

# 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
- 

**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
- 

**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
- 

**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
- 

**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
-

**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
- 

**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
- 

**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
- 

**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
- 

**11. Which of the following signifies metastasis to 4-9 axillary lymph nodes?**

- A. N0

- B. N1
  - C. N2
  - D. N3
- 

**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
- 

**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
- 

**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
- 

**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
- 

**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
- 

**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
- 

**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
- 

**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
- 

**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
- 

**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
- 

**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
- 

**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
- 

**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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