

# ONCOLOGY, IMMUNOSUPPRESSION

## Module 14

### I. Statement of Purpose

The purpose of this module is to prepare the nurse assistant to care for patients undergoing cancer therapy and treatment for HIV/AIDS. It includes the skills required for nurse assistants to provide physical care and emotional support to these patients and significant others.

### II. Terminology

- |                                              |                                        |
|----------------------------------------------|----------------------------------------|
| 1. Acquired Immunodeficiency Syndrome (AIDS) | 17. Leukemia                           |
| 2. Active listening                          | 18. Lymphoma                           |
| 3. Anemia                                    | 19. Malignant                          |
| 4. Benign                                    | 20. Mastectomy                         |
| 5. Biological therapy                        | 21. Melanoma                           |
| 6. Biopsy                                    | 22. Metastasize/metastasis             |
| 7. Cancer                                    | 23. Neoplasm                           |
| 8. Carcinogen                                | 24. Patient-controlled analgesia (PCA) |
| 9. Carcinoma                                 | 25. Palliative                         |
| 10. Chemotherapy                             | 26. Radiation implant                  |
| 11. Epidural                                 | 27. Radiation therapy                  |
| 12. Human Immunodeficiency Virus (HIV)       | 28. Sarcoma                            |
| 13. Immunocompromised                        | 29. Stomatitis                         |
| 14. Immunosuppressed                         | 30. Terminal                           |
| 15. Immunotherapy                            | 31. Thrush/fungal infection            |
| 16. Leukopenia                               | 32. Transplant patient                 |
|                                              | 33. Tumor                              |

### III. Performance Standards (Objectives)

Upon completion of 3 hours of class plus assignments and 3 hours of clinical experience, the learner will be able to:

1. Define basic terminology.
2. Identify personal attitudes about cancer and AIDS.
3. Describe different types of loss.
4. List risk factors and early warning signs associated with cancer.
5. Explain common cancer treatments and related side effects.
6. Describe general nursing care measures for cancer patients.
7. Describe special care measures for immunosuppressed patients.
8. Describe role of the nurse assistant when caring for patient receiving radiation therapy.
9. Discuss HIV Infection/AIDS related to transmission, signs and symptoms.
10. Describe special nursing care measures for the AIDS patient.

ONCOLOGY, IMMUNOSUPPRESSION  
Module 14

**IV. References**

1. Chancellor's Office, California Community Colleges (2004). *CNA Model curriculum*. Sacramento, CA: Chancellor's Office, California Community Colleges.
2. Gerdin, J. (2004) *Health careers today* (3<sup>rd</sup> ed.) St. Louis: Mosby.
3. Gerdin, J. (2004) *Workbook to accompany health careers today*. (3<sup>rd</sup> ed.) St. Louis: Mosby.
4. Hegner, B. R., & Caldwell, E. (2003). *Nursing assistant: A nursing process approach* (9th ed.). Albany, NY: Delmar.
5. Sorrentino, S. A. (2004). *Mosby's textbook for nursing assistants* (6th ed.). St. Louis: Mosby Lifeline.

## MODULE 14 - ONCOLOGY, IMMUNOSUPPRESSION

| Content Outline Theory Objectives                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Suggested Learning Activities/Evaluation                                                                                                                                                 | Clinical Activities                                              |
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| <b>Objective 1</b><br><b>Define basic terminology</b> <ul style="list-style-type: none"> <li>A. Terminology</li> <li>B. Clinical application</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | <ul style="list-style-type: none"> <li>A. Lecture/ Discuss</li> <li>B. Handout 14.1 - Crossword</li> <li>C. Appendix 14.1 - Crossword-Key</li> <li>D. Written test</li> </ul>            |                                                                  |
| <b>Objective 2</b><br><b>Identify personal attitudes about cancer and AIDS.</b> <ul style="list-style-type: none"> <li>A. Personal attitudes about cancer</li> <li>B. Personal attitudes about AIDS patients</li> <li>C. Importance of treating all patients with respect and avoiding judgmental attitude</li> </ul>                                                                                                                                                                                                                                                                                                                                                                         | <ul style="list-style-type: none"> <li>A. Lecture/ Discuss</li> <li>B. Self assessment</li> <li>C. Open discussion</li> <li>D. Handout 14.2 - Self Assessment Attitude Survey</li> </ul> | Separates personal feelings in order to give comprehensive care. |
| <b>Objective 3</b><br><b>Describe different types of loss.</b> <ul style="list-style-type: none"> <li>A. Loss experienced by the patient                             <ul style="list-style-type: none"> <li>1. Loss of body part (i.e., breast, limb)</li> <li>2. Loss of body function (bowels, reproductive system, etc.)</li> <li>3. Loss of expected outcome (i.e., failed surgery, decreased life span)</li> <li>4. Alteration in body image</li> </ul> </li> <li>B. Loss experienced by the family/significant others                             <ul style="list-style-type: none"> <li>1. Sudden loss from an accident or unexpected death (family unprepared)</li> </ul> </li> </ul> | <ul style="list-style-type: none"> <li>A. Lecture/ Discuss</li> <li>B. Clinical observation</li> <li>C. Written test</li> </ul>                                                          | Recognizes the patient experiences loss.                         |
| <b>Objective 4</b><br><b>List risk factors and early warning signs associated with cancer.</b> <ul style="list-style-type: none"> <li>A. Risk factors:                             <ul style="list-style-type: none"> <li>1. Diet, alcohol</li> <li>2. Lifestyle, stress and obesity</li> <li>3. Age, heredity</li> <li>4. Drugs: recreational or hormone replacement therapy</li> </ul> </li> </ul>                                                                                                                                                                                                                                                                                          | <ul style="list-style-type: none"> <li>A. Lecture/ Discuss</li> <li>B. Written test</li> </ul>                                                                                           |                                                                  |

| Content Outline Theory Objectives                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Suggested Learning Activities/Evaluation                                                                                                           | Clinical Activities                                                                            |
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| <ul style="list-style-type: none"> <li>5. Unprotected sex with multiple partners</li> <li>6. Smoking/chewing tobacco</li> <li>7. Occupational exposure: hazardous chemicals, radiation</li> <li>8. Overexposure to sunlight</li> <li>B. Early signs and symptoms of cancer include <u>CAUTION:</u> <ul style="list-style-type: none"> <li>1. <b>C</b>hange in bowel or bladder habits</li> <li>2. <b>A</b> sore that doesn't heal</li> <li>3. <b>U</b>nusual bleeding or discharge</li> <li>4. <b>T</b>hickening or lump in breast or elsewhere</li> <li>5. Indigestion or difficulty swallowing</li> <li>6. <b>O</b>bvious change in wart or mole</li> <li>7. <b>N</b>agging cough/hoarseness</li> </ul> </li> </ul>                                                                                                              |                                                                                                                                                    |                                                                                                |
| <p><b>Objective 5</b><br/> <b>Explain common cancer treatments and related side effects.</b></p> <ul style="list-style-type: none"> <li>A. Surgery <ul style="list-style-type: none"> <li>1. Weakness, pain, fatigue, risk of infection.</li> <li>2. Mastectomy</li> <li>3. Colostomy</li> <li>4. Head and neck surgery (tracheostomy, artificial voice box)</li> </ul> </li> <li>B. Radiation <ul style="list-style-type: none"> <li>1. Rash</li> <li>2. Reddened skin</li> <li>3. Fatigue</li> <li>4. Loss of appetite</li> <li>5. Increased risk of infection</li> <li>6. Low WBC count</li> <li>7. Fistula</li> <li>8. Nausea and vomiting</li> <li>9. Diarrhea</li> <li>10. Change in taste</li> </ul> </li> <li>C. Chemotherapy <ul style="list-style-type: none"> <li>1. Nausea</li> <li>2. Vomiting</li> </ul> </li> </ul> | <ul style="list-style-type: none"> <li>A. Lecture/ Discuss</li> <li>B. Appendix 14.6 - Setting up a chemo room</li> <li>C. Written test</li> </ul> | <p>Provides appropriate care for patients experiencing side effects from cancer treatment.</p> |

| Content Outline Theory Objectives                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | Suggested Learning Activities/Evaluation                                                                                                                                                                       | Clinical Activities                                   |
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| <ul style="list-style-type: none"> <li>3. Loss of appetite</li> <li>4. Mouth sores</li> <li>5. Hair loss</li> <li>6. Change of taste</li> <li>7. Increased risk of infection</li> <li>8. Loss of fertility (temporary or permanent)</li> <li>9. Loss of libido (sexual drive)</li> <li>10. Anemia</li> <li>11. Fatigue</li> <li>D. Biological therapy (immunotherapy)               <ul style="list-style-type: none"> <li>1. Flu like symptoms: weakness, nausea, vomiting, decreased appetite, diarrhea, and fever</li> <li>2. Rash, swelling, easy bruisability</li> <li>3. Shortness of breath, rapid pulse</li> </ul> </li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                |                                                       |
| <p><b>Objective 6</b><br/> <b>Describe general nursing care measures for cancer patients.</b></p> <ul style="list-style-type: none"> <li>A. Pain management               <ul style="list-style-type: none"> <li>1. Care of patients with PCA or epidural - safety measures</li> <li>2. Refer to Module 4, objective 8, Care of the Surgical Patient (comfort measures)</li> </ul> </li> <li>B. Mastectomy: Do not take blood pressures on side of surgery.</li> <li>C. Colostomy:               <ul style="list-style-type: none"> <li>1. Empty bag frequently.</li> <li>2. Do not change skin wafer (only licensed nurse can change in most facilities).</li> <li>3. The nursing assistant should never irrigate a colostomy.</li> <li>4. Some complications of colostomies                   <ul style="list-style-type: none"> <li>a. Skin breakdown</li> <li>b. Blockage</li> <li>c. Obstruction (no gas or stool, high volume output from an ileostomy, cramping, abdominal distention, nausea, vomiting)</li> <li>d. Stomal bleeding</li> </ul> </li> </ul> </li> </ul> | <ul style="list-style-type: none"> <li>A. Lecture/ Discuss</li> <li>B. Clinical observation</li> <li>C. Written test</li> <li>D. CNA-MC Module 6, objective 9, pp. 6.8 – 6.11: Standard precautions</li> </ul> | <p>Provides appropriate care for cancer patients.</p> |

| Content Outline Theory Objectives                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | Suggested Learning Activities/Evaluation | Clinical Activities |
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| <ul style="list-style-type: none"> <li>e. Stenosis (narrowing or closing of the opening)</li> <li>D. Nutrition: Mouth sores, dry mouth, poor appetite, nausea, difficulty swallowing, changed sense of taste, weight loss               <ul style="list-style-type: none"> <li>1. Small, frequent meals</li> <li>2. Serve food high in calories first.</li> <li>3. Encourage foods that are easy to eat and digest (pudding, Jell-O, ice cream, custard, milk shakes)</li> <li>4. Offer high protein supplement as ordered.</li> <li>5. Set attractive table, make sure bedside area is neat and clean</li> </ul> </li> <li>E. Elimination: Diarrhea, constipation               <ul style="list-style-type: none"> <li>1. Frequent toileting</li> <li>2. Offer frequent fluids</li> <li>3. Accurate I &amp; O</li> <li>4. Good perineal care</li> </ul> </li> <li>F. Rest and sleep: Easy fatigability, anxiety, pain, night sweats               <ul style="list-style-type: none"> <li>1. Ensure quiet environment</li> <li>2. Group treatment and care measures to allow rest</li> <li>3. Backrubs</li> <li>4. Mild exercise as allowed (walk in the hall)</li> </ul> </li> <li>G. Altered coping patterns: Stress, anxiety, fear, depression, confusion               <ul style="list-style-type: none"> <li>1. Active listening</li> <li>2. Provide reassurance and support.</li> <li>3. Encourage patient to talk about feelings.</li> <li>4. Notify nurse of ineffective coping.</li> <li>5. Chaplain, social worker</li> <li>6. Relaxation exercises</li> </ul> </li> <li>H. Review Standard Precautions               <ul style="list-style-type: none"> <li>1. Wear extra thick latex gloves (or two pair) when handling body fluids to prevent exposing NA to chemotherapeutic agent (see hospital policy)</li> <li>2. If there is a high risk of splashing or direct contact of body fluids with the skin or clothing, wear gown, mask and protective glasses.</li> </ul> </li> <li>I. Handling hazardous materials (chemo) - Refer to</li> </ul> |                                          |                     |

| Content Outline Theory Objectives                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Suggested Learning Activities/Evaluation                                                                                        | Clinical Activities                                                                                                                                                         |
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| Module 3, Objective 8                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                                                                                                 |                                                                                                                                                                             |
| <b>Objective 7</b><br><b>Describe special care measures for immunosuppressed patients.</b> <ul style="list-style-type: none"> <li>A. Types of immunosuppressed patients. <ul style="list-style-type: none"> <li>1. Cancer</li> <li>2. AIDS</li> <li>3. Transplant</li> </ul> </li> <li>B. Transplant patients are immunosuppressed due to medications they must take. These patients often require the same care as cancer patients.</li> <li>C. Purpose of and precautions for patients with low platelets <ul style="list-style-type: none"> <li>1. Avoid sharp objects</li> <li>2. Use soft toothbrush</li> <li>3. Urine dipstick for blood (per hospital policy)</li> <li>4. Avoid straining with bowel movements</li> <li>5. No enemas</li> <li>6. No shaving with razor blade</li> <li>7. Check for signs of bleeding and report promptly</li> <li>8. Hold venipuncture site 5-10 minutes</li> </ul> </li> <li>D. Purpose of and precautions for patients with low white blood cell (WBC) count (leukopenia) <ul style="list-style-type: none"> <li>1. Thorough hand washing (especially after handling waste and entering patient's room)</li> <li>2. Restrict food. <ul style="list-style-type: none"> <li>a. Check hospital policy with licensed nurse or dietician regarding whether or not the following should be restricted: juice from multi- serving containers, fresh fruit and/or raw vegetables.</li> <li>b. Check with nurse or dietitian regarding foods from outside the hospital.</li> </ul> </li> <li>3. Restrict visitors with cold, flu or any other sign of contagious disease.</li> <li>4. Request reassignment when feeling ill.</li> <li>5. Nursing personnel should not come to work if they have a cold, flu or other communicable disease.</li> </ul> </li> </ul> | <ul style="list-style-type: none"> <li>A. Lecture/ Discuss</li> <li>B. Clinical observation</li> <li>C. Written test</li> </ul> | <p>Uses appropriate precautions when caring for immunosuppressed patients.</p> <p>Recognizes necessity for reassignment and reports to licensed nurse when feeling ill.</p> |

| Content Outline Theory Objectives                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Suggested Learning Activities/Evaluation                                                                                        | Clinical Activities                                                   |
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| <ul style="list-style-type: none"> <li>6. No fresh cut flowers or live plants in the room</li> <li>7. May require reverse isolation or precautions</li> <li>E. Mouth care                             <ul style="list-style-type: none"> <li>1. High risk for mouth sores (stomatitis) &amp; infections (thrush)</li> <li>2. Increased frequency of oral care</li> <li>3. Special rinses needed for pain relief or to treat infection</li> </ul> </li> <li>F. Resource personnel: oncology nurses, social services, chaplain, dietician, infection control nurse, transplant nurse/coordinator</li> </ul>                                                                                                                                                                       |                                                                                                                                 |                                                                       |
| <p><b>Objective 8</b><br/> <b>Describe role of the nurse assistant when caring for patient receiving radiation therapy.</b></p> <ul style="list-style-type: none"> <li>A. Purpose and care of radiation marks: avoid washing off</li> <li>B. Skin care needs                             <ul style="list-style-type: none"> <li>1. Wash radiated area gently with lukewarm water</li> <li>2. Possible limitations in using skin care products</li> </ul> </li> <li>C. Patients with radiation implants</li> <li>D. Review hospital policy regarding:                             <ul style="list-style-type: none"> <li>1. Use of radiation badge when in patient's room</li> <li>2. Disposal of wastes</li> <li>3. Limit time and distance with patient</li> </ul> </li> </ul> | <ul style="list-style-type: none"> <li>A. Lecture/ Discuss</li> <li>B. Clinical observation</li> <li>C. Written test</li> </ul> | <p>Provides appropriate care to patients with radiation implants.</p> |
| <p><b>Objective 9</b><br/> <b>Discuss HIV infection/ AIDS related to transmission, signs and symptoms</b></p> <ul style="list-style-type: none"> <li>A. <b>HIV Transmission</b> <ul style="list-style-type: none"> <li>1. Blood-to-blood by transfusion, treatment of hemophilia, needle sharing, accidental needle prick, un-sterile instruments.</li> <li>2. Unprotected vaginal or anal intercourse when one partner is infected</li> <li>3. Infected mother to infant–pregnancy, birth process and nursing</li> </ul> </li> <li>B. <b>HIV Infection</b></li> </ul>                                                                                                                                                                                                          | <ul style="list-style-type: none"> <li>A. Lecture/ Discuss</li> <li>B. Written test</li> </ul>                                  | <p>Recognizes common</p>                                              |

| Content Outline Theory Objectives                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | Suggested Learning Activities/Evaluation | Clinical Activities                                              |
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| <ol style="list-style-type: none"> <li>1. First phase               <ol style="list-style-type: none"> <li>a. Asymptomatic incubation period (4 weeks to 6 months)</li> <li>b. May or may not have HIV antigen that can be detected by blood test</li> </ol> </li> <li>2. Second phase               <ol style="list-style-type: none"> <li>a. Symptomatic period</li> <li>b. Flu-like symptoms to severe symptoms (meningoencephalitis)</li> <li>c. HIV antibodies now detectable with blood test</li> </ol> </li> <li>3. Third phase (Asymptomatic HIV infection)               <ol style="list-style-type: none"> <li>a. Prolonged asymptomatic period from 1 year to 15 or 20 years</li> <li>b. Decline in immune function</li> <li>c. Fall in T-helper cells (CD4+ cells)</li> </ol> </li> <li>4. Fourth phase               <ol style="list-style-type: none"> <li>a. Onset of symptoms</li> <li>b. Persistent generalized lymphadenopathy</li> <li>c. Low-grade fever, night sweats, diarrhea, swollen glands, weight loss, peripheral neuropathy</li> </ol> </li> <li>5. Fifth Phase – AIDS               <ol style="list-style-type: none"> <li>a. Common signs and symptoms                   <ol style="list-style-type: none"> <li>1) Weight loss greater than 10% of body weight, anorexia.</li> <li>2) Fatigue, recurrent diarrhea more than 1 month, bloody stools, fever, chills, night sweats, muscle aches, white coating or spots on tongue, enlarged lymph nodes, frequent or recurrent infections, e.g., tuberculosis, candidiasis, pneumonia, herpes, neurological signs, e.g., altered mental status, neuropathies, Kaposi's sarcoma (purple growths on or beneath skin of feet, ankles, eyelids).</li> </ol> </li> </ol> </li> </ol> <p>C. CDC criteria for diagnosis of AIDS</p> <ol style="list-style-type: none"> <li>a. CD4+ cell count below 200 per mm<sup>3</sup></li> <li>b. 23 opportunistic infections that define an AIDS</li> </ol> |                                          | <p>signs and symptoms in AIDS patients and reports to nurse.</p> |

| Content Outline Theory Objectives                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Suggested Learning Activities/Evaluation                                                                                        | Clinical Activities                                                                                                                |
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| <p>diagnosis. The most common are:</p> <ol style="list-style-type: none"> <li>1) Pneumocystis carinii pneumonia</li> <li>2) Kaposi's Sarcoma (KS)</li> <li>3) Oral thrush</li> <li>4) Tuberculosis</li> <li>5) Cytomegalovirus (CMV) retinitis, colonitis, or pneumonia</li> <li>6) Persistent generalized swollen glands</li> </ol>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                 |                                                                                                                                    |
| <p><b>Objective 10</b><br/> <b>Describe special nursing care measures for the AIDS patient.</b></p> <ol style="list-style-type: none"> <li>A. Psychosocial needs               <ol style="list-style-type: none"> <li>1. Sensitive to needs and emotional status of patient not judgmental</li> <li>2. Positive attitude and good interpersonal skills</li> <li>3. Encourage patient to express feelings.</li> <li>4. Allow patient participation in decisions for care.</li> <li>5. Encourage visits from family and friends.</li> <li>6. Respect patient's choices.</li> <li>7. Maintain confidentiality.</li> <li>8. Respect autonomy of patient.</li> <li>9. Be aware of grieving process and possible suicidal thoughts.</li> </ol> </li> <li>B. Infection control               <ol style="list-style-type: none"> <li>1. Protect patient from infections</li> <li>2. Standard Precautions to protect nursing staff (see Module 3, objective 6).</li> </ol> </li> <li>C. Nutritional needs               <ol style="list-style-type: none"> <li>1. Infections raise the nutritional and caloric needs</li> <li>2. Poor appetite, sore mouth, fatigue decrease intake</li> <li>3. Monitor food and fluid intake closely</li> <li>4. Accurate weights as ordered</li> <li>5. Give nutritional supplements as ordered (small, frequent meals best)</li> <li>6. Good oral hygiene and pleasant eating conditions</li> <li>7. Observe for swallowing difficulties, notify nurse</li> </ol> </li> <li>D. Skin integrity</li> </ol> | <ol style="list-style-type: none"> <li>A. Lecture/ Discuss</li> <li>B. Clinical observation</li> <li>C. Written test</li> </ol> | <p>Provides appropriate, safe care to AIDS patients.</p> <p>Demonstrates non-judgmental, caring attitude toward AIDS patients.</p> |

| Content Outline Theory Objectives                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Suggested Learning Activities/Evaluation | Clinical Activities |
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| <ul style="list-style-type: none"> <li>1. Inspect skin and mucous membranes daily</li> <li>2. Turn at least every 2 hours or more often if needed</li> <li>3. Prevent scratching, keep nails filed, notify nurse of itching</li> <li>4. Use only mild soap, avoid too-frequent bathing and shampooing if skin very dry, but provide often enough for good hygiene</li> <li>5. Gentle oral hygiene, soft toothbrush, diluted mouthwash</li> </ul> <p>E. Elimination – diarrhea or constipation</p> <ul style="list-style-type: none"> <li>1. Encourage fluids</li> <li>2. Accurate I &amp; O</li> <li>3. Change linens as needed</li> <li>4. Good perineal care</li> <li>5. Sitz bath, if ordered (See Module 5, Appendix 5.6)</li> </ul> <p>F. Safety and comfort</p> <ul style="list-style-type: none"> <li>1. Check vital signs as ordered</li> <li>2. Observe patient for any unsteady gait</li> <li>3. Remove safety hazards if patient weak and unstable</li> <li>4. Assist with ADLs as needed</li> <li>5. Remind patient to use call light and to ask for assistance with transfers and toileting, as necessary</li> </ul> |                                          |                     |

### SAMPLE TEST QUESTIONS

**Directions: Circle the best answer**

1. Which of the following is NOT an early indication of cancer?
  - a. Indigestion or difficulty swallowing
  - b. Obesity, lifestyle
  - c. Unusual bleeding or discharge
  - d. Change in bowel or bladder habits
2. A sore in the mouth is referred to as
  - a. Dermatitis
  - b. Stomatitis
  - c. Thrush
  - d. Carcinogen
3. Active listening includes
  - a. Replying, *I know exactly how you feel*
  - b. Making direct eye contact and nodding the head
  - c. Giving frequent comments
  - d. Ambulating while talking with the patient
4. A deficiency of red blood cells that is a common side effect of cancer therapy is
  - a. Alopecia
  - b. Anemia
  - c. Anorexia
  - d. Metastasis
5. A patient returns from a radiation treatment with markings on the skin. You should
  - a. Wash the markings off with soap and water
  - b. Scrub the area vigorously
  - c. Apply lotion to the area
  - d. Leave the markings alone
6. A benign tumor
  - a. Is cancerous
  - b. Spreads
  - c. Does not spread
  - d. Is contagious
7. The most common symptom of patients with cancer is
  - a. Nausea
  - b. Vomiting
  - c. Pain
  - d. Alopecia

**True or False**

8. \_\_\_\_\_ A transplant patient can be considered as one type of immunosuppressed patient.
9. \_\_\_\_\_ You should limit the time you are in the room of a patient with a low platelet count.
10. \_\_\_\_\_ One precaution in caring for a patient with a low platelet count is to check for signs of bleeding or bruising.
11. \_\_\_\_\_ A patient with a low white blood count may have flowers as long as they are not in the intensive care unit.
12. \_\_\_\_\_ An immunosuppressed patient has a high risk for mouth sores.
13. \_\_\_\_\_ Protective isolation may be required for an immunosuppressed patient

**Matching: Choose the best letter on the right to go with the type of therapy on the left.**

- |                        |                                                                                    |
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| ___ Biological therapy | a. Local treatment to remove tumor, lymph node(s), surrounding tissue              |
| ___ Hyperthermia       | b. Uses high energy x-ray                                                          |
| ___ Chemotherapy       | c. Procedure in which the tumor is heated up 10- 11 degrees above body temperature |
| ___ Radiation therapy  | d. Uses anti-cancer medication to destroy cancer cells                             |
| ___ Surgery            | e. Stimulates the body's immune system to fight disease                            |

### SAMPLE QUESTIONS - KEY

1. Which of the following is NOT an early indication of cancer?
  - a. Indigestion or difficulty swallowing
  - b. Obesity, lifestyle**
  - c. Unusual bleeding or discharge
  - d. Change in bowel or bladder habits
2. A sore in the mouth is referred to as
  - a. Dermatitis
  - b. Stomatitis**
  - c. Thrush
  - d. Carcinogen
3. Active listening includes
  - a. Replying, *I know exactly how you feel*
  - b. Making direct eye contact and nodding the head**
  - c. Giving frequent comments
  - d. Ambulating while talking with the patient
4. A deficiency of red blood cells that is a common side effect of cancer therapy is
  - a. Alopecia
  - b. Anemia**
  - c. Anorexia
  - d. Metastasis
5. A patient returns from a radiation treatment with markings on the skin. You should
  - a. Wash the markings off with soap and water
  - b. Scrub the area vigorously
  - c. Apply lotion to the area
  - d. Leave the markings alone**
6. A benign tumor
  - a. Is cancerous
  - b. Spreads
  - c. Does not spread**
  - d. Is contagious
7. The most common symptom of patients with cancer is
  - a. Nausea
  - b. Vomiting
  - c. Pain**
  - d. Alopecia

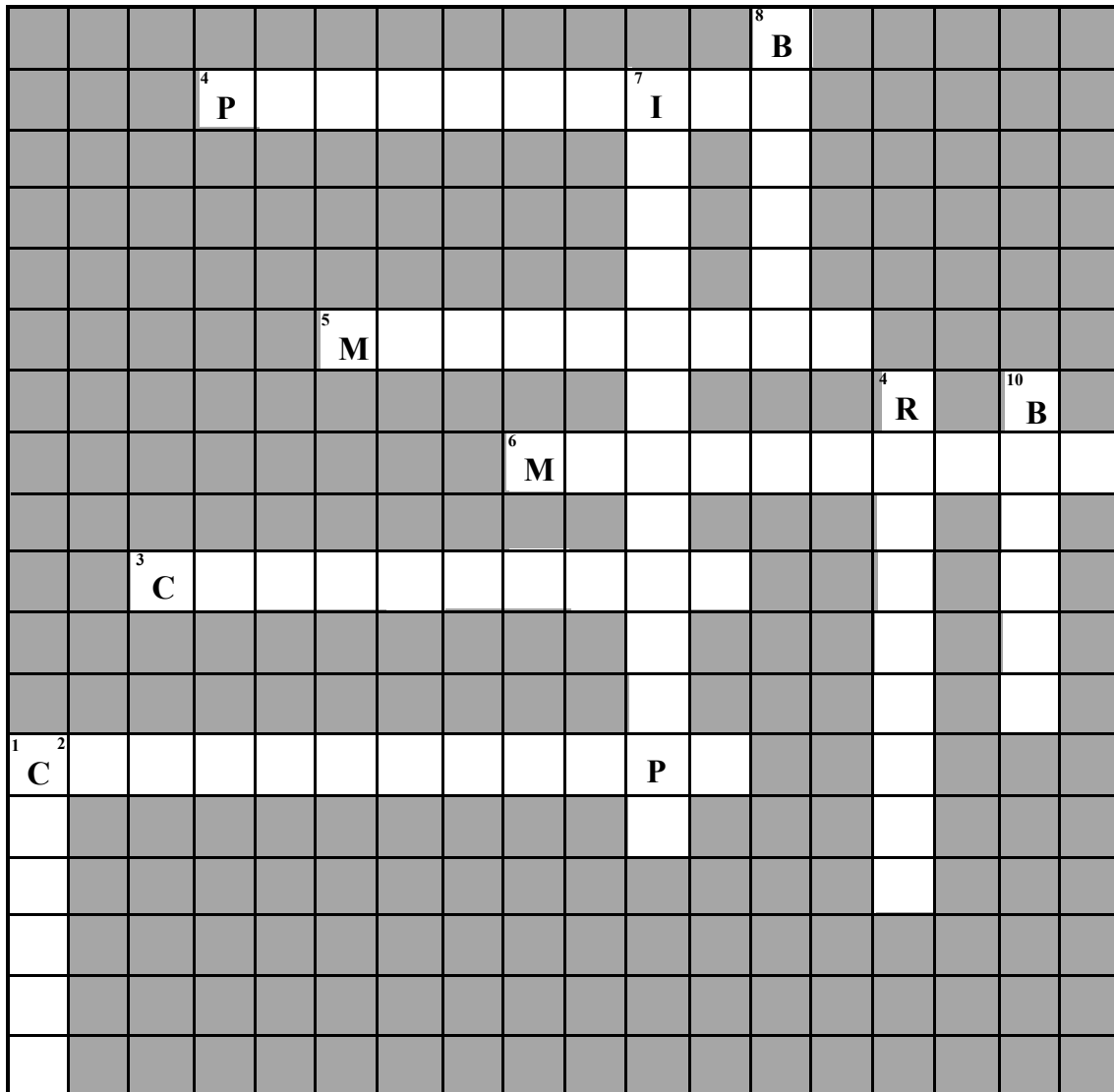
**True or False**

8.   T   A transplant patient can be considered as one type of immunosuppressed patient.
9.   F   You should limit the time you are in the room of a patient with a low platelet count.
10.   T   One precaution in caring for a patient with a low platelet count is to check for signs of bleeding or bruising.
11.   F   A patient with a low white blood count may have flowers as long as they are not in the intensive care unit.
12.   T   An immunosuppressed patient has a high risk for mouth sores.
13.   T   Protective isolation may be required for an immunosuppressed patient

**Matching: Choose the best letter on the right to go with the type of therapy on the left.**

- |                                 |                                                                                     |
|---------------------------------|-------------------------------------------------------------------------------------|
| <u>  E  </u> Biological therapy | a. Local treatment to remove tumor, lymph node(s), surrounding tissue               |
| <u>  C  </u> Hyperthermia       | b. Uses high energy x-ray                                                           |
| <u>  D  </u> Chemotherapy       | c. Procedure in which the tumor is heated up 10 - 11 degrees above body temperature |
| <u>  B  </u> Radiation therapy  | d. Uses anti-cancer medication to destroy cancer cells                              |
| <u>  A  </u> Surgery            | e. Stimulates the body's immune system to fight disease                             |

# ONCOLOGY AND IMMUNOSUPPRESSION CROSSWORD



**Vocabulary Exercise:** Complete the puzzle.

**6 letters**

Benign  
Biopsy  
Cancer

**9 letters**

Malignant  
Radiation

**10 letters**

Carcinogen  
Metastasis  
Palliative

**12 letters**

Chemotherapy

**13 letters**

Immunotherapy



**SELF-ASSESSMENT OF PERSONAL ATTITUDES ABOUT  
CANCER, AIDS AND DEATH**

1. Is body image (the way you feel about your body) important to you?
2. Do you fear the diagnosis of cancer or HIV?
3. If you were diagnosed with cancer, would you feel depressed, defeated or fear that you would die soon? Or would you see it as a challenge and want to fight with all your being?
4. If you had cancer, what would be your greatest fear: pain, disfigurement, not being able to participate in normal activities, not seeing your children grow up, death? What do you think are a cancer patient's greatest fears?
5. If you had just been diagnosed with cancer, who would you like to talk to? What things would need to be settled? What plans would you need to make?
6. How do you feel about AIDS patients? Do you experience fear, paranoia or disgust when having to care for them?
7. Does it bother you that the law sometimes gives an AIDS patient more privacy protection than it gives you a right to know their HIV status?
8. When talking with cancer or AIDS patients, are you nervous and anxious about saying the right thing? Do you fear saying the wrong thing to a person who is dying?
9. How would you like someone to respond to you if you were dying?

## **SETTING UP A CHEMO ROOM**

### **EQUIPMENT:**

1. Chemo hazardous waste hamper
2. Chemo hazard trash bag
3. Door warning signs
4. "Sharps" container
5. Box of latex gloves

### **CRITERIA:**

#### **Set up a chemo room**

1. Obtains equipment.
2. Places chemo hazard bag in hamper.
3. Places chemo warning signs on door of patient room and bathroom.
4. Locates chemo spill kit on the unit (if none available orders one from Central Supply).
5. Puts on gloves before touching any contaminated material.
6. Puts on gown and protective eyewear if contact with or splashing of contaminated material is likely.
7. Flushes all urine, stool, emesis and any other body fluids twice for up to 48 hours after last dose of chemotherapy.
8. Places disposable chux as a protective barrier between incontinent patient and linen.
9. Washes hands after removing gloves.
10. Washes hands after touching patient and before caring for another patient.
11. Disposes of chemo trash bags in dirty utility room and calls Environmental Services for pick-up or follows facility policy.
12. Uses hazardous materials precautions when handling linen contaminated with body fluids. Calls Environmental Services to pick up linen for decontamination and reprocessing or follow facility policy.
13. Places all sharps, IV bags and tubing immediately into sharps container and seals container for removal from room.
14. Documents chemotherapy precautions on appropriate chart forms per facility policy.