SAUNDERS ONCOLOGY ADULT HEALTH PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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.

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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!

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Questions

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1. **After intravesical instillation of an alkylating chemotherapeutic agent for bladder cancer, what should the patient do?**

   A. Urinate immediately

   B. Maintain strict bed rest

   C. Change position every 15 minutes

   D. Retain the instillation fluid for 30 minutes

2. **A home health nurse observes a client with a suction drain after mastectomy. Which behavior requires further teaching?**

   A. Performs full range-of-motion exercises to the upper arm

   B. Empties the drain to prevent infection

   C. Elevates the arm when lying and sitting

   D. Applies lotion to the area after the incision heals

3. **Which data will be most helpful in determining the risk factors for testicular cancer?**

   A. Age and race

   B. Marital status

   C. Number of children

   D. Number of sexual partners

4. **Which assessment finding is consistent with cachexia in a patient with cancer?**

   A. Sunken eyes and hollow cheeks

   B. Elevated blood pressure and ascites

   C. Periorbital edema and swelling around the ears

   D. Generalized edema and weight gain

5. **How often should the patient change position during the instillation retention period?**

   A. Every 15 to 30 minutes

   B. Every 2 hours

   C. Every 4 hours

   D. Every 24 hours

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6. Which skin care statement aligns with radiation therapy guidelines?

A. Keep skin clean and dry, avoid irritants, and report dermatitis.

B. Apply fragrance-containing lotions to increase comfort.

C. Use alcohol-based cleansers daily.

D. Shave treated area daily and use hot water.

7. Which statement best describes the earliest signs of bladder cancer?

A. Proteinuria and dysuria

B. Painful urination and hematuria

C. Pyuria and palpable abdominal mass

D. Hematuria with no pain

8. Which behavior reflects the best psychosocial adjustment after a mastectomy?

A. Refusing to look at the wound

B. Reading the postoperative care booklet

C. Asking for pain medication when needed

D. Participating in the care of the surgical drain

9. Which screening test is least invasive for initial colorectal cancer screening?

A. Colonoscopy

B. Fecal occult blood test

C. CT colonography

D. Double-contrast barium enema

10. Which statement about stage I cervical cancer indicates education was effective?

A. My carcinoma has extended to the pelvis and the vagina.

B. I have carcinoma that is just in the cervix.

C. I have carcinoma that has extended beyond the cervix but has not extended to the pelvic wall.

D. My carcinoma has extended beyond the true pelvis and has involved the bladder or rectal mucosa.

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Answers

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

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Explanations

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1. After intravesical instillation of an alkylating chemotherapeutic agent for bladder cancer, what should the patient do?

A. Urinate immediately

B. Maintain strict bed rest

C. Change position every 15 minutes

D. Retain the instillation fluid for 30 minutes

The key idea is maximizing the bladder wall's exposure to the instilled chemotherapeutic agent. The bladder is a hollow organ, and the liquid can pool or settle in dependent areas after instillation. By changing position every 15 minutes, the patient helps distribute the drug more evenly across all surfaces of the bladder, increasing contact with cancer cells and improving effectiveness while reducing localized irritation from drug pooling. Urinating right away would wash the drug out and reduce its dwell time, so it isn't the best choice. Rigid bed rest isn't required for this therapy, and simply holding the fluid for a fixed short period won't ensure even distribution. Shifting positions periodically directly supports the goal of uniform contact with the bladder lining.

2. A home health nurse observes a client with a suction drain after mastectomy. Which behavior requires further teaching?

A. Performs full range-of-motion exercises to the upper arm

B. Empties the drain to prevent infection

C. Elevates the arm when lying and sitting

D. Applies lotion to the area after the incision heals

The key idea here is careful management of the surgical site and gradual return of arm function after a mastectomy with a suction drain. Doing full range-of-motion exercise of the upper arm too soon can place stress on the healing incision and axillary area, potentially disrupting sutures, increasing drainage, or contributing to complications like seroma or improper healing. ROM should be started gently and progressed only as directed by the clinician, within pain-free limits. Emptying the drain properly helps monitor healing and keeps the drainage system functioning, which is essential to prevent fluid buildup that could lead to infection or delay healing. Elevating the arm when lying or sitting helps reduce edema and promotes drainage, which is a standard post-op measure. Applying lotion to the area after the incision has healed is acceptable to maintain skin integrity, provided care is taken to avoid the incision site and any healing areas until fully closed.

3. Which data will be most helpful in determining the risk factors for testicular cancer?

A. Age and race

B. Marital status

C. Number of children

D. Number of sexual partners

Understanding who is at risk for testicular cancer relies on patterns in who develops it, particularly by age and by race. This cancer most commonly occurs in young men, typically between the ages of about 15 and 35, so knowing a person's age helps identify groups with higher risk. Race also matters, as incidence is higher in White men of European descent compared to other racial groups. Together, age and race data reveal meaningful differences in likelihood of developing the cancer and help researchers and clinicians target screening and educational efforts. The other data points listed aren't known to influence the risk of testicular cancer. Marital status, number of children, and number of sexual partners don't have established associations with developing this cancer, so they're not helpful for determining risk factors.

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4. Which assessment finding is consistent with cachexia in a patient with cancer?

A. Sunken eyes and hollow cheeks

B. Elevated blood pressure and ascites

C. Periorbital edema and swelling around the ears

D. Generalized edema and weight gain

Cachexia in cancer is a wasting syndrome where there is involuntary weight loss with loss of lean body mass and fat, driven by a catabolic inflammatory state. This leads to visible tissue wasting, fatigue, and functional decline rather than fluid retention. Sunken eyes and hollow cheeks reflect loss of facial fat and muscle mass, which fits cachexia. In contrast, edema with weight gain indicates fluid accumulation rather than true tissue wasting, and is not characteristic of cachexia.

5. How often should the patient change position during the instillation retention period?

A. Every 15 to 30 minutes

B. Every 2 hours

C. Every 4 hours

D. Every 24 hours

During intravesical therapy, the medication needs to evenly coat the bladder lining to be effective. Changing position frequently during the retention period prevents the solution from pooling in one area and promotes contact with all bladder walls. Doing this every 15 to 30 minutes helps achieve uniform distribution and minimizes localized irritation from concentrated fluid. Longer intervals, like every 2 hours, 4 hours, or 24 hours, would allow pooling and poor mucosal contact, reducing effectiveness and increasing risk of irritation.

6. Which skin care statement aligns with radiation therapy guidelines?

A. Keep skin clean and dry, avoid irritants, and report dermatitis.

B. Apply fragrance-containing lotions to increase comfort.

C. Use alcohol-based cleansers daily.

D. Shave treated area daily and use hot water.

The main concept here is caring for skin during radiation therapy to prevent dermatitis and irritation. Radiation-damaged skin is very sensitive and can worsen with irritants, so the guideline emphasizes gentle cleansing, keeping the area dry, avoiding irritants, and promptly reporting dermatitis. The statement about keeping the skin clean and dry, avoiding irritants, and reporting dermatitis fits best because it mirrors standard recommendations: use mild cleansing, pat the skin dry rather than rubbing, keep the treated area free from harsh products, and alert a clinician if dermatitis or redness develops. This approach minimizes irritation and helps catch problems early. Fragrance-containing lotions can irritate sensitive irradiated skin; alcohol-based cleansers are drying and further irritating; shaving the treated area daily and using hot water can worsen skin irritation. Each of these choices increases risk of dermatitis rather than protecting the skin.

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7. Which statement best describes the earliest signs of bladder cancer?

A. Proteinuria and dysuria

B. Painful urination and hematuria

C. Pyuria and palpable abdominal mass

D. Hematuria with no pain

Early bladder cancer most often presents with blood in the urine, and it is typically painless. This painless hematuria stands out from infections or stones, which usually cause painful urination and sometimes fever or pus in the urine. Therefore, the most reliable earliest sign is blood in the urine without pain. Other signs listed—pain with urination, fever or pus in the urine, and any abdominal mass or proteinuria—tend to point to infections, kidney issues, or other problems rather than early bladder cancer. If painless hematuria is detected, it warrants further evaluation (such as cystoscopy and urine studies) to assess for bladder tumors.

8. Which behavior reflects the best psychosocial adjustment after a mastectomy?

A. Refusing to look at the wound

B. Reading the postoperative care booklet

C. Asking for pain medication when needed

D. Participating in the care of the surgical drain

Psychosocial adjustment after mastectomy is supported when a patient actively manages symptoms to maintain comfort, function, and emotional well-being. Asking for pain medication when needed shows the patient recognizes pain, communicates needs, and takes steps to control distress, which helps sleep, participation in activities, and adaptation to body changes. Refusing to look at the wound reflects avoidance of the new body image, which can hinder adjustment. Reading the postoperative care booklet demonstrates engagement and learning, but by itself it doesn't demonstrate coping in the moment. Participating in the care of the surgical drain shows autonomy and involvement in recovery, which is positive, but addressing pain promptly most directly supports ongoing psychosocial adjustment.

9. Which screening test is least invasive for initial colorectal cancer screening?

A. Colonoscopy

B. Fecal occult blood test

C. CT colonography

D. Double-contrast barium enema

The main idea is choosing a screening test that minimizes invasiveness while still offering useful cancer detection. The fecal occult blood test is a stool-based test you can complete at home without any instrumentation, bowel preparation, or anesthesia. Because there's no scope, catheter, or enema involved, it is the least invasive option among the choices. It works by detecting hidden blood in the stool, which can signal colorectal cancer or precancerous polyps, so a positive result would lead to a diagnostic colonoscopy. In contrast, colonoscopy, CT colonography, and a double-contrast barium enema all require inserting instruments or contrast into the body and involve bowel prep and, often, sedation or radiation, making them more invasive. Keep in mind that while the stool test is least invasive, it's also less sensitive than endoscopic methods, so any positive result or ongoing risk factors should be followed by colonoscopy for definitive evaluation.

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10. Which statement about stage I cervical cancer indicates education was effective?

A. My carcinoma has extended to the pelvis and the vagina.

B. I have carcinoma that is just in the cervix.

C. I have carcinoma that has extended beyond the cervix but has not extended to the pelvic wall.

D. My carcinoma has extended beyond the true pelvis and has involved the bladder or rectal mucosa.

Understanding that stage I means the cancer is confined to the cervix is the key idea. The statement that the cancer is "just in the cervix" shows the patient recognizes there's no spread to surrounding tissues, which aligns with stage I disease. In contrast, descriptions of spread to the pelvis or vagina imply a more advanced stage, and extension beyond the true pelvis with bladder or rectal involvement indicates stage IV. So recognizing confinement to the cervix demonstrates appropriate understanding of the disease extent and its implications for treatment and prognosis.

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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://saundersoncologyadulthealth.examzify.com

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

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