

# Holistic needs assessments

TEST YOUR KNOWLEDGE BY COMPLETING THIS MULTIPLE-CHOICE QUIZ

**1. Which of the following statements about holistic needs assessments (HNAs) is incorrect?**

- a) HNAs are one of the interventions used by clinical nurse specialists and others in the wider cancer care team
- b) HNAs are seen as a key component of cancer care across the UK
- c) HNAs are only used in England and their roll-out to other countries of the UK should be considered
- d) HNAs started to be conducted as part of the National Cancer Survivorship Initiative in England

**2. What does the acronym PCSP stand for?**

- a) Personalised care and support plan
- b) Primary care support plan
- c) Planning cancer support for patients
- d) Personalised cancer support plan

**3. The physical and psychosocial consequences of cancer and its treatment include which of the following?**

- a) Chronic fatigue
- b) Pain
- c) Gastrointestinal problems
- d) All of the above

**4. A systematic review of self-management interventions for older adults with cancer (Haase et al 2021) found that effective interventions were those designed to develop:**

- a) People's confidence in delegating the management of their health condition to healthcare professionals
- b) People's willingness to receive cancer care in primary care settings
- c) People's problem-solving, self-monitoring, goal setting and planning abilities
- d) Nurses' problem-solving, monitoring, goal setting and planning abilities

**5. As described by Macmillan Cancer Support, the aim of personalised cancer care is to:**

- a) Ensure that everyone living with cancer receives financial advice on how to fund their treatment
- b) Ensure people are seen in cancer services within two weeks of initial presentation to their GP
- c) Ensure people have choice about, and control over, the way their care is planned and delivered

- d) Providing a more seamless service by ensuring that care is exclusively delivered by cancer support workers

**6. HNAs can support healthcare professionals to understand:**

- a) The physical effects of cancer and its treatment on the person
- b) The psychological and emotional issues caused by living with cancer
- c) Practical concerns such as money, work, housing and personal care
- d) All of the above

**7. When is the best time, in a person's cancer journey, to undertake an HNA?**

- a) Towards the end of life
- b) As soon as possible after diagnosis
- c) Immediately after the end of treatment
- d) As and when the person needs it

**8. Is there one specific role, in the wider cancer team, that is best placed to deliver HNAs?**

- a) Yes, cancer support worker
- b) Yes, allied health professional
- c) Yes, clinical nurse specialist
- d) No – clinical nurse specialists, allied health professionals and cancer support workers need to work collaboratively to deliver HNAs

**9. Health inequalities can involve a range of differences. Which of the following is not usually one of them?**

- a) Differences in the quality and experience of care
- b) Differences in health status between younger and older people
- c) Differences in behavioural risks to health
- d) Differences in wider determinants of health

**10. Three new roles that can support the delivery of personalised care have been introduced in the primary care workforce. Which of the following is not one of them?**

- a) Clinical pharmacist
- b) Social prescribing link worker
- c) Care coordinator
- d) Health and well-being coach

**How to complete this assessment**

This multiple-choice quiz will help you test your knowledge. It comprises ten multiple choice questions broadly linked to the previous article. There is one correct answer to each question. You can read the article before answering the questions or attempt the questions first, then read the article and see if you would answer them differently.

You may want to write a reflective account. Visit [rcni.com/reflective-account](https://rcni.com/reflective-account)

Go online to complete this multiple-choice quiz and you can save it to your RCNi portfolio to help meet your revalidation requirements. Go to [rcni.com/cpd/test-your-knowledge](https://rcni.com/cpd/test-your-knowledge)

This multiple-choice quiz was compiled by Anne-Claire Bouzanne

The answers to this quiz are:

1. c, 2. a, 3. d, 4. c, 5. c, 6. d, 7. d, 8. d, 9. b, 10. a

This activity has taken me \_\_\_ minutes/hours to complete. Now that I have read this article and completed this assessment, I think my knowledge is:

Excellent  Good  Satisfactory  Unsatisfactory  Poor

As a result of this I intend to: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_