

# Relias Oncology Registered Nurse Assessment - Form A 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 psychological effect can occur when a cancer survivor avoids interactions with someone who has lost a loved one to cancer?**
  - A. Fear of recurrence**
  - B. Isolation and withdrawal**
  - C. Survivor's guilt**
  - D. Complicated grief**
  
- 2. What does clinical staging in oncology focus on?**
  - A. Estimating the cost of treatment**
  - B. Determining the extent of cancer using imaging studies, pathology reports, and physical exams**
  - C. Identifying the patient's support system**
  - D. Establishing a timeline for treatment**
  
- 3. What is a common reaction of the body during the nadir phase following chemotherapy?**
  - A. Increased appetite and energy**
  - B. High blood pressure and anxiety**
  - C. Low blood cell counts leading to an increased risk of infection**
  - D. Improved immune function**
  
- 4. What is the primary goal of cancer screening?**
  - A. To prevent all types of cancer**
  - B. To confirm the diagnosis**
  - C. To allow for earlier diagnosis**
  - D. To treat existing cancers more effectively**
  
- 5. Which nursing practice is essential for assessing radiation toxicity?**
  - A. Administering medications**
  - B. Monitoring skin integrity**
  - C. Reducing oxygen levels**
  - D. Encouraging increased physical activity**

**6. What is a common side effect of chemotherapy that affects the patient's blood?**

- A. Increased white blood cell count**
- B. Thrombocytopenia**
- C. Erythrocytosis**
- D. Increased hemoglobin levels**

**7. What symptom could indicate that a patient is experiencing adverse effects from L-asparaginase?**

- A. Weight gain**
- B. Headache**
- C. Nausea and shortness of breath**
- D. Increased appetite**

**8. How should a clinician respond to a family's concerns about verifying that their loved one is deceased?**

- A. A family member will assess the situation**
- B. A nurse will check for pulse**
- C. A clinician will make a thorough assessment before pronouncing death**
- D. An information pamphlet will be given**

**9. What considerations should be made for elderly cancer patients?**

- A. They may have additional family support**
- B. They often prefer surgery over other treatments**
- C. They may have comorbidities, age-related physiological changes, and different nutritional needs**
- D. They always respond better to chemotherapy**

**10. Which features are characteristic of a typical melanoma lesion?**

- A. Symmetrical shape, light brown color**
- B. Dark brown with red and blue areas, flat, and irregular in shape**
- C. Uniform color, smooth texture**
- D. Bright red, raised, and shiny**

## **Answers**

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

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## **Explanations**

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**1. What psychological effect can occur when a cancer survivor avoids interactions with someone who has lost a loved one to cancer?**

- A. Fear of recurrence**
- B. Isolation and withdrawal**
- C. Survivor's guilt**
- D. Complicated grief**

The psychological effect referred to in the correct answer is survivor's guilt. This occurs when a cancer survivor may feel guilt over their own survival while others, such as friends or family members, have not had the same outcome. This emotion can lead to profound discomfort in situations where their survival is highlighted, particularly in interactions with those who have experienced loss. The survivor may find it difficult to engage with bereaved individuals, fearing that their presence will intensify the loss felt by others or feeling unworthy of the joy of life when someone else is grieving. Survivor's guilt can drive a survivor to distance themselves from individuals who are mourning, as they may want to avoid reminding those individuals of their loss or may struggle with feelings of inadequacy or blame about their continued existence compared to those who have passed away. This psychological effect can become a barrier to processing their own trauma and the emotional complexities inherent in surviving a life-threatening illness.

**2. What does clinical staging in oncology focus on?**

- A. Estimating the cost of treatment**
- B. Determining the extent of cancer using imaging studies, pathology reports, and physical exams**
- C. Identifying the patient's support system**
- D. Establishing a timeline for treatment**

Clinical staging in oncology is essential for evaluating the extent of cancer within the body, which involves a thorough assessment using imaging studies, pathology reports, and physical exams. This process helps healthcare professionals determine how far the cancer has spread and what tissues or organs are affected. Staging is crucial because it informs treatment decisions, provides prognostic information, and facilitates communication among healthcare providers regarding the patient's condition. Imaging studies, such as CT scans or MRIs, allow professionals to visualize tumors and any possible metastasis. Pathology reports give details about the tumor's characteristics at a cellular level, and physical exams help identify any signs of disease progression. Together, these methods create a comprehensive understanding of the cancer's stage, which can significantly influence treatment planning and overall patient management. The other choices address different concerns related to oncology but do not pertain to clinical staging. Estimating treatment costs focuses on financial aspects rather than medical evaluation. Identifying a patient's support system is related to psychosocial care, and establishing a treatment timeline pertains to logistics and planning rather than staging per se.

### 3. What is a common reaction of the body during the nadir phase following chemotherapy?

- A. Increased appetite and energy
- B. High blood pressure and anxiety
- C. Low blood cell counts leading to an increased risk of infection**
- D. Improved immune function

During the nadir phase following chemotherapy, the body typically experiences low blood cell counts, particularly affecting white blood cells. This reduction in white blood cells, known as leukopenia, significantly compromises the immune system, leaving the individual more susceptible to infections. The nadir phase is particularly critical as it is the time following chemotherapy when blood cell production is at its lowest, usually occurring about one to two weeks after treatment. This increased risk of infection is a key concern for healthcare providers, as patients may not have the immune capacity to fend off pathogens effectively. In contrast, increased appetite and energy, high blood pressure and anxiety, or improved immune function are not typical responses during the nadir phase. Patients often experience fatigue, lack of appetite, and weakened immune responses during this time, illustrating the importance of monitoring and managing these risks in oncology nursing.

### 4. What is the primary goal of cancer screening?

- A. To prevent all types of cancer
- B. To confirm the diagnosis
- C. To allow for earlier diagnosis**
- D. To treat existing cancers more effectively

The primary goal of cancer screening is to allow for earlier diagnosis. Screening tests are designed to detect cancer at an early stage, often before symptoms appear. Early detection of cancer can significantly improve treatment outcomes, as many types of cancer can be more effectively treated when caught early. For instance, cancers such as breast, cervical, and colorectal often have screening programs in place that help identify potential issues before they progress to more advanced stages that are harder to treat and may require more aggressive interventions. While prevention of all types of cancer is a desirable outcome, screening does not prevent cancer; rather, it aims to identify cancers that are already present at a stage when they can be treated more successfully. Confirming a diagnosis typically occurs after screening tests suggest the possibility of cancer, using more definitive diagnostics such as biopsies and imaging studies. Treatment of existing cancers can be more effective when diagnosed early, but that is a subsequent step; screening's primary purpose is the early detection of cancer itself. Thus, identifying cancer at an earlier stage is the most pivotal aim of screening initiatives.

**5. Which nursing practice is essential for assessing radiation toxicity?**

- A. Administering medications**
- B. Monitoring skin integrity**
- C. Reducing oxygen levels**
- D. Encouraging increased physical activity**

Monitoring skin integrity is essential for assessing radiation toxicity because radiation can significantly affect the skin, leading to various side effects, including redness, blistering, or ulceration in the irradiated areas. This practice allows healthcare providers to identify early signs of radiation skin reactions, which can vary in severity based on the dose and duration of radiation exposure. By routinely checking the skin, nurses can implement appropriate interventions, educate patients about skin care, and manage any complications that arise, thus ensuring that the patient receives comprehensive care. Other practices, while important in their own contexts, do not directly pertain to the specific assessment of radiation toxicity. Administering medications may be necessary for symptom management but does not provide information about the extent of radiation damage. Reducing oxygen levels is not relevant in this context, as adequate oxygenation is crucial for tissue health and healing. Encouraging increased physical activity may be beneficial for overall health but does not specifically aid in assessing or managing the effects of radiation treatment on the skin.

**6. What is a common side effect of chemotherapy that affects the patient's blood?**

- A. Increased white blood cell count**
- B. Thrombocytopenia**
- C. Erythrocytosis**
- D. Increased hemoglobin levels**

Thrombocytopenia is identified as a common side effect of chemotherapy due to the impact that chemotherapy agents have on the bone marrow, where blood cells are produced. Chemotherapy often targets rapidly dividing cells, which includes not only cancer cells but also healthy cells in the bone marrow responsible for the production of platelets. When platelet production decreases, it leads to a lower-than-normal platelet count, resulting in thrombocytopenia. Patients with thrombocytopenia may experience increased bruising, bleeding, and a greater risk of complications during surgeries or invasive procedures. Monitoring blood counts is crucial in chemotherapy protocols to ensure timely interventions, such as platelet transfusions, if necessary. The other options do not accurately reflect common chemotherapy side effects. Increased white blood cell count is typically not associated with chemotherapy; in fact, chemotherapy usually leads to leukopenia, or a decreased white blood cell count. Erythrocytosis and increased hemoglobin levels signify an increase in red blood cells, which is not a common consequence of chemotherapy, as many chemotherapy agents can lead to anemia rather than increasing red blood cell counts.

**7. What symptom could indicate that a patient is experiencing adverse effects from L-asparaginase?**

- A. Weight gain**
- B. Headache**
- C. Nausea and shortness of breath**
- D. Increased appetite**

Nausea and shortness of breath are indeed symptoms that may indicate adverse effects from L-asparaginase. L-asparaginase is commonly used in the treatment of certain types of leukemia and lymphoma, but it can lead to various side effects due to its mechanism of action, which involves depleting asparagine—a vital amino acid for cancer cells. The occurrence of nausea suggests gastrointestinal irritation or a reaction to the medication, while shortness of breath may point to a more serious issue, such as an allergic reaction or an impact on the respiratory system. Both symptoms together signal the need for prompt evaluation, as they could reveal that the patient's body is responding negatively to the treatment. Recognizing these symptoms early can lead to timely intervention, ensuring patient safety. Weight gain, headache, and increased appetite, while they may occur for other reasons in patients receiving treatment, do not specifically correlate with the adverse pharmacological effects known to be associated with L-asparaginase. Thus, nausea and shortness of breath uniquely highlight potential adverse reactions the patient may be experiencing from the medication.

**8. How should a clinician respond to a family's concerns about verifying that their loved one is deceased?**

- A. A family member will assess the situation**
- B. A nurse will check for pulse**
- C. A clinician will make a thorough assessment before pronouncing death**
- D. An information pamphlet will be given**

The appropriate response to a family's concerns about verifying that their loved one is deceased is for a clinician to conduct a thorough assessment before pronouncing death. This is crucial because it ensures that all medical procedures and standards are followed in confirming death, which is a sensitive and significant moment for the family. A thorough assessment typically involves checking vital signs, including heart activity, respiratory function, and neurological responses, to accurately determine the status of the patient. By committing to a comprehensive evaluation, the clinician not only adheres to ethical and professional standards but also provides the family with the assurance they need during an emotionally challenging time. This approach helps to foster trust and clarity, which are vital in delivering difficult news sensitively and respectfully.

## 9. What considerations should be made for elderly cancer patients?

- A. They may have additional family support
- B. They often prefer surgery over other treatments
- C. They may have comorbidities, age-related physiological changes, and different nutritional needs**
- D. They always respond better to chemotherapy

Elderly cancer patients often present unique challenges and considerations due to their age. The correct answer highlights the significance of understanding that these patients may have comorbidities—chronic conditions that exist alongside cancer—which can complicate treatment decisions and overall management. Additionally, age-related physiological changes, such as decreased organ function, altered pharmacokinetics, and increased sensitivity to medications, must be taken into account when planning treatment. Moreover, elderly patients typically have different nutritional needs, and malnutrition can be a significant issue that affects their ability to tolerate treatment and recover. Addressing these factors is crucial for delivering effective and safe cancer care tailored to the needs of older adults. This approach helps in generating individualized treatment plans that accommodate their overall health, which is often multifaceted, and improves their quality of life while receiving cancer treatment. Understanding these aspects is essential for oncology nurses as they care for elderly patients and collaborate with other healthcare professionals to optimize outcomes.

## 10. Which features are characteristic of a typical melanoma lesion?

- A. Symmetrical shape, light brown color
- B. Dark brown with red and blue areas, flat, and irregular in shape**
- C. Uniform color, smooth texture
- D. Bright red, raised, and shiny

A typical melanoma lesion is characterized by certain distinguishing features that help in its identification. The correct choice describes these characteristics accurately. Melanoma lesions often present with an asymmetrical shape, irregular borders, and can have multiple colors, including dark brown as well as red and blue areas. These colors and the flat, irregular shape suggest potential malignancy, as melanoma may encompass a variety of colors and a non-uniform appearance. In contrast, other descriptions do not align with typical melanoma features. For example, lesions that are symmetrical and light brown tend to represent benign nevi or moles rather than melanoma. Similarly, the presence of a uniform color and smooth texture is more consistent with normal moles or benign skin lesions, as melanoma typically showcases irregularities. A bright red, raised, and shiny lesion may suggest a different dermatological condition, such as a dermatofibroma or a hemangioma, rather than melanoma. Understanding these specific characteristics is crucial for early detection and intervention in cases of melanoma, which is a critical aspect of oncology nursing assessments.

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

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

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