



Course Instructions

NOTE: The following two pages contain a preview of the final exam. The final exam is identical to the final exam that you will take online **after you purchase the course.**

After you purchase the course online, you will be taken to a receipt page online which will have a link to take the final exam. You will then click on this link to begin taking the exam. The link will also be emailed to you.

3 Easy Steps to Complete the Course:

- 1.) **Read the Course PDF – download from our website**
- 2.) **Purchase the Course Online & Take the Final Exam – see note above**
- 3.) **Print Out Your Certificate**

Massage Techniques for Cancer Patients – Final Exam

1. With respect to *The Use of Massage Therapy for Reducing Pain, Anxiety, and Depression*, massage therapies are among the most frequently used complementary treatments.
 - a. True
 - b. False

2. Considering *The Use of Massage Therapy for Reducing Pain, Anxiety, and Depression - Discussion*, massage therapy has _____ to reduce the subjectively perceived symptom of pain in oncological patients receiving palliative care:
 - a. failed
 - b. appeared
 - c. been assumed
 - d. proven

3. Regarding *Massage therapy for cancer patients*, therapeutic massage is _____ used in medical treatment programs to reduce symptoms, improve coping, and enhance quality of life:
 - a. seldom
 - b. increasingly
 - c. occasionally
 - d. rarely

4. With respect to *Massage Techniques, 2.2.1 Western Tradition*, Swedish massage consists of continuous systematic strokes and deep kneading and stretching to loosen tight muscles and to reduce stress.

True
False

5. Considering *Clinical Evidence for the Effectiveness of Therapeutic Massage*, the main indications for massage in general practice are back symptoms (20%), relaxation (19%), neck symptoms (17%), _____ (7%), and leg symptoms (4%):
 - a. mood disorders
 - b. digestive disorders
 - c. headaches
 - d. blurred vision

6. According to *The Neuro-myofascial Biology of Touch and Massage*, 2.6.1 *Potential Mechanisms*, therapeutic massage improves local musculoskeletal symptoms and function and can also _____ affect mood state and pain threshold:
- adversely
 - negatively
 - positively
 - occasionally
7. With regards to *Reflexology versus Swedish Massage*, complementary therapy interventions have _____ promise in reducing distress and promoting comfort in cancer survivors:
- shown no
 - never shown
 - sometimes shown
 - shown great
8. Considering 2. *Materials and Methods*, an experimental, repeated-measures, crossover design study of 75 older cancer survivors residing in nursing homes was conducted from 2009–2011.
- True
 - False
9. As per the *Background for Massage for Children*, _____ qualitative research exists about the effects of therapeutic massage with children hospitalized to undergo hematopoietic cell transplantation (HCT):
- no in-depth
 - a wealth of
 - a limited amount of
 - an unknown quantity of
10. Thinking about *Parent-Perceived Benefits of Massage for Patients*, without exception, parents said that massage brought relief, comfort, and even pleasure to their children, although the effectiveness of massage in relieving specific treatment related symptoms was variable among patients.
- True
 - False