

# Oncology Nursing Practice Test (Sample)

## Study Guide



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

**Copyright © 2025 by Examzify - A Kaluba Technologies Inc. product.**

**ALL RIGHTS RESERVED.**

**No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.**

**Notice: Examzify makes every reasonable effort to obtain from reliable sources accurate, complete, and timely information about this product.**

**SAMPLE**

## **Questions**

SAMPLE

- 1. What is anemia in the context of cancer?**
  - A. An increase in white blood cells**
  - B. A deficiency of red blood cells**
  - C. A type of cancer**
  - D. A nutritional disorder**
- 2. Which of the following is a common side effect of chemotherapy?**
  - A. Increased energy levels**
  - B. Hair regrowth**
  - C. Nausea**
  - D. Improved appetite**
- 3. What is the significance of tumor markers in cancer diagnosis?**
  - A. They are used solely for imaging purposes**
  - B. They help indicate the presence of malignancy**
  - C. They are only useful in nontumor related conditions**
  - D. They have no impact on treatment decisions**
- 4. Which of the following is a recommended method for cancer prevention related to lifestyle?**
  - A. Mailing annual health reports**
  - B. Regular exercise**
  - C. Caloric restriction**
  - D. Nutrient supplementation**
- 5. How can community support enhance cancer prevention strategies?**
  - A. By providing isolation from healthcare professionals**
  - B. By fostering a culture of awareness and engagement**
  - C. By limiting access to cancer education**
  - D. By prioritizing personal gain over community needs**

- 6. Which oncological emergency is characterized by bleeding due to abnormalities in the coagulation cascade?**
- A. Sepsis**
  - B. DIC**
  - C. SIADH**
  - D. Tumor lysis syndrome**
- 7. Why are assessments important in oncology nursing?**
- A. To determine the financial status of the patient**
  - B. For monitoring symptoms and treatment responses**
  - C. To schedule follow-up appointments**
  - D. To document patient demographics**
- 8. What psychological support is crucial for cancer patients?**
- A. Support to ignore treatment effects**
  - B. Continuous financial aid**
  - C. Strategies to cope with anxiety and depression**
  - D. Focus on physical appearance**
- 9. Which condition is a risk due to obstructive and absorptive issues caused by cancer?**
- A. High blood pressure**
  - B. Diabetes**
  - C. Obstruction/malabsorption**
  - D. Excessive weight gain**
- 10. Which aspect is NOT a characteristic of targeted therapy?**
- A. Precision in targeting cancer cells**
  - B. Minimizing harm to normal cells**
  - C. Generalized side effects**
  - D. Often used in advanced stages of cancer**

## **Answers**

SAMPLE

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

SAMPLE

## **Explanations**

SAMPLE

**1. What is anemia in the context of cancer?**

- A. An increase in white blood cells**
- B. A deficiency of red blood cells**
- C. A type of cancer**
- D. A nutritional disorder**

Anemia in the context of cancer refers to a deficiency of red blood cells. This condition occurs when there are not enough red blood cells to carry adequate oxygen to the body's tissues, which can lead to symptoms such as fatigue, weakness, and shortness of breath. In cancer patients, anemia may be caused by several factors, including the cancer itself, treatment effects like chemotherapy or radiation, and nutritional deficiencies. Tumors can disrupt the production of red blood cells or lead to chronic inflammation, which can further contribute to this condition. Understanding anemia is critical for oncology nursing practice because it affects a patient's quality of life and may require interventions such as blood transfusions, iron supplementation, or erythropoiesis-stimulating agents to manage effectively.

**2. Which of the following is a common side effect of chemotherapy?**

- A. Increased energy levels**
- B. Hair regrowth**
- C. Nausea**
- D. Improved appetite**

Nausea is a well-known and common side effect of chemotherapy due to the drugs' effects on rapidly dividing cells, including those in the gastrointestinal tract. Chemotherapy can disrupt the normal functioning of these cells, leading to symptoms such as nausea and vomiting. This side effect is not only uncomfortable but can also significantly affect a patient's quality of life and nutritional intake during treatment. In contrast, increased energy levels and improved appetite are typically not associated with chemotherapy; many patients may experience fatigue and reduced appetite instead. Hair regrowth is also not a side effect of chemotherapy, but rather a phase that occurs after treatment has completed, as hair may fall out during the treatment process itself. Understanding these effects is crucial for oncology nursing, as managing side effects can play a vital role in patient care and support throughout treatment.

**3. What is the significance of tumor markers in cancer diagnosis?**

- A. They are used solely for imaging purposes**
- B. They help indicate the presence of malignancy**
- C. They are only useful in nontumor related conditions**
- D. They have no impact on treatment decisions**

Tumor markers play a significant role in cancer diagnosis as they help indicate the presence of malignancy. These substances, which can be proteins or other molecules produced by cancer cells or by the body in response to cancer, can often be detected in blood, urine, or tissue. When elevated levels of tumor markers are found, they can suggest that cancer is present, prompting further diagnostic testing to confirm a diagnosis. While tumor markers are not exclusively used as diagnostic tools — they might not be definitive on their own — their presence can guide clinicians in understanding whether cancer is likely and what type might be involved. Furthermore, specific markers can be associated with certain cancers, aiding in both the diagnostic process and in monitoring treatment response. In summary, the significance of tumor markers lies in their ability to contribute meaningful information regarding the presence of malignancy, thus supporting oncologists in decision-making and patient management.

**4. Which of the following is a recommended method for cancer prevention related to lifestyle?**

- A. Mailing annual health reports**
- B. Regular exercise**
- C. Caloric restriction**
- D. Nutrient supplementation**

Regular exercise is widely recognized as an effective method for cancer prevention as part of a healthy lifestyle. Engaging in physical activity has multiple benefits, including maintaining a healthy weight, improving metabolic health, and reducing inflammation—all of which are associated with a lower risk of developing various cancers. Regular exercise can also enhance immune function and may help improve the body's ability to respond to and repair cellular damage, which is pivotal in cancer prevention. Research supports that individuals who are physically active tend to have a lower risk of several types of cancer, including breast and colon cancers. The recommended amount of physical activity is generally at least 150 minutes of moderate-intensity or 75 minutes of vigorous-intensity exercise weekly. This lifestyle modification can be easily implemented and offers a range of additional health benefits beyond cancer prevention, such as improved cardiovascular health and enhanced mental well-being. In contrast, while caloric restriction can play a role in weight management and may have some cancer prevention benefits, it is less emphasized as a standalone lifestyle recommendation compared to regular exercise. Nutrient supplementation may be beneficial for specific deficiencies but cannot replace the protective effects of healthy dietary habits and physical activity. Additionally, mailing annual health reports does not influence lifestyle choices directly related to cancer prevention.

**5. How can community support enhance cancer prevention strategies?**

- A. By providing isolation from healthcare professionals**
- B. By fostering a culture of awareness and engagement**
- C. By limiting access to cancer education**
- D. By prioritizing personal gain over community needs**

Community support plays a vital role in enhancing cancer prevention strategies by fostering a culture of awareness and engagement. When communities come together to raise awareness about cancer risks, prevention methods, and healthy lifestyle choices, individuals are more likely to participate in screening programs, adopt healthier behaviors, and support one another in making positive changes. This collective involvement can lead to increased knowledge about cancer, reduction of stigma surrounding the disease, and encouragement for early detection through regular check-ups and screenings. In a supportive community environment, resources for cancer education and prevention become more accessible, helping to ensure that individuals are informed about the importance of lifestyle modifications and preventive measures. This engagement not only enhances individual commitment to cancer prevention but also strengthens community ties that emphasize collective health and well-being. A well-informed community creates a sustainable network that continually reinforces the importance of cancer awareness.

**6. Which oncological emergency is characterized by bleeding due to abnormalities in the coagulation cascade?**

- A. Sepsis**
- B. DIC**
- C. SIADH**
- D. Tumor lysis syndrome**

The condition characterized by bleeding due to abnormalities in the coagulation cascade is disseminated intravascular coagulation (DIC). In DIC, a variety of triggers, including sepsis, trauma, or malignancies, lead to the activation of the clotting cascade. This results in the formation of microclots throughout the body, which consume clotting factors and platelets. Consequently, the body enters a state of paradoxical bleeding due to the depletion of these essential components. Patients may present with a range of bleeding symptoms, including petechiae, ecchymosis, and potentially life-threatening hemorrhages. This contrasts with the other options: sepsis, while it can lead to DIC, is a more general term for a systemic infection and does not specifically address the coagulation abnormality; SIADH (Syndrome of Inappropriate Antidiuretic Hormone secretion) primarily affects fluid balance and does not involve coagulation issues; tumor lysis syndrome involves metabolic disturbances due to the rapid breakdown of tumor cells, but again, it does not specifically relate to the coagulation cascade.

## **7. Why are assessments important in oncology nursing?**

- A. To determine the financial status of the patient**
- B. For monitoring symptoms and treatment responses**
- C. To schedule follow-up appointments**
- D. To document patient demographics**

In oncology nursing, assessments play a critical role in monitoring symptoms and treatment responses. This ongoing process is essential for patient care, as cancer treatments can cause a wide range of physical and psychological effects that may vary significantly over time. Regular assessments allow nurses to identify any new symptoms or changes in a patient's condition that may require immediate attention or modification of the treatment plan. By continuously evaluating symptoms such as pain, fatigue, and complications related to the disease or treatment, oncology nurses can provide timely interventions. This proactive approach ensures that patients receive the most effective management possible, leading to improved quality of life. Furthermore, monitoring treatment responses helps healthcare providers gauge the effectiveness of therapies, assess the need for supportive care, and make informed decisions about future treatment strategies. Other options, while they may have their places in patient care, do not encapsulate the fundamental purpose of assessments in the context of oncology nursing. Financial status, scheduling, and demographic documentation are important but do not directly pertain to the immediate clinical management of the patient's cancer journey.

## **8. What psychological support is crucial for cancer patients?**

- A. Support to ignore treatment effects**
- B. Continuous financial aid**
- C. Strategies to cope with anxiety and depression**
- D. Focus on physical appearance**

Providing strategies to cope with anxiety and depression is essential psychological support for cancer patients. A cancer diagnosis can provoke significant psychological distress, including feelings of fear, sadness, and anxiety about the future. Effective coping strategies help patients manage these emotions, improve their overall well-being, and enhance their ability to face treatment and its challenges. Psychological support often includes counseling, support groups, and therapeutic techniques that focus on building resilience and teaching patients how to navigate their emotional landscape. By addressing anxiety and depression proactively, healthcare providers can significantly improve the quality of life for cancer patients, making it easier for them to engage with their treatment plan and maintain a sense of hope and agency during a challenging time. Other options, while they may address certain aspects of a cancer patient's experience, do not directly provide the emotional and psychological skills necessary to handle the mental load that comes with a cancer diagnosis. Ignoring treatment effects fails to acknowledge the reality of what patients are going through. Continuous financial aid, while important, does not address emotional needs. Focusing on physical appearance can distract from the more critical emotional and psychological support that patients require to navigate their journey.

**9. Which condition is a risk due to obstructive and absorptive issues caused by cancer?**

**A. High blood pressure**

**B. Diabetes**

**C. Obstruction/malabsorption**

**D. Excessive weight gain**

The correct answer identifies the specific risks associated with obstructive and absorptive issues that can arise as a consequence of cancer. Cancer can lead to physical blockages in the gastrointestinal tract or affect the body's ability to absorb nutrients effectively. This results in conditions known as obstruction and malabsorption, which are critical for patients with cancer to understand as they may experience weight loss, nutritional deficiencies, and altered metabolism. For example, a tumor may obstruct the intestines, preventing the normal flow of food and waste, leading to symptoms such as nausea, vomiting, and abdominal pain. Furthermore, if cancer or its treatments impair the absorption of nutrients, patients may develop malnutrition, which can impact their overall treatment outcomes and recovery. Understanding these risks is essential for oncology nurses, as they play a vital role in monitoring their patients for signs of gastrointestinal complications and ensuring proper nutritional support. This assessment allows healthcare providers to develop interventions that can mitigate these risks and enhance patient quality of life during treatment.

**10. Which aspect is NOT a characteristic of targeted therapy?**

**A. Precision in targeting cancer cells**

**B. Minimizing harm to normal cells**

**C. Generalized side effects**

**D. Often used in advanced stages of cancer**

Targeted therapy is designed to specifically target cancer cells while sparing normal cells, leading to treatments that are more precise and often result in fewer general side effects compared to traditional chemotherapy. This specificity is a critical aspect of targeted therapies, as it allows for a more tailored treatment approach that takes advantage of particular molecular characteristics of cancer cells. Given this understanding, the option referring to generalized side effects is not characteristic of targeted therapy. Traditional chemotherapy often produces a broad range of side effects due to its impact on both cancerous and healthy cells, but targeted therapies are engineered to minimize these side effects and improve tolerability for patients. Moreover, targeted therapies are employed frequently in advanced stages of cancer to control disease progression or manage symptoms effectively, which is in alignment with current oncology practices. Thus, the utilization of targeted therapies corresponds significantly with the need for more personalized treatment strategies in oncology care.