

# Evolve Cancer Treatment and Care Practice Exam (Sample)

## Study Guide



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

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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. 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

- 1. What does cancer survivorship entail?**
  - A. Only physical recovery**
  - B. Monitoring for recurrence and addressing long-term effects**
  - C. Immediate follow-up treatments**
  - D. Exclusive focus on emotional distress**
- 2. What role does nutrition play in cancer treatment?**
  - A. It prevents cancer development**
  - B. Supports overall health, recovery, and helps manage treatment side effects**
  - C. Nutrition has no significant role during treatment**
  - D. It enhances the effects of chemotherapy without side effects**
- 3. Which of the following factors is important in a patient's cancer treatment decision-making?**
  - A. Health insurance availability only**
  - B. Patient preference and treatment goals**
  - C. Only the type of cancer**
  - D. Consultation with non-medical professionals**
- 4. What should a nurse advise a patient undergoing teletherapy radiation treatments about skin care?**
  - A. Apply ointment to the area daily**
  - B. Avoid heat and cold to the treatment area**
  - C. Use topical steroids to soothe skin**
  - D. Gently exfoliate the skin to remove dead cells**
- 5. Which aspect is not commonly directly addressed in psychosocial support for cancer patients?**
  - A. Mental health support**
  - B. Emotional well-being**
  - C. Palliative surgical options**
  - D. Social needs**

- 6. What does the concept of "personalized medicine" in oncology involve?**
- A. Applying the same treatment to all patients**
  - B. Tailoring treatment based on the individual characteristics of the patient's cancer, including genetic and molecular profiling**
  - C. Focusing only on treatment regimens established decades ago**
  - D. Utilizing generic medications for all patients**
- 7. What is defined as neoadjuvant therapy?**
- A. Treatment given after primary treatment to support recovery**
  - B. Treatment given before primary treatment to shrink tumors, often used before surgery**
  - C. Experimental treatment administered during surgery**
  - D. Supportive care provided concurrently with radiation therapy**
- 8. Which of the following is a common treatment modality used in oncology?**
- A. Acupuncture**
  - B. Homeopathy**
  - C. Respiratory therapy**
  - D. Chemotherapy**
- 9. What is the impact of clinical practice guidelines on cancer treatment?**
- A. They complicate the treatment process**
  - B. They standardize care and improve outcomes**
  - C. They focus solely on alternative therapies**
  - D. They limit patient options**
- 10. What is an appropriate intervention for a nurse to perform to relieve stomatitis in a chemotherapy patient?**
- A. Apply topical anesthetics.**
  - B. Encourage spicy foods.**
  - C. Recommend sugary candies.**
  - D. Promote caffeine consumption.**



## **Answers**

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

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## **Explanations**

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## 1. What does cancer survivorship entail?

- A. Only physical recovery
- B. Monitoring for recurrence and addressing long-term effects**
- C. Immediate follow-up treatments
- D. Exclusive focus on emotional distress

Cancer survivorship encompasses a holistic approach that includes monitoring for recurrence and addressing the long-term effects of cancer and its treatment. Once a patient finishes active treatment, their journey does not end; instead, there is a shift towards ensuring ongoing health and well-being. This involves regular follow-up appointments to check for any signs of cancer returning and managing any lasting effects from treatment, such as physical, emotional, and psychological changes. Survivorship programs often emphasize the importance of lifestyle modifications, supportive care, and psychosocial support to enhance the quality of life for survivors. This comprehensive focus on both physical health and overall well-being helps survivors navigate the challenges they may face after treatment. While it is essential to address the immediate concerns related to physical recovery and emotional distress, survivorship specifically integrates long-term management strategies to help individuals thrive after cancer.

## 2. What role does nutrition play in cancer treatment?

- A. It prevents cancer development
- B. Supports overall health, recovery, and helps manage treatment side effects**
- C. Nutrition has no significant role during treatment
- D. It enhances the effects of chemotherapy without side effects

Nutrition plays a crucial role in cancer treatment by supporting overall health, aiding in recovery, and helping to manage the side effects of treatment. Proper nutrition helps maintain strength and energy levels, which are vital for patients undergoing rigorous treatments such as chemotherapy or radiation. A well-balanced diet can improve the body's ability to tolerate treatment, as some therapies may cause nausea, loss of appetite, or changes in taste. Adequate nutrition can help mitigate these side effects, allowing patients to maintain their weight and muscle mass, which is essential for healing and resilience during the treatment process. Furthermore, certain nutrients may bolster the immune system, supporting the body in fighting cancer and potential infections that can arise during treatment. In contrast, while nutrition is an important aspect of overall health, it does not directly prevent cancer development, nor does it inherently enhance the effects of chemotherapy without side effects. The misconception that nutrition has no significant role during treatment overlooks its vital contributions to patient well-being and recovery.

**3. Which of the following factors is important in a patient's cancer treatment decision-making?**

- A. Health insurance availability only**
- B. Patient preference and treatment goals**
- C. Only the type of cancer**
- D. Consultation with non-medical professionals**

In cancer treatment decision-making, patient preference and treatment goals are crucial factors because they take into account the individual's unique values, lifestyle, and circumstances. Every patient has different priorities; some may prioritize quality of life over longevity, while others may wish to pursue aggressive treatments regardless of side effects. Involving patients in the decision-making process helps ensure that the chosen treatment aligns with their personal beliefs, psychological readiness, and desired outcomes. This collaborative approach empowers patients, enhances their satisfaction with the treatment process, and can lead to better adherence to the treatment regimen. Considering only health insurance availability might overlook essential aspects of the patient's values and personal goals in their treatment. Focusing solely on the type of cancer can lead to a one-size-fits-all approach, neglecting the nuances of individual patient needs. Consulting with non-medical professionals can provide additional perspectives but may not address the most critical aspect: the patient's voice in their own care decisions. Therefore, recognizing and integrating patient preferences and treatment goals is fundamental in achieving optimal treatment outcomes.

**4. What should a nurse advise a patient undergoing teletherapy radiation treatments about skin care?**

- A. Apply ointment to the area daily**
- B. Avoid heat and cold to the treatment area**
- C. Use topical steroids to soothe skin**
- D. Gently exfoliate the skin to remove dead cells**

When advising a patient undergoing teletherapy radiation treatments about skin care, it's important to emphasize the need to avoid heat and cold to the treatment area. Radiation therapy can cause skin sensitivity and irritation, meaning that extreme temperatures can exacerbate these side effects. Heat may increase blood flow to the area, leading to further irritation, while cold can cause additional damage to already sensitive tissues. Therefore, keeping the skin at a stable and moderate temperature is crucial for promoting healing and comfort during treatment. In contrast, applying ointments, using topical steroids, or gently exfoliating may not be appropriate during this time. Ointments could potentially irritate the skin further or interfere with the treatment area, topical steroids may not be recommended as they can thin the skin, and exfoliation might cause unnecessary trauma to the already sensitive skin. Therefore, the focus on avoiding any agents or treatments that could compromise skin integrity is key in managing skin care for patients undergoing radiation therapy.

**5. Which aspect is not commonly directly addressed in psychosocial support for cancer patients?**

- A. Mental health support**
- B. Emotional well-being**
- C. Palliative surgical options**
- D. Social needs**

In the context of psychosocial support for cancer patients, the focus is primarily on aspects that directly impact the emotional, mental, and social well-being of individuals facing cancer diagnoses. This includes mental health support, which addresses psychological conditions such as anxiety and depression that are common among cancer patients. Emotional well-being is also a critical component, as it encompasses coping mechanisms and resilience in the face of cancer treatment and challenges. Additionally, social needs are addressed, as they pertain to the patient's support systems, relationships, and social interactions that can significantly affect their experience with cancer. Palliative surgical options, however, are primarily a medical intervention aimed at alleviating symptoms rather than a psychosocial aspect. While it may indirectly influence emotional and social well-being by managing physical symptoms, it does not inherently fall under the umbrella of psychosocial support, which focuses more on mental and emotional aspects of care rather than procedural or surgical options. This distinction makes it clear why palliative surgical options are not commonly directly addressed within the realm of psychosocial support.

**6. What does the concept of "personalized medicine" in oncology involve?**

- A. Applying the same treatment to all patients**
- B. Tailoring treatment based on the individual characteristics of the patient's cancer, including genetic and molecular profiling**
- C. Focusing only on treatment regimens established decades ago**
- D. Utilizing generic medications for all patients**

The concept of "personalized medicine" in oncology involves tailoring treatment to the specific characteristics of an individual's cancer. This approach takes into consideration various factors, such as the genetic and molecular profiles of both the patient and the tumor. By analyzing these unique biological markers, oncologists can select therapies that are more likely to be effective for that particular patient, potentially leading to better outcomes and fewer side effects. Personalized medicine contrasts sharply with a one-size-fits-all approach, which would apply the same treatment regimen regardless of individual differences. Instead, it recognizes that cancers can vary significantly in terms of their genetic makeup, behavior, and response to different therapeutic agents. This tailored approach is essential for maximizing therapeutic effectiveness and improving the overall standard of cancer care.

## 7. What is defined as neoadjuvant therapy?

- A. Treatment given after primary treatment to support recovery
- B. Treatment given before primary treatment to shrink tumors, often used before surgery**
- C. Experimental treatment administered during surgery
- D. Supportive care provided concurrently with radiation therapy

Neoadjuvant therapy refers to treatment that is administered before the primary treatment, which typically involves surgery. The primary goal of neoadjuvant therapy is to reduce the size of a tumor or tumors, making surgical removal more feasible or potentially less extensive. This approach is particularly beneficial in cases where tumors are large or have spread locally, as it can lead to better surgical outcomes and may even allow for less invasive surgical techniques. In certain cancer treatments, such as breast or bladder cancer, neoadjuvant therapies might involve chemotherapy, radiation therapy, or targeted therapy, depending on the type and stage of cancer. By shrinking the tumors prior to surgery, neoadjuvant therapy can help improve the chances for successful surgical outcomes and potentially contribute to better long-term survival rates. The other choices describe different approaches that do not align with the definition of neoadjuvant therapy. For instance, post-operative treatments are intended to aid recovery after primary surgical intervention, while experimental treatments and supportive care provided concurrently are distinct from the concept of neoadjuvant therapy.

## 8. Which of the following is a common treatment modality used in oncology?

- A. Acupuncture
- B. Homeopathy
- C. Respiratory therapy
- D. Chemotherapy**

Chemotherapy is a commonly used treatment modality in oncology because it specifically targets cancer cells to inhibit their growth and division. This form of treatment involves the use of cytotoxic drugs that can be administered systemically to target cancer throughout the body, making it effective for a variety of cancers, particularly for those that have spread beyond their original site. Chemotherapy may also be used in different settings, including as a primary treatment, adjuvant therapy after surgery, or palliative care to alleviate symptoms in advanced disease. Other options offered, while they may provide supportive care or alternative approaches for some patients, do not hold the same level of efficacy in directly treating cancer. Acupuncture, for example, is often utilized for pain management or side effects associated with cancer and its treatment but does not directly affect cancerous cells. Homeopathy is based on alternative principles and lacks the scientific backing found in evidence-based oncology treatments. Respiratory therapy, while important in managing certain symptoms (particularly related to lung function), is not a primary treatment for cancer itself.

**9. What is the impact of clinical practice guidelines on cancer treatment?**

- A. They complicate the treatment process**
- B. They standardize care and improve outcomes**
- C. They focus solely on alternative therapies**
- D. They limit patient options**

Clinical practice guidelines play a crucial role in cancer treatment by standardizing care and improving outcomes. These guidelines are developed through extensive research and expert consensus, providing healthcare professionals with evidence-based recommendations for diagnosis, treatment, and patient management. By offering a structured approach to care, they help ensure that patients receive consistent and high-quality treatment, regardless of where they are treated. The standardization helps minimize variations in treatment practices, which can lead to disparities in care and outcomes. When clinicians adhere to these guidelines, it enhances the likelihood of delivering the most effective therapies based on the latest scientific evidence, thereby improving patient prognoses and overall survival rates. Furthermore, these guidelines often incorporate management strategies for potential side effects and supportive care measures, contributing to a holistic approach to cancer treatment. Overall, clinical practice guidelines facilitate informed decision-making, allowing healthcare providers to navigate the complexities of cancer therapies while ultimately benefiting patient health and well-being.

**10. What is an appropriate intervention for a nurse to perform to relieve stomatitis in a chemotherapy patient?**

- A. Apply topical anesthetics.**
- B. Encourage spicy foods.**
- C. Recommend sugary candies.**
- D. Promote caffeine consumption.**

Applying topical anesthetics is an appropriate intervention for relieving stomatitis in a chemotherapy patient because these anesthetics can help numb the painful sores in the mouth, providing the patient with temporary relief. Stomatitis, which includes soreness and inflammation of the mucous membranes in the mouth, is a common side effect of chemotherapy. By using topical anesthetics, nurses can help alleviate discomfort, making it easier for patients to eat, drink, and maintain oral hygiene. Other interventions mentioned, such as promoting the consumption of spicy foods, recommending sugary candies, and increasing caffeine intake, would not be beneficial. Spicy foods can further irritate the mucosal lining of the mouth, while sugary candies may increase the risk of oral infections and contribute to discomfort. Caffeine can also be dehydrating, which is not ideal for someone dealing with stomatitis, as adequate hydration is crucial for healing and comfort. Thus, the use of topical anesthetics is the most suitable choice in this scenario.



## 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://evolvecancertreatmentcare.examzify.com>**

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