver, distinguishing it from many other substances that are produced in various organs. Additionally, while creatinine levels are indicative of kidney function, such as assessing glomerular filtration rate (GFR), the statement about creatinine levels not indicating kidney function would be misleading. Thus, the correct answer emphasizes creatinine's role in the body as a metabolic byproduct associated with muscle activity.

7. How does diabetes affect kidney health?

- A. It has no impact on kidney function
- B. It can lead to diabetic nephropathy, causing kidney damage**
- C. It improves glucose filtration in the kidneys
- D. It prevents renal diseases

Diabetes significantly impacts kidney health, primarily through a condition known as diabetic nephropathy. This complication arises from prolonged high blood sugar levels, which can damage the blood vessels in the kidneys. In healthy kidneys, these blood vessels filter waste from the bloodstream efficiently. However, when they are compromised due to the effects of diabetes, this filtration process becomes impaired, leading to various degrees of kidney damage over time. Diabetic nephropathy is characterized by a progressive loss of kidney function, which can eventually result in chronic kidney disease (CKD) or even end-stage renal disease (ESRD). Early detection and management of diabetes, including maintaining optimal blood sugar levels and controlling other risk factors like hypertension, are crucial for preventing or delaying the progression of kidney damage. Understanding how diabetes leads to kidney issues underscores the importance of regular monitoring and proactive treatment strategies in managing both blood glucose levels and kidney health. This knowledge is vital for patients with diabetes to help preserve kidney function and overall well-being.

8. When monitoring a patient with SIADH, what should the nurse look for that may indicate neurological changes?

- A. Changes in heart rate
- B. Altered mental status**
- C. Change in skin color
- D. Decreased respiratory rate

When monitoring a patient with Syndrome of Inappropriate Antidiuretic Hormone secretion (SIADH), observing for altered mental status is particularly important because hyponatremia, a common complication of SIADH, can lead to neurological disturbances. The excess secretion of ADH causes the kidneys to retain water, which dilutes sodium levels in the blood. As sodium concentration drops, cerebral edema may occur, resulting in confusion, disorientation, lethargy, or even seizures and coma in severe cases. Monitoring for changes in neurological status helps healthcare providers identify potential complications early and prompt necessary interventions. Since the brain is sensitive to fluctuations in sodium levels, any sudden changes in a patient's mental status could suggest that the sodium level is affecting brain function. While heart rate changes, alterations in skin color, and respiratory rate may also signify various health issues, they are not specifically indicative of neurological changes linked to SIADH. The key focus in SIADH-related assessments should be on the patient's cognitive and mental status due to the direct impact of sodium levels on neuronal activity.

9. What does visceral pain commonly refer to?

- A. Pain felt on the surface of the skin
- B. Pain originating from internal organs**
- C. Pain associated with muscle injury
- D. Pain that is psychogenic in nature

Visceral pain commonly refers to discomfort that originates from internal organs. This type of pain is typically associated with the sensations arising from the internal structures such as the heart, lungs, gastrointestinal tract, and other organs within the thoracic and abdominal cavities. Visceral pain can be described as deep, pressure-like, or dull, and it often does not have a well-defined location, making it more challenging to pinpoint compared to somatic pain, which is felt on the skin or in muscles and joints. Visceral pain can result from numerous conditions, such as inflammation, stretching, or ischemia (insufficient blood flow) affecting the organs, and it is usually conveyed through the autonomic nervous system. Understanding the nature of visceral pain is critical for diagnosis and treatment, as it often presents differently than somatic pain, requiring different therapeutic approaches.

10. What lifestyle change should a client with peptic ulcer disease implement?

- A. Increase caffeine intake
- B. Reduce stress levels**
- C. Consume more NSAIDs
- D. Increase daily alcohol consumption

For a client with peptic ulcer disease, reducing stress levels is an important lifestyle change. Stress can exacerbate the symptoms of peptic ulcers and may negatively influence healing. While stress alone is not a direct cause of ulcers, it can increase the production of stomach acid and potentially impede healing processes. Implementing stress management techniques such as relaxation exercises, meditation, or yoga can greatly assist in improving the overall well-being of individuals with this condition. Other lifestyle modifications that are often recommended for managing peptic ulcers include dietary changes, such as avoiding certain irritants, but stress reduction is a critical component. In contrast, increasing caffeine intake, consuming more NSAIDs, or increasing alcohol consumption can all potentially worsen ulcer symptoms or contribute to the development of ulcers and should be avoided. These factors can irritate the stomach lining and increase acid production, leading to more discomfort and complications.

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.

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!

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