Reward and recognition are two things I, as a manager, promote with my nursing team. I encourage them to recognize each other and the rewards will come. I give you this message: reward yourself by becoming certified in urology, and the recognition will come. The recognition may not be monetary, but the rewards of accomplishing a new goal are priceless. You become the expert with your knowledge. Daunting? Yes it can be, but the rewards can overcome all hesitations. So go out there and take the challenge; become certified in urology and reap the rewards!

The following questions are representative of those relating to urinary calculi on the RN certification examination.

1. Mr. Andrews has experienced his third renal calculi in 6 months. It is evident he has recurrent calculi. During his appointment the nurse stresses that the most important behavior to prevent stones is:
   a. Eating a low-calcium diet.
   b. Having a high-fluid intake.
   c. Acidifying his urine.
   d. Taking prescribed sodium and potassium supplements.

2. Mrs. Smith has had an extracorporeal shock wave lithotripsy. Her post-procedure instructions include frequent ambulation. The reason for this is to:
   a. Facilitate stone passage.
   b. Stimulate bladder emptying.
   c. Prevent hemorrhage.
   d. Promote urine formation.

3. Mrs. Anderson has had an extracorporeal shock wave lithotripsy and right-sided ureteral stent placement at the time of procedure. The nurse explains that the reason for the stent placement is to:
   a. Assist in passage of stone fragments.
   b. Prevent post-operative bleeding.
   c. Decrease pain.
   d. Provide ureteral identification for imaging studies.

4. A nursing student caring for Mr. Cain sees a notation in the chart that he has a radiolucent stone. Her preceptor explains Mr. Cain most likely has which type of stone?
   a. Struvite
   b. Uric acid
   c. Calcium oxalate
   d. Calcium phosphate

**Answers**

1. B — The patient’s fluid intake should be about 1.6L/24 hours to prevent urinary stasis. Eating a low-calcium diet will increase the amount of bound oxalate which will increase the likelihood of stones. Answers C and D will not affect the formation of stones.

2. A — Active ambulation will assist in the passage of stone fragments post extracorporeal shock wave lithotripsy.

3. A — Stent placement is performed to prevent obstruction of the ureter which may occur as the fragmented stones pass. The options of B, C, or D are incorrect. Ureteral stents may cause irritation and discomfort. Stents do not prevent bleeding after surgery and stent placement is not performed solely for ureteral identification.

4. B — Pure uric acid crystals in stones are radiolucent and may not be identified on plain abdominal films. Struvite, calcium oxalate, and calcium phosphate stones are all radiopaque and visible on imaging studies.

**Reference**


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**Celebrate!**

**National Nurses Week**

**May 6-12, 2005**

“Nurses: Many Roles, One Profession”