

RELIAS ONCOLOGY REGISTERED NURSE ASSESSMENT – FORM A PRACTICE TEST (SAMPLE) STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE**

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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 are common signs and symptoms of hypercalcemia of malignancy?**
 - A. Dyspnea and swelling of the neck, arms, and/or hands
 - B. Excessive thirst and frequent urination
 - C. Difficulty or pain while urinating and flank pain
 - D. Headache and loss of appetite
- 2. Which of the following best describes the impact of proper nutrition on cancer recovery?**
 - A. It has little to no effect
 - B. It can negatively impact treatment
 - C. It contributes to overall well-being
 - D. It solely focuses on weight loss
- 3. What is the main role of the Oncology Nurse Navigator?**
 - A. To provide chemotherapy directly to patients
 - B. To guide patients through the cancer care process
 - C. To perform surgical procedures on cancer patients
 - D. To conduct research on cancer treatments
- 4. What is a goal of patient education in the context of chemotherapy?**
 - A. To ensure patients avoid exercise
 - B. To enhance understanding of treatment purpose
 - C. To promote immediate family involvement
 - D. To discourage patients from seeking additional opinions
- 5. What type of catheter is most appropriate for a patient with an enlarged prostate and urine retention?**
 - A. Foley catheter
 - B. Coude' tip catheter
 - C. Intermittent catheter
 - D. Suprapubic catheter

- 6. What are examples of non-modifiable risk factors for cancer?**
- A. Smoking history
 - B. Obesity
 - C. Family history
 - D. Dietary habits
- 7. For patients receiving chemotherapy, what is an important consideration regarding their emotional support?**
- A. Emphasize that chemotherapy is the only option
 - B. Encourage the significance of social support systems
 - C. Focus solely on medical interventions
 - D. Discourage discussions about feelings to keep morale high
- 8. What is the MOST appropriate nursing intervention for a patient with newly diagnosed HIV?**
- A. Provide a quiet space for decision-making
 - B. Encourage conversation with family about the diagnosis
 - C. Assess for ineffective coping and offer teaching on coping strategies
 - D. Provide educational materials about HIV infection
- 9. What nursing implications are involved in administering immunotherapy?**
- A. Administering the drug without any prior assessment
 - B. Pre-assessing health status and monitoring for infusion reactions
 - C. Only educating patients on diet
 - D. Starting treatment regardless of patient history
- 10. Which psychological reactions are commonly observed in cancer patients?**
- A. Excitement, anticipation, and joy
 - B. Anxiety, depression, and fear of mortality
 - C. Indifference, apathy, and lack of concern
 - D. Overconfidence and denial

Answers

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

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Explanations

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1. What are common signs and symptoms of hypercalcemia of malignancy?

- A. Dyspnea and swelling of the neck, arms, and/or hands
- B. Excessive thirst and frequent urination**
- C. Difficulty or pain while urinating and flank pain
- D. Headache and loss of appetite

Excessive thirst and frequent urination are indeed common signs and symptoms of hypercalcemia of malignancy. In this condition, elevated levels of calcium in the blood can lead to various physiological changes. When calcium levels rise, the kidneys work harder to excrete the excess calcium, which can cause increased urine production, leading to frequent urination. This diuretic effect also contributes to dehydration, prompting excessive thirst as the body attempts to maintain fluid balance. Additionally, high calcium levels can interfere with normal renal function and lead to greater fluid loss, exacerbating thirst. Such symptoms highlight the body's attempt to manage the imbalance created by hypercalcemia. Understanding these signs is essential for early recognition and management of hypercalcemia, which is critical in patients with malignancies, as timely intervention can prevent more severe complications.

2. Which of the following best describes the impact of proper nutrition on cancer recovery?

- A. It has little to no effect
- B. It can negatively impact treatment
- C. It contributes to overall well-being**
- D. It solely focuses on weight loss

Proper nutrition plays a critical role in the recovery process for cancer patients. It contributes to overall well-being by helping to maintain strength, support the immune system, and improve the body's ability to tolerate and respond to treatments such as chemotherapy and radiation. Adequate nutrition can help manage side effects of treatment, reduce the risk of infection, and improve recovery times. During cancer recovery, the body has increased nutritional needs due to the metabolic demands of healing and the effect of the disease process itself. A balanced diet rich in vitamins, minerals, and proteins can enhance physical resilience, aid in tissue repair, and help maintain a healthy weight, which is essential for effective healing. While some may focus on weight loss during recovery, effective nutrition addresses the whole person, ensuring that patients receive the energy, nutrients, and hydration needed to support their overall health and recovery journey. Therefore, the statement highlighting the impact of nutrition on overall well-being is a comprehensive and accurate reflection of its importance in cancer recovery.

3. What is the main role of the Oncology Nurse Navigator?

- A. To provide chemotherapy directly to patients
- B. To guide patients through the cancer care process**
- C. To perform surgical procedures on cancer patients
- D. To conduct research on cancer treatments

The primary responsibility of an Oncology Nurse Navigator is to guide patients through the cancer care process. This role is pivotal in ensuring that patients receive coordinated care and support throughout their journey, from diagnosis to treatment and beyond. The Oncology Nurse Navigator serves as a point of contact for patients, helping them understand their diagnosis, treatment options, and the various resources available to them. These professionals not only educate patients about their condition and treatments but also assist with navigating the complexities of the healthcare system, including scheduling appointments, coordinating with other healthcare providers, and connecting patients with support services. By providing personalized guidance and support, the Oncology Nurse Navigator plays a critical role in improving patient outcomes and experiences during often challenging times. While the other options involve important aspects of oncology care, they do not align with the primary function of the Nurse Navigator. Providing chemotherapy, performing surgical procedures, or conducting research, although essential to cancer treatment and advancement, fall outside the scope of the Nurse Navigator's role.

4. What is a goal of patient education in the context of chemotherapy?

- A. To ensure patients avoid exercise
- B. To enhance understanding of treatment purpose**
- C. To promote immediate family involvement
- D. To discourage patients from seeking additional opinions

Enhancing understanding of the treatment purpose is a key goal of patient education in the context of chemotherapy. When patients understand why chemotherapy is being used—such as its role in targeting cancer cells, shrinking tumors, or preventing recurrence—they can better appreciate its importance and stay committed to the treatment plan. This understanding also helps alleviate anxiety by addressing concerns patients may have about the side effects and outcomes of therapy. Engaged and informed patients are more likely to adhere to treatment regimens, thus improving their overall chances for successful outcomes. Patient education fosters a therapeutic alliance between healthcare providers and patients, ensuring that patients feel supported and empowered in their healthcare journey. While other options may have elements of truth, such as promoting family involvement or the potential role of exercise during treatment, they do not capture the foundational purpose of patient education as effectively as enhancing understanding of the treatment purpose does.

5. What type of catheter is most appropriate for a patient with an enlarged prostate and urine retention?

- A. Foley catheter
- B. Coude' tip catheter**
- C. Intermittent catheter
- D. Suprapubic catheter

The most appropriate catheter for a patient with an enlarged prostate and urine retention is the Coude' tip catheter. This type of catheter features a specially angled tip that allows for easier navigation around obstructions like an enlarged prostate. The design of the Coude' tip facilitates insertion even in cases where the urethra may be narrowed or blocked, which is commonly seen in patients experiencing urinary retention due to prostate enlargement. In contrast, a Foley catheter is a continuous drainage catheter that is typically preferred for long-term use or when patients cannot void at all, but may not be ideal for navigating obstructions caused by an enlarged prostate. Intermittent catheters are used for temporary drainage and may not effectively address the retention issue due to difficulty in insertion. Lastly, a suprapubic catheter is placed surgically through the abdominal wall into the bladder and is often reserved for cases where urethral access is not possible but may not be the first option for managing retention related to prostate enlargement.

6. What are examples of non-modifiable risk factors for cancer?

- A. Smoking history
- B. Obesity
- C. Family history**
- D. Dietary habits

Non-modifiable risk factors for cancer are characteristics that individuals cannot change or influence through lifestyle or behavioral adjustments. Family history is a prime example of a non-modifiable risk factor because it is determined by genetic inheritance. Individuals cannot alter their family history or the genetic predisposition they may have inherited, which can influence their likelihood of developing certain types of cancer. In contrast, smoking history, obesity, and dietary habits are modifiable risk factors. These can be influenced by personal choices and lifestyle changes. For instance, individuals can choose to quit smoking, maintain a healthy weight, and adopt healthier eating patterns. Understanding the distinction between non-modifiable and modifiable risk factors is crucial for cancer prevention and informed decision-making regarding health management.

7. For patients receiving chemotherapy, what is an important consideration regarding their emotional support?

- A. Emphasize that chemotherapy is the only option
- B. Encourage the significance of social support systems**
- C. Focus solely on medical interventions
- D. Discourage discussions about feelings to keep morale high

Encouraging the significance of social support systems is crucial for patients receiving chemotherapy. Chemotherapy can be a physically and emotionally taxing treatment, and patients often benefit immensely from having a strong support network. Social support can come from family, friends, or support groups, which can provide emotional reassurance, practical assistance, and a sense of community during a challenging time. Research indicates that patients who have robust social support often experience less anxiety and depression, which can significantly impact their overall well-being and even treatment outcomes. Emotional support helps patients cope with the stress of their diagnosis and the side effects of treatment, improving their quality of life. In contrast, suggesting that chemotherapy is the only option limits the patient's understanding of their treatment choices and may hinder open communication about their care preferences. Focusing only on medical interventions neglects the emotional aspects of cancer care that are essential for tackling the psychosocial challenges faced by patients. Finally, discouraging discussions about feelings contradicts the need for emotional expression and support, which can ultimately lead to increased isolation and distress for the patient.

8. What is the MOST appropriate nursing intervention for a patient with newly diagnosed HIV?

- A. Provide a quiet space for decision-making
- B. Encourage conversation with family about the diagnosis
- C. Assess for ineffective coping and offer teaching on coping strategies**
- D. Provide educational materials about HIV infection

The most appropriate nursing intervention for a patient with a newly diagnosed HIV is to assess for ineffective coping and offer teaching on coping strategies. This focus is critical because a new HIV diagnosis can be overwhelming and may elicit a range of emotions, including fear, anxiety, and denial. Identifying how the patient is coping with their diagnosis allows the nurse to gauge the emotional and psychological needs of the patient and determine the appropriate support or interventions necessary. Teaching coping strategies is essential, as it empowers the patient to manage their diagnosis more effectively. These strategies might include stress reduction techniques, support groups, or referrals to mental health resources. This proactive approach not only supports the patient's mental health but also encourages adherence to treatment regimens and fosters a sense of control over their condition. While providing educational materials about HIV infection is important, the priority should be on assessing the patient's emotional response and ensuring they have the tools to cope with their diagnosis effectively. Creating a supportive environment for conversation with family may also be beneficial, but the immediate need is to address the patient's emotional and psychological coping mechanisms directly. Providing a quiet space for decision-making is helpful but may not address the patient's emotional needs as a priority intervention following a life-altering diagnosis.

9. What nursing implications are involved in administering immunotherapy?

- A. Administering the drug without any prior assessment
- B. Pre-assessing health status and monitoring for infusion reactions**
- C. Only educating patients on diet
- D. Starting treatment regardless of patient history

When administering immunotherapy, a crucial nursing implication is conducting a thorough pre-assessment of the patient's health status and closely monitoring for infusion reactions. This approach is essential because immunotherapy can induce a range of side effects and immune-mediated reactions that may occur during or after the treatment. Pre-assessing a patient's health status allows the nurse to identify any pre-existing conditions, allergies, or medications that could affect the administration of immunotherapy or increase the risk for adverse reactions. Monitoring during the infusion is also vital, as many patients may experience acute reactions such as fever, chills, rash, or even more severe immunological responses. By being vigilant and prepared to intervene if reactions occur, nurses play a key role in ensuring patient safety and comfort throughout the treatment process. In addition to the patient monitoring aspect, this comprehensive approach informs subsequent care and intervention strategies, ultimately improving patient outcomes and minimizing potential complications associated with immunotherapy treatments.

10. Which psychological reactions are commonly observed in cancer patients?

- A. Excitement, anticipation, and joy
- B. Anxiety, depression, and fear of mortality**
- C. Indifference, apathy, and lack of concern
- D. Overconfidence and denial

Cancer patients often experience a range of psychological reactions due to the life-altering nature of their diagnosis and treatment. Commonly observed emotions include anxiety, which may stem from uncertainty about treatment outcomes and the future; depression, which can be a response to the emotional toll of dealing with a chronic illness; and fear of mortality, as cancer confronts individuals with their own vulnerability and the possibility of death. These reactions are significant as they can profoundly impact a patient's quality of life and their ability to cope with treatment. Understanding these common emotional responses allows healthcare providers to offer appropriate support, interventions, and resources that can help patients navigate their psychological challenges more effectively. Other options do not align with the prevalent emotional experiences reported by cancer patients. Excitement, anticipation, and joy are not typical reactions in the context of a cancer diagnosis, as these emotions are generally not associated with the distress of illness. Indifference or apathy could suggest severe emotional disengagement but are less representative of the emotional spectrum that many patients truly feel. Overconfidence and denial may occur in some individuals, but they are not as broadly characteristic of the psychological landscape seen in most cancer patients, where more profound emotions related to anxiety, depression, and existential fears dominate.

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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