Flex Therapist CEUs

Oncology: Role of Physical Therapy

1. Why is it important for physical therapists and assistants to understand the physiological impact of cancer and its treatments?

A. To provide patient-centered evaluation and treatment that optimizes quality of life and recovery
B. To learn how to prescribe chemotherapy and radiation independently
C. To focus solely on surgical interventions for cancer
D. To replace oncologists in diagnosing types of cancer

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2. Which type of breast cancer is characterized by the absence of estrogen receptor (ER), progesterone receptor (PR), and HER2 expression?

A. HER2-positive breast cancer
B. Invasive lobular carcinoma (ILC)
C. Mucinous carcinoma
D. Triple-negative breast cancer (TNBC)

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3. How does breast density affect breast cancer risk and detection?

A. Low breast density increases risk and makes tumors harder to detect
B. High breast density increases risk and makes tumors harder to detect on mammograms
C. Breast density has no impact on risk or detection
D. Only adipose tissue affects detection, not glandular tissue

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4. Adenocarcinoma of the lung is best described as:

A. Arising from squamous epithelial cells in the central airways
B. A neuroendocrine tumor often centrally located near the bronchi
C. Arising from glandular cells in the outer regions of the lungs, more common in non-smokers and females
D. The least common type with aggressive, undifferentiated cells

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5. A major environmental risk factor for lung cancer that can enter homes from the ground is?

A. Asbestos
B. Radon
C. Formaldehyde
D. Diesel exhaust

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6. Rare neuroendocrine tumors that can develop in the colon and are often slow-growing are called?

A. Adenocarcinomas
B. Gastrointestinal stromal tumors (GISTs)
C. Carcinoid tumors
D. Tubular adenocarcinomas

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7. The Gleason score, used to grade prostate cancer, ranges from 6 to 10 and reflects?

A. Degree of glandular differentiation and tumor aggressiveness
B. Tumor size only
C. PSA levels in the blood
D. Patient age and comorbidities

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8. The most common type of ovarian cancer, arising from the epithelial cells covering the ovary, is?

A. Germ cell tumor (GCT)
B. Sex cord-stromal tumor
C. Small cell carcinoma
D. Epithelial ovarian cancer (EOC)

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9. Pancreatic neuroendocrine tumors (PNETs) differ from exocrine pancreatic cancers because they?

A. Originate from the pancreatic duct and are highly aggressive
B. Occur only in children
C. Originate from pancreatic islet cells and are generally less aggressive
D. Are always hormone-producing tumors

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10. Squamous Cell Carcinoma (SCC) differs from Basal Cell Carcinoma (BCC) because it?

A. Arises in the squamous cells of the epidermis and can be more aggressive than BCC
B. Originates in melanocytes and is the least aggressive skin cancer
C. Is always non-aggressive and appears as a pearly bump
D. Occurs only in immunocompromised individuals

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11. Multiple myeloma primarily affects?

A. Lymphocytes in the lymph nodes
B. Basal cells of the skin
C. Epithelial cells of the pancreas
D. Plasma cells in the bone marrow, producing abnormal antibodies

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12. What is a common symptom of increased intracranial pressure (ICP) caused by brain tumors?

A. Rash and fever
B. Papilledema and projectile vomiting
C. Muscle cramps and joint stiffness
D. Cough and sore throat

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13. A patient reports hearing loss and imbalance. Imaging shows a benign tumor affecting the vestibular nerve. What type of tumor is most likely present?

A. Medulloblastoma
B. Schwannoma
C. Astrocytoma
D. Craniopharyngioma

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14. Cancers that develop in the lips, gums, tongue, cheek lining, or hard palate are classified as:

A. Oral cavity cancer
B. Laryngeal cancer
C. Pharyngeal cancer
D. Nasal cavity cancer

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15. In children 14 years old and younger, which type of cancer accounts for the largest percentage of cases?

A. Brain and nervous system cancers
B. Lymphomas
C. Leukemias
D. Liver cancer

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16. Surgical treatment of cancer involves the removal of tumors or cancerous tissue. Which procedure includes removing the head of the pancreas, part of the small intestine, gallbladder, and nearby lymph nodes?

A. Lobectomy
B. Colectomy
C. Lumpectomy
D. Whipple procedure

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17. Drugs that bind to DNA to prevent cell division and can cause heart damage at high doses are?

A. Mitotic inhibitors
B. Antitumor antibiotics
C. Topoisomerase inhibitors

D. Alkylating agents

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18. Side effects of immunotherapy often involve immune-related adverse events, including?

A. Fatigue, skin rash, diarrhea, organ inflammation
B. Nausea, vomiting, hair loss
C. Bone marrow suppression and neuropathy
D. Decreased lung capacity and incision site pain

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19. Clinical trials that focus on improving quality of life for cancer patients by managing symptoms and side effects are?

A. Treatment trials
B. Screening trials
C. Supportive care trials
D. Prevention trials

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20. A common cause of peripheral neuropathy in cancer patients is?

A. Immunotherapy
B. Chemotherapy
C. Radiation therapy alone
D. Surgery

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21. The main goals of physical therapy in cancer care include?

A. Reducing cancer cell growth
B. Administering chemotherapy
C. Performing surgery
D. Improving mobility, function, and overall quality of life

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22. Physical therapists should determine interventions based on?

A. Standard treatment for all patients
B. Clinical presentation and individual patient factors
C. Only the type of cancer
D. Hospital administration preferences

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23. Physical therapy interventions should consider?

A. Patient’s emotional well-being, motivation, and psychosocial support network
B. Standard exercises for all cancer patients
C. Hospital scheduling only
D. Insurance limitations

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24. Interdisciplinary collaboration ensures?

A. Faster discharge from the hospital
B. Reduction in physical therapy sessions
C. Physical therapy aligns with overall treatment goals and improves coordination among healthcare professionals
D. Decreased need for patient assessments

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25. What does the Romberg test evaluate?

A. Proprioception and sensory ataxia
B. Muscle strength
C. Cardiovascular endurance
D. Emotional well-being

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26. Physical therapists and assistants use interventions for patients post-surgery, during chemotherapy, and with lymphedema to?

A. Focus only on chemotherapy side effects
B. Replace the need for oncology care
C. Limit mobility exercises to prevent fatigue
D. Guide therapy goals based on patient stage, characteristics, and needs

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27. Aerobic and resistance exercise programs for chemotherapy patients should be?

A. Standard for all patients without adjustments
B. Tailored to the patient's needs, cancer type, and treatment side effects
C. Avoided to reduce fatigue
D. Only performed once per week

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28. To apply for ABPTS oncology certification, candidates must?

A. Only hold a physical therapist license
B. Complete a 6-month internship
C. Only pass an exam
D. Submit 2,000 hours of evidence of oncology patient care or complete a residency, pay an application fee, pass an exam, and hold a valid PT license

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29. National Organizations That Offer Cancer-related Services is a database hosted by?

A. CancerCare
B. ACS Cancer Survivors Network
C. National Cancer Institute
D. OncoChat

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30. In cancer care, physical therapists and assistants are responsible for?

A. Replacing oncologists in treatment decisions
B. Supporting mobility, educating patients, addressing psychosocial aspects, and referring to specialty care
C. Administering medications directly
D. Conducting laboratory research

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