

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. When assessing a patient receiving end-of-life care, what should you explain to the family if they observe Cheynes-Stokes respirations and mottled extremities?**
 - A. These are signs of recovery**
 - B. These indicate immediate medical intervention is needed**
 - C. These are signs of end-stage life cycle**
 - D. These are typical postoperative complications**

- 2. A patient weighing 220 lbs is ordered to receive IV heparin at 20 units/kg/hour. How many units should he receive each hour?**
 - A. 1,000 units**
 - B. 1,500 units**
 - C. 2,000 units**
 - D. 2,500 units**

- 3. What ethical conflict arises when a patient wishes to be discharged against medical advice?**
 - A. Beneficence vs justice**
 - B. Non-maleficence vs justice**
 - C. Autonomy vs beneficence**
 - D. Autonomy vs non-maleficence**

- 4. What is an effect of dehydration during cancer treatment?**
 - A. Improved immune response**
 - B. Increased risk of treatment-related complications**
 - C. Enhanced drug efficacy**
 - D. Reduction in fatigue**

- 5. Which treatment option is commonly used for breast cancer?**
 - A. Antiviral therapy**
 - B. Homeopathy**
 - C. Chemotherapy**
 - D. Dieting exclusively**

- 6. How often should blood counts be monitored in patients receiving chemotherapy?**
- A. Every week regardless of chemotherapy type**
 - B. Only at the beginning of treatment**
 - C. Every cycle, based on chemotherapy protocols**
 - D. Once a month**
- 7. Which symptom management strategy is crucial for patients with mucositis?**
- A. Eliminating nutrition altogether**
 - B. Focusing on pain relief measures**
 - C. Increasing sugar intake**
 - D. Using non-prescription analgesics only**
- 8. Which type of cancer has the highest mortality rate in women?**
- A. Breast cancer**
 - B. Ovarian cancer**
 - C. Lung cancer**
 - D. Uterine cancer**
- 9. How should a nurse respond to a patient concerned about alopecia after chemotherapy, stating they heard scalp cooling prevents hair loss?**
- A. Scalp cooling may help prevent hair loss**
 - B. Scalp cooling is ineffective for preventing hair loss**
 - C. Scalp cooling is recommended for all patients**
 - D. Scalp cooling is only effective at the end of treatment**
- 10. What is the preferred treatment approach for localized prostate cancer?**
- A. Immediate aggressive chemotherapy**
 - B. Active surveillance or localized therapy such as surgery or radiation**
 - C. High-dose systemic therapy**
 - D. Bone marrow transplant**

Answers

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

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Explanations

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1. When assessing a patient receiving end-of-life care, what should you explain to the family if they observe Cheynes-Stokes respirations and mottled extremities?

- A. These are signs of recovery**
- B. These indicate immediate medical intervention is needed**
- C. These are signs of end-stage life cycle**
- D. These are typical postoperative complications**

In the context of end-of-life care, observing Cheyne-Stokes respirations and mottled extremities is indicative of the physiological changes that occur as a person approaches death. Cheyne-Stokes respirations are characterized by a cyclical pattern of deep breaths followed by periods of apnea, which often signifies that the body's systems are slowing down. Mottled extremities refer to a pattern of discoloration in the skin, typically caused by poor circulation as the body begins to conserve blood flow to vital organs. These signs are reflective of the end-stage life cycle, where the body is transitioning toward the final stages of life. This understanding is important for family members as it prepares them for the natural dying process and helps them to provide emotional support to their loved one. Recognizing these symptoms allows families to be more informed about the inevitable changes occurring and can facilitate discussions about end-of-life wishes and comfort measures. In contrast, other potential options do not accurately reflect the situation: suggesting signs of recovery would be misleading as these symptoms indicate a decline rather than improvement; stating that immediate medical intervention is needed does not align with the goals of comfort-focused care at the end of life; and associating these symptoms with typical postoperative complications is not relevant in this context, as

2. A patient weighing 220 lbs is ordered to receive IV heparin at 20 units/kg/hour. How many units should he receive each hour?

- A. 1,000 units**
- B. 1,500 units**
- C. 2,000 units**
- D. 2,500 units**

To determine the correct dose of IV heparin for a patient weighing 220 lbs, the first step is to convert the patient's weight from pounds to kilograms, since the dosage is calculated in units per kilogram per hour. The conversion factor from pounds to kilograms is 1 kg equals approximately 2.2 lbs. To find the weight in kilograms, you can use the following calculation:
$$\text{Weight in kg} = \frac{\text{Weight in lbs}}{2.2} = \frac{220 \text{ lbs}}{2.2} \approx 100 \text{ kg}$$
 Next, since the dosage is prescribed at 20 units of heparin per kilogram per hour, you would multiply the patient's weight in kilograms by the units per kilogram:
$$\text{Total units per hour} = \text{Weight in kg} \times \text{units per kg/hour} = 100 \text{ kg} \times 20 \text{ units/kg/hour} = 2000 \text{ units/hour}$$
 Therefore, the correct answer is that the patient should receive 2,000 units per hour.

3. What ethical conflict arises when a patient wishes to be discharged against medical advice?

- A. Beneficence vs justice**
- B. Non-maleficence vs justice**
- C. Autonomy vs beneficence**
- D. Autonomy vs non-maleficence**

In the situation where a patient wishes to be discharged against medical advice, the ethical conflict primarily involves autonomy and beneficence. Autonomy refers to the patient's right to make informed decisions about their own healthcare, which includes the choice to leave the hospital even if it goes against medical advice. This principle respects the individual's freedom and agency in making choices regarding their treatment. Beneficence, on the other hand, is the ethical principle that emphasizes the healthcare provider's duty to act in the best interest of the patient, promoting their well-being and ensuring they receive appropriate care. When a patient chooses to discharge themselves, the healthcare provider may feel conflicted because they believe continuing treatment is necessary for the patient's health and safety. This dynamic creates a tension between respecting the patient's autonomy—honoring their choice to decline further medical intervention—and the obligation to practice beneficence, which could involve persuading the patient to stay for their own good. Thus, the correct answer rightly identifies the ethical conflict that arises from balancing these two principles.

4. What is an effect of dehydration during cancer treatment?

- A. Improved immune response**
- B. Increased risk of treatment-related complications**
- C. Enhanced drug efficacy**
- D. Reduction in fatigue**

Dehydration during cancer treatment can lead to an increased risk of treatment-related complications. This is because adequate hydration is essential for maintaining vital bodily functions, as well as for the metabolism and elimination of drugs used in cancer therapy. When a patient is dehydrated, it can affect the ability to tolerate treatments such as chemotherapy, which may result in complications such as electrolyte imbalances, kidney dysfunction, and increased toxicity of medications. Additionally, dehydration can exacerbate side effects like nausea and fatigue, further complicating the treatment process and recovery. Maintaining proper hydration helps ensure that the body can effectively manage the side effects of treatment, support the immune system, and use medications as intended. This makes hydration a critical focus during cancer care to minimize risks and support the overall health of the patient.

5. Which treatment option is commonly used for breast cancer?

- A. Antiviral therapy**
- B. Homeopathy**
- C. Chemotherapy**
- D. Dieting exclusively**

Chemotherapy is a well-established treatment option for breast cancer and is often utilized for various stages of the disease. It involves the use of drugs designed to kill rapidly dividing cancer cells, making it effective in targeting both primary tumors and metastases. This treatment can be used alone or in combination with other therapies, such as surgery or radiation, depending on the specific characteristics of the cancer and the overall treatment plan. Chemotherapy is particularly important for aggressive types of breast cancer or for cases where there is a risk of recurrence following surgery. The regimen may vary based on the individual's health, cancer type, and growth rate, and it aims to reduce tumor size, eliminate residual disease, and improve overall survival rates. Other treatment options listed, such as antiviral therapy, homeopathy, and exclusive dieting, do not have the same level of evidence supporting their efficacy for breast cancer treatment. Therefore, chemotherapy stands out as a vital and commonly used approach in the management of this disease.

6. How often should blood counts be monitored in patients receiving chemotherapy?

- A. Every week regardless of chemotherapy type**
- B. Only at the beginning of treatment**
- C. Every cycle, based on chemotherapy protocols**
- D. Once a month**

Monitoring blood counts in patients undergoing chemotherapy is crucial due to the impact that various chemotherapy drugs can have on bone marrow function, leading to changes in blood cell counts, including white blood cells, red blood cells, and platelets. The correct approach is to monitor blood counts every cycle based on the specific chemotherapy protocols being used. Chemotherapy regimens often have established guidelines for monitoring blood counts in order to manage risks such as infections, anemia, and bleeding complications, which are common side effects of many chemotherapy drugs. These protocols may recommend weekly monitoring or other frequencies depending on the type and intensity of chemotherapy, as well as the patient's individual health status and response to treatment. Regular monitoring allows healthcare providers to identify any adverse effects early, adjust treatment schedules, and provide supportive care measures if necessary. This proactive approach is essential to enhancing patient safety and treatment efficacy throughout the chemotherapy process.

7. Which symptom management strategy is crucial for patients with mucositis?

- A. Eliminating nutrition altogether**
- B. Focusing on pain relief measures**
- C. Increasing sugar intake**
- D. Using non-prescription analgesics only**

Focusing on pain relief measures is crucial for patients with mucositis because this condition often leads to significant discomfort and pain due to inflammation and ulceration of the mucous membranes in the mouth and throat. Effective symptom management in mucositis prioritizes alleviating pain to improve the patient's quality of life, facilitate oral intake, and promote healing. Pain relief strategies can include topical anesthetics, systemic analgesics, and multimodal pain management approaches, which are essential to help patients maintain their nutrition and overall comfort during treatment. This approach allows healthcare providers to address one of the most debilitating consequences of mucositis, ensuring that patients can engage in necessary activities such as eating, speaking, and maintaining social interactions. The other strategies mentioned are less effective or inappropriate when managing mucositis. Eliminating nutrition altogether can lead to inadequate caloric intake and malnutrition, which is detrimental to healing. Increasing sugar intake may exacerbate inflammation and discomfort without providing any real benefit. Relying solely on non-prescription analgesics may limit the effectiveness of pain management, as stronger prescription options may be necessary for adequate symptom control. Thus, focusing on comprehensive pain relief is the most critical strategy in managing mucositis symptoms effectively.

8. Which type of cancer has the highest mortality rate in women?

- A. Breast cancer**
- B. Ovarian cancer**
- C. Lung cancer**
- D. Uterine cancer**

Lung cancer holds the highest mortality rate among women, surpassing other types of cancer such as breast, ovarian, or uterine cancer. This is largely due to several factors, including the often late-stage diagnosis of lung cancer, as symptoms may not appear until the disease has progressed significantly. Additionally, lung cancer is known to be more aggressive and has a lower five-year survival rate compared to other cancers. The tobacco epidemic has also played a critical role in the high incidence and mortality associated with lung cancer, despite ongoing public health efforts to reduce smoking rates. This combination of late detection, aggressive nature, and historical smoking trends contributes to its position as the leading cause of cancer mortality in women.

9. How should a nurse respond to a patient concerned about alopecia after chemotherapy, stating they heard scalp cooling prevents hair loss?

- A. Scalp cooling may help prevent hair loss**
- B. Scalp cooling is ineffective for preventing hair loss**
- C. Scalp cooling is recommended for all patients**
- D. Scalp cooling is only effective at the end of treatment**

The response that scalp cooling may help prevent hair loss is appropriate because it acknowledges the patient's concern while providing a realistic view of the potential benefits of the intervention. Scalp cooling has been studied and shown to reduce the incidence of chemotherapy-induced alopecia in some patients by constricting blood vessels in the scalp, which may limit the amount of chemotherapy that reaches hair follicles. This option demonstrates an understanding that while scalp cooling is not guaranteed to prevent hair loss for every individual undergoing chemotherapy, there is evidence supporting its effectiveness in certain cases. By offering this encouraging yet measured response, the nurse can foster open communication with the patient. This approach allows the patient to make an informed decision about whether to pursue scalp cooling as a preventative measure based on the available evidence and their individual circumstances.

10. What is the preferred treatment approach for localized prostate cancer?

- A. Immediate aggressive chemotherapy**
- B. Active surveillance or localized therapy such as surgery or radiation**
- C. High-dose systemic therapy**
- D. Bone marrow transplant**

The preferred treatment approach for localized prostate cancer is indeed active surveillance or localized therapy such as surgery or radiation. This approach is favored because localized prostate cancer is often slow-growing and may not pose an immediate threat to the patient's health. Active surveillance involves closely monitoring the cancer with regular check-ups and tests, allowing patients to avoid or delay the side effects of treatment until it is necessary. This is a suitable option for men with lower-risk prostate cancer, particularly those who may have other health issues or a longer life expectancy. Localized therapy, which includes surgical options like radical prostatectomy and radiation therapy, is also effective in treating localized prostate cancer. These treatments aim to eradicate the cancer while preserving the surrounding healthy tissue and minimizing the risk of recurrence. Surgery might be suitable for patients who prefer to remove the tumor completely, while radiation therapy can be an effective alternative, especially for those who are not fit for surgery or prefer to avoid it. The other treatment options listed, such as immediate aggressive chemotherapy, high-dose systemic therapy, and bone marrow transplant, are generally reserved for more advanced stages of cancer or types that are not localized. They are not the standard of care for localized prostate cancer because they can involve more significant side effects and do not necessarily provide better

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.

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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