

## Renal Calculi (Kidney Stones) NCLEX Questions

This is a quiz that contains NCLEX review questions for renal calculi (renal stones). As a nurse providing care to a patient with a kidney stone, it is important to know the signs and symptoms, pathophysiology, nursing management, patient education, and treatment.

This quiz will test your knowledge about renal stones in preparation for the NCLEX exam.

1. You're providing an in-service to a group of nurses about the different types of kidney stones. You explain to the attendees that the most common type of kidney stone is made up of:\*

- A. Cholesterol
- B. Calcium and oxalate
- C. Calcium and phosphate
- D. Uric acid

2. Which patient below is at MOST risk for developing uric acid type kidney stones?\*

- A. A 53 year old female with recurrent urinary tract infections.
- B. A 6 year old male with cystinuria.
- C. A 63 year male with gout.
- D. A 25 year old female that follows a vegan diet and report eating high amounts of spinach and strawberries on a regular basis.

3. A patient is scheduled for an intravenous pyelogram (IVP) to assess for kidney stones. Which finding below requires the nurse to contact the physician?\*

- A. Patient reports flank pain that radiates downward
- B. Patient has hematuria
- C. Patient is allergic to shellfish
- D. Patient has cloudy urine

4. The physician orders a 24-hour urine collection on a patient with recurrent kidney stones. As the nurse you know that the specimen should be?\*

- A. Kept at room temperature

- B. Kept on ice or refrigerated
- C. Sent to the lab every four hours
- D. Kept at a temperature between 98.6 °F to 99.3°F

5. You're providing care to a patient with a uric acid kidney stone that is 2 mm in size per diagnostic imaging. The patient is having severe pain and rates their pain 10 on 1-10 scale. The physician has ordered a treatment plan to assist the patient in passing the kidney stone. What nursing intervention is PRIORITY for this patient based on the scenario?\*

- A. Administer pain medication
- B. Encourage fluid intake of 2-4 liters per day
- C. Massage the costovertebral area
- D. Implement a high protein diet

6. A patient with a kidney stone explains that the pain he is experiencing is intense, sharp, and wavelike that radiates to the scrotum. In addition, he explains it feels like he has to void but a small amount of urine is passed. Based on the patient's signs and symptoms, where may the kidney stone be located?\*

- A. Renal Calyx
- B. Renal Papilla

- C. Ureter
- D. Urethra

7. You're developing a nursing care plan for a patient with a kidney stone. Which of the following nursing interventions will you include in the patient's plan of care?\*

- A. Restrict calcium intake
- B. Strain urine with every void
- C. Keep patient in supine position to alleviate pain
- D. Maintain fluid restriction of 1-2 Liter per day

8. You're providing discharge teaching to a patient who was hospitalized for the treatment of a kidney stone. The type of kidney stone the patient experienced was a uric acid type stone. What type of foods will you educate the patient to avoid?\*

- A. Cabbage, spinach, tomatoes, strawberries
- B. Ice cream, milk, pork, cheese
- C. Beans, potatoes, corn, peas
- D. Liver, scallops, anchovies, sardines, pork

9. Your patient arrives back to their room after having extracorporeal shock wave lithotripsy (ESWL) for treatment of a kidney stone. What will be included in the patient's plan of care? SELECT-ALL-THAT-APPLY.\*

- A. Keep the patient in bed
- B. Encourage fluid intake of 3-4 liters per day
- C. Maintain nephrostomy tube
- D. Strain urine
- E. Keep dressing dry and intact

10. You are providing pre-op teaching to a patient scheduled for a percutaneous nephrolithotomy. Which statement by the patient demonstrates the patient understood the pre-op teaching?\*

- A. "During the procedure the surgeon will move the stone down the ureter, so I can pass the stone in the urine.
- B. "I may have a nephrostomy tube after the procedure."
- C. "A scope is inserted through the urinary system from the urethra to the kidneys to assess the kidney stone."
- D. "This procedure is noninvasive and no incision is required."

11. Which question would the nurse ask to assess a patient's hematuria?

- A. "Do you have to urinate at night?"
- B. "Do you have blood in your urine?"
- C. "Do you have to urinate frequently?"
- D. "Do you have pain when you urinate?"

12. Which action would the nurse take **first** when a patient's urine dipstick test indicates a small amount of protein?

- A. Send a urine specimen to the laboratory to test for ketones.
- B. Obtain a clean-catch urine for culture and sensitivity testing.
- C. Inquire about which medications the patient is currently taking.
- D. Ask the patient about any family history of chronic renal failure.

13. A hospitalized patient who has possible renal insufficiency after coronary artery bypass surgery will have a creatinine clearance test. Which item will the nurse need to obtain?

- A. Urinary catheter
- B. Sterile specimen cup
- C. Cleansing towelettes
- D. Large urine container

14. A young adult employed as a hair stylist who has a 15 pack-year history of cigarette smoking arrives for an annual physical examination. Which area of increased risk would the nurse plan to teach the patient?

- A. Renal failure
- B. Kidney stones
- C. Pyelonephritis
- D. Bladder cancer

15. Which medication taken by a patient with decreased renal function will be of **most** concern to the nurse?

- A. ibuprofen (Motrin)
- B. warfarin (Coumadin)
- C. folic acid (vitamin B<sub>9</sub>)
- D. penicillin (Bicillin C-R)

16. A 78-yr-old patient has been admitted with benign prostatic hyperplasia. Which action would the nurse include in the plan of care?

- A. Limit fluid intake to no more than 1000 mL/day.
- B. Leave a light on in the bathroom during the night.
- C. Ask the patient to use a urinal so that urine can be measured.
- D. Pad the patient's bed to accommodate overflow incontinence.

17. The nurse completing a physical assessment for a newly admitted patient is unable to feel either kidney on palpation. Which action would the nurse take?

- A. Obtain a urine specimen to check for hematuria.
- B. Document the information on the assessment form.
- C. Ask the patient about any history of recent sore throat.
- D. Ask the health care provider about scheduling a renal ultrasound.

18. How will the nurse assess for flank tenderness in a patient with suspected pyelonephritis?

- A. Palpate along both sides of the lumbar vertebral column.
- B. Strike a flat hand covering the costovertebral angle (CVA).
- C. Push fingers upward into the two lowest intercostal spaces.
- D. Percuss between the iliac crest and ribs at the midaxillary line.

19. What glomerular filtration rate (GFR) would the nurse estimate for a 30-yr-old patient with a creatinine clearance result of 60 mL/min?

- A. 60 mL/min
- B. 90 mL/min
- C. 120 mL/min
- D. 180 mL/min

20. The nurse is examining an adult patient. For which purpose would the nurse use palpation?

- A. Determining kidney function

- B. Identifying renal artery bruits
- C. Checking for bladder distention
- D. Assessing for ureteral peristalsis

21. A patient gives the admitting nurse health information before a scheduled intravenous pyelogram (IVP). Which item requires the nurse to intervene before the procedure?

- A. The patient has not had food or drink for 8 hours.
- B. The patient lists allergies to shellfish and penicillin.
- C. The patient reports costovertebral angle (CVA) tenderness.
- D. The patient used a bisacodyl (Dulcolax) tablet the previous night.

22. A patient passing bloody urine has scheduled a cystoscopy with cystogram. Which description of the procedure by the nurse is accurate?

- A. "Your doctor will place a catheter into an artery in your groin and inject a dye to visualize the blood supply to the kidneys."
- B. "Your doctor will insert a lighted tube into the bladder, and little catheters will be inserted through the tube into your kidneys."
- C. "Your doctor will insert a lighted tube in the bladder through your urethra, inspect the bladder, and instill dye to outline your bladder on x-ray."
- D. "Your doctor will inject a radioactive solution into a vein in your arm, then the isotope in your kidneys and bladder will be visible on a scanner."

23. When caring for a patient after cystoscopy, which instruction would the nurse provide?

- A. Expect blood-tinged urine.
- B. Request morphine for pain.
- C. Stay on bed rest for 4 to 6 hours.
- D. Remain NPO for 8 hours to prevent vomiting.

24. A patient who has increased blood urea nitrogen (BUN) and serum creatinine levels is scheduled for a renal arteriogram. Which bowel preparation order would the nurse question for this patient?

- A. Fleet enema
- B. Tap-water enema
- C. Senna/docusate (Senokot-S)
- D. Bisacodyl (Dulcolax) tablets

25. A female patient with a suspected urinary tract infection is to provide a clean-catch urine specimen for culture and sensitivity testing. What would the nurse do to obtain the specimen?

- A. Have the patient empty the bladder completely; then obtain the next urine specimen that the patient is able to void.
- B. Tell the patient to clean the urethral area, void a small amount into the toilet, then void directly into a sterile container.
- C. Insert a short sterile “mini” catheter attached to a collecting container into the urethra and bladder to obtain the specimen.
- D. Clean the area around the patient’s meatus with a povidone-iodine (Betadine) swab and then have the patient void into a sterile specimen cup.

26. The nurse is caring for a hospitalized patient with a decreased glomerular filtration rate who is scheduled for an intravenous pyelogram (IVP). Which action will the nurse include in the plan of care?

- A. Monitor the urine output after the procedure.
- B. Assist with monitored anesthesia care (MAC).
- C. Give oral contrast solution before the procedure.
- D. Insert a large-size urinary catheter before the IVP.

27. Which nursing action is essential for a patient immediately after a renal biopsy?

- A. Insert a urinary catheter and test urine for microscopic hematuria.
- B. Check blood glucose to assess for hyperglycemia or hypoglycemia.
- C. Apply a pressure dressing and position the patient on the affected side.
- D. Monitor blood urea nitrogen (BUN) and creatinine to assess renal function.

28. A male patient in the clinic provides a urine sample that is red-orange in color. Which action should the nurse take?

- A. Notify the patient's health care provider.
- B. Teach correct midstream urine collection.
- C. Ask the patient about current medications.
- D. Question the patient about urinary tract infection risk factors.

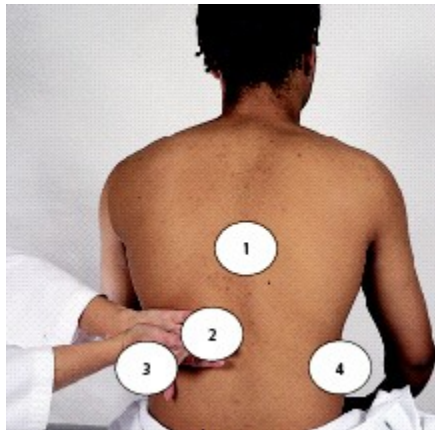
29. Which information from a patient's urinalysis requires that the nurse notify the health care provider?

- A. pH 6.2
- B. Trace protein
- C. WBC 20 to 26/hpf
- D. Specific gravity 1.021

30. Which statement by a patient who had a cystoscopy the previous day would the nurse report immediately to the health care provider?

- A. "My urine looks pink."
- B. "My IV site is bruised."
- C. "My sleep was restless."
- D. "My temperature is 101."

31. In the accompanying figure, what is the nurse assessing via percussion?



- A. Liver size and shape
- B. Pulmonary tissue density
- C. Posterior chest skeletal stability
- D. Upper urinary tract inflammation