

Flex Therapist CEUs

Oncology: Role of Physical Therapy

1. Which type of cancer is most common in children and is characterized by the rapid production of immature white blood cells?

- A. Acute Lymphoblastic Leukemia**
 - B. Chronic Lymphocytic Leukemia**
 - C. Acute Myeloid Leukemia**
 - D. Chronic Myeloid Leukemia**
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2. What intervention should be prioritized if a patient six months from a mastectomy has 6 mm of pitting edema and skin irritation in the extremity?

- A. Massage**
 - B. Complete Decongestive Therapy**
 - C. Surgical Drainage**
 - D. Deep Breathing Exercises**
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3. Which screening tool should a physical therapist use for a patient with stage 3 breast cancer who is anxious regarding the future?

- A. GAD-7**
 - B. PHQ-9**
 - C. Beck Depression Inventory**
 - D. Anxiety Scale**
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4. What intervention should be performed to reduce scar tissue formation after a mastectomy?

- A. Cross Friction Massage**
 - B. Gentle Massage**
 - C. Ultrasound**
 - D. Electrical Stimulation Therapy**
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5. Which of the following is not considered a red flag in cancer screening?

- A. Unintentional Weight Loss**
 - B. Consistent Fatigue**
 - C. Night Pain**
 - D. Bruising After a Fall**
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6. Which factor affects the development of a physical therapy plan of care the least for a patient with Stage 3 Bone Cancer?

- A. Cancer Treatments**
 - B. Employment**
 - C. Cancer Staging**
 - D. Individual Patient Factors**
-

7. Which side effect of cancer treatment is a patient likely experiencing with a decrease in red blood cells and oxygen carrying capacity?

- A. Leukemia**
 - B. Chemo Brain**
 - C. Cancer-Related Fatigue**
 - D. Anemia**
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8. What the term to describe a patient who is experiencing a decreased ability to concentrate and impaired memory?

- A. Chemotherapy Induced Fatigue**
 - B. Chemo Brain**
 - C. Radiation Fatigue**
 - D. Peripheral Neuropathy**
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9. What should be prioritized for a patient with generalized weakness who is halfway through chemotherapy for breast cancer?

- A. Progressive Balance Training**
 - B. Progressive Strength Training**
 - C. Bicycling for 30 Minutes Per Day**
 - D. Coordination Training**
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10. A patient being treated by physical therapy for fatigue and deconditioning related to lung cancer, and begins to suddenly experience chest pain with exercise, and has a heart rate of 175. What action should the physical therapist take?

- A. Recommend Evaluation in Emergency Care**
 - B. Continue to Treat**
 - C. Refer to a Cardiologist**
 - D. Recommend Rest**
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11. Which of the following signifies metastasis to 4-9 axillary lymph nodes?

- A. N0
 - B. N1
 - C. N2
 - D. N3
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12. Which of the following is not a way that cancer treatment affects quality of life?

- A. Affects Neurotransmitter Levels
 - B. Financial Strain
 - C. Weight Gain
 - D. Body Image Changes
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13. What intervention should be prioritized for a patient in outpatient physical therapy with chemotherapy induced peripheral neuropathy?

- A. Balance Training
 - B. Strength Training
 - C. Endurance Training
 - D. Coordination Training
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14. This stage of cancer is characterized by extensive local invasion and involvement of nearby lymph nodes.

- A. Stage 1
 - B. Stage 2
 - C. Stage 3
 - D. Stage 4
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15. What type of care should a patient be referred to who has decided to stop treatment for stage 4 lung cancer and is struggling with coping?

- A. Palliative Care
 - B. Hospice Care
 - C. Interdisciplinary Care
 - D. Standard Care
-

16. Localized chest pain that is exacerbated by coughing is caused by which type of cancer?

- A. Heart
 - B. Lung
 - C. Breast
 - D. Bone
-

17. Which of the following is not a risk factor for breast cancer?

- A. Age**
 - B. Gender**
 - C. Family History**
 - D. Eating a Plant Based Diet**
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18. When is the most common time for individuals to experience the worst of cancer-related fatigue?

- A. Morning**
 - B. Midday**
 - C. Anytime**
 - D. Evening**
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19. Which of the following cancers have the worst prognosis?

- A. Stage 2 Lung Cancer**
 - B. Stage 2 Pancreatic Cancer**
 - C. Stage 4 Lung Cancer**
 - D. Stage 4 Pancreatic Cancer**
-

20. A patient is experiencing hair loss, mucositis, and vomiting. These are side effects of which treatment?

- A. Radiation**
 - B. Hormone Therapy**
 - C. Alkylating Chemotherapy**
 - D. Immunotherapy**
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21. Which of the following increase the risk of developing peripheral neuropathy?

- A. Short Duration of Chemotherapy**
 - B. Having Diabetes**
 - C. Having Cardiovascular Disease**
 - D. Three or More Weeks of Radiation Therapy**
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22. Which type of care is a specialized medical approach focused on providing relief from the symptoms and stress of a serious illness, with the goal of improving the quality of life for both the patient and their family?

- A. Palliative Care**
- B. Hospice Care**

- C. Interdisciplinary Care**
 - D. Standard Care**
-

23. Which of the following is a contraindication to exercise?

- A. Blood Pressure of 110/65**
 - B. Heart Rate of 100 Beats Per Minute**
 - C. Blood Pressure Dropping During Exercise**
 - D. Oxygen Saturation of 88% With Exercise**
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24. Which type of cancer is an aggressive neuroendocrine cancer which is characterized by the rapid growth of small-sized cells?

- A. Non-Small Cell Lung Cancer**
 - B. Small Cell Lung Cancer**
 - C. Squamous Cell Carcinoma**
 - D. Adenosquamous Carcinoma**
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25. What is a technique involving gentle, rhythmic massage following the natural flow of the lymphatic system?

- A. Manual Lymphatic Drainage**
 - B. Compression Therapy**
 - C. Progressive Lymphatic Exercise**
 - D. Massage**
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26. What Borg RPE is optimal for improving aerobic fitness while not creating excessive fatigue in patients with cancer?

- A. 1**
 - B. 6**
 - C. 10**
 - D. 3**
-

27. What cancer type is most likely for a patient who has persistent fractures, limited range of motion and fatigue?

- A. Lung Cancer**
 - B. Colorectal Cancer**
 - C. Bone Cancer**
 - D. Breast Cancer**
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28. What intervention should be prioritized initially for a patient post-operative

lobectomy for stage 2 lung cancer?

- A. Functional Mobility**
 - B. High Level Balance**
 - C. Endurance**
 - D. Coordination**
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29. What symptoms would a patient who underwent two weeks of radiation from breast cancer not experience?

- A. Appetite Changes**
 - B. Blistering**
 - C. Fatigue**
 - D. Itching**
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30. Which type of cancer occurs when abnormal cells are found in the lining of a breast duct but have not invaded nearby tissues?

- A. Invasive Breast Cancer**
 - B. Ductal Carcinoma In Situ**
 - C. Lobular Carcinoma**
 - D. Invasive Ductal Carcinoma**
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