

ARRT PATIENT CARE PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

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- 1. Examples of nasogastric (NG) tubes include which of the following?**
 - A. Swan-Ganz and Salem-sump
 - B. Swan-Ganz and Levin
 - C. Salem-sump and Levin
 - D. All of the above
- 2. Which legal phrase describes a situation where both the health care provider's and the patient's actions caused an injury?**
 - A. Intentional misconduct
 - B. Contributory negligence
 - C. Gross negligence
 - D. None of the above
- 3. A vasomotor effect experienced after injection of a contrast agent is characterized by all of the following symptoms except:**
 - A. nausea
 - B. syncope
 - C. hypotension
 - D. anxiety
- 4. The pain experienced when coronary arteries do not deliver sufficient blood to the heart is known as:**
 - A. Tachycardia
 - B. Bradycardia
 - C. Angina pectoris
 - D. Myocardial infarction
- 5. What must be done if a patient has a viable airway obstruction but is conscious?**
 - A. Perform chest compressions
 - B. Administer supplemental oxygen
 - C. Encourage the patient to cough
 - D. Initiate the Heimlich maneuver

- 6. Which of the following can be transmitted via infected blood?**
- A. HBV only
 - B. HBV and AIDS only
 - C. AIDS and TB only
 - D. HBV, AIDS, and TB
- 7. The primary purpose of taking a medical history from a patient is to:**
- A. determine the cost of treatment
 - B. assess insurance coverage
 - C. identify any allergies or pre-existing conditions
 - D. secure informed consent
- 8. Log rolling is a method of moving patients having suspected:**
- A. Head injury
 - B. Spine injury
 - C. Bowel obstruction
 - D. Extremity fracture
- 9. What is the medical term for hives?**
- A. Vertigo
 - B. Episatziis
 - C. Urticaria
 - D. Aura
- 10. During a grand mal seizure, what is the most appropriate action for the healthcare provider?**
- A. Protect the patient from injury
 - B. Place the patient in a semi-upright position to prevent aspiration
 - C. Allow the patient to thrash freely
 - D. Administer a sedative to reduce movements

Answers

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1. D
2. C
3. C
4. C
5. D
6. B
7. C
8. B
9. C
10. A

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Explanations

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1. Examples of nasogastric (NG) tubes include which of the following?

- A. Swan-Ganz and Salem-sump
- B. Swan-Ganz and Levin
- C. Salem-sump and Levin
- D. All of the above**

The correct answer identifies that all of the listed tubes are relevant examples of nasogastric (NG) tubes used for various medical purposes. Specifically, NG tubes are inserted through the nose and into the stomach to provide nutritional support, medication administration, or gastrointestinal decompression. The Salem-sump tube is specifically designed for gastric decompression and can also be used for suction. Its construction includes dual lumens, which allow for air venting while providing continuous drainage. The Levin tube, which is a single-lumen tube, is commonly used for gastric decompression and feeding. Its relatively simple design makes it effective for short-term use. The Swan-Ganz catheter, however, is not an NG tube; it is a specialized catheter used for pulmonary artery monitoring and assessing hemodynamics in critically ill patients. Including it in the choice creates confusion because it serves a different purpose related to cardiovascular monitoring rather than gastrointestinal access. While choices containing the Swan-Ganz catheter might seem accurate, the context of identifying NG tubes specifically allows for the conclusion that only the Salem-sump and Levin are appropriate mentions in this context.

2. Which legal phrase describes a situation where both the health care provider's and the patient's actions caused an injury?

- A. Intentional misconduct
- B. Contributory negligence
- C. Gross negligence**
- D. None of the above

The scenario presented involves both the actions of the healthcare provider and the patient contributing to an injury, which aligns with the concept of contributory negligence. This legal phrase refers to a situation where an individual's own negligence played a role in the harm they experienced. In a case of contributory negligence, the patient's actions, whether through their own decision-making or failure to follow medical advice, can reduce or eliminate the liability of the healthcare provider. In contrast, intentional misconduct refers to actions taken with the intent to harm, and gross negligence is a more severe form of negligence that demonstrates a reckless disregard for the safety of others. Neither of these accurately describes a situation where both parties are responsible. The phrase "none of the above" is not applicable since contributory negligence accurately captures the shared responsibility in this scenario. Therefore, the recognition of contributory negligence is fundamental in understanding legal accountability in healthcare contexts, where both the patient's and caregiver's actions can lead to an injury.

3. A vasomotor effect experienced after injection of a contrast agent is characterized by all of the following symptoms except:

- A. nausea
- B. syncope
- C. hypotension**
- D. anxiety

When a patient experiences a vasomotor effect after the injection of a contrast agent, it typically involves changes in blood vessel tone, which can lead to various symptoms. Nausea can occur as a result of the body's reaction to the contrast agent. Likewise, syncope, or fainting, may happen if the vasodilation causes a sudden drop in blood pressure. Anxiety is also a common symptom tied to the physiological stress or discomfort from the procedure and the introduction of contrast. However, hypotension is not characterized as a typical symptom of a vasomotor response in this context. Instead, it is more a consequence that can result if there is a significant vasodilatory effect leading to reduced blood pressure. While hypotension may occur, it is not primarily identified as part of the vasomotor effects following contrast injection as the others. Thus, the essence of the vasomotor effects revolves around the immediate sensations and reactions to the contrast rather than the subsequent physiological changes like hypotension, which can be more indirectly related. This distinction helps clarify why hypotension stands apart in this scenario as not being a direct symptom of the vasomotor response to contrast administration.

4. The pain experienced when coronary arteries do not deliver sufficient blood to the heart is known as:

- A. Tachycardia
- B. Bradycardia
- C. Angina pectoris**
- D. Myocardial infarction

The pain experienced when coronary arteries do not deliver sufficient blood to the heart is known as angina pectoris. This condition typically manifests as chest pain or discomfort due to the heart muscle being deprived of oxygen-rich blood, often triggered by physical exertion or emotional stress. Angina pectoris serves as a warning sign that the heart is not receiving adequate blood flow, which may indicate underlying coronary artery disease. In contrast, tachycardia refers to an abnormally fast heart rate, which does not necessarily relate to the delivery of blood to the heart muscle itself. Bradycardia is the opposite condition, describing an abnormally slow heart rate, also unrelated to the insufficient blood delivery causing pain. Myocardial infarction, commonly known as a heart attack, occurs when there is a complete blockage of blood flow to a part of the heart, leading to damage and necrosis of the heart muscle. While both angina pectoris and myocardial infarction are related to issues with blood supply to the heart, angina pectoris specifically describes the ischemic pain experienced before any permanent damage occurs, whereas myocardial infarction indicates sustained damage. This distinction is crucial in understanding the continuum of coronary artery disease and its symptoms.

5. What must be done if a patient has a viable airway obstruction but is conscious?

- A. Perform chest compressions
- B. Administer supplemental oxygen
- C. Encourage the patient to cough
- D. Initiate the Heimlich maneuver**

When a patient has a viable airway obstruction but is conscious, the most appropriate action is to initiate the Heimlich maneuver, also known as abdominal thrusts. This maneuver is designed specifically to dislodge an obstruction in the airway by applying pressure under the diaphragm, which creates an upward force on the lungs. This force expels air and, ideally, the object causing the obstruction. Encouraging the patient to cough is generally useful for less severe obstructions where the patient can still breathe, speak, and cough effectively. However, if the obstruction is significant enough to cause distress and risk of respiratory failure, simply encouraging cough may not be effective or sufficient. Performing chest compressions is appropriate for cases where the patient is unresponsive and not breathing, which is not the situation for a conscious patient with a viable airway obstruction. Similarly, administering supplemental oxygen is not indicated in this urgent situation focused on clearing the airway, as it does not address the obstructive issue directly. Initiating the Heimlich maneuver directly targets the resolution of the obstruction, making it the most effective immediate response for a conscious patient experiencing a significant airway blockage.

6. Which of the following can be transmitted via infected blood?

- A. HBV only
- B. HBV and AIDS only**
- C. AIDS and TB only
- D. HBV, AIDS, and TB

The correct choice indicates that both HBV (Hepatitis B Virus) and AIDS (caused by the Human Immunodeficiency Virus, HIV) can be transmitted through infected blood. Bloodborne pathogens like HBV and HIV are primarily transmitted through direct contact with infected blood, which can occur through various means such as needle stick injuries, sharing syringes, or transfusions with contaminated blood. Hepatitis B is a viral infection that affects the liver and is highly infectious, making it a significant concern in healthcare settings. Likewise, HIV can lead to AIDS and is also frequently transmitted through blood. Therefore, the presence of both viruses in the correct choice emphasizes the understanding of their transmission routes. In contrast, tuberculosis (TB) is primarily an airborne infection that spreads through respiratory droplets when an infected person coughs or sneezes. While TB can spread to other bodily fluids in severe cases, its primary transmission route does not involve blood, which is why it is not included in the correct option. By recognizing the respective modes of transmission of these diseases, it becomes clear why the focus remains on HBV and AIDS when considering infections that can be spread through infected blood.

7. The primary purpose of taking a medical history from a patient is to:

- A. determine the cost of treatment
- B. assess insurance coverage
- C. identify any allergies or pre-existing conditions**
- D. secure informed consent

The primary purpose of taking a medical history from a patient is to identify any allergies or pre-existing conditions. This information is crucial for several reasons. First, knowing a patient's allergies helps healthcare providers avoid administering medications or treatments that could trigger an adverse reaction. Additionally, understanding pre-existing conditions allows healthcare providers to tailor care and consider potential complications related to these conditions during treatment plans. In contrast, while determining the cost of treatment and assessing insurance coverage are important administrative aspects of healthcare, they are not the primary focus of obtaining a medical history. Similarly, securing informed consent is a necessary step in healthcare but relies on the information gathered during a medical history to ensure that the patient is fully informed about their condition and the proposed treatments.

8. Log rolling is a method of moving patients having suspected:

- A. Head injury
- B. Spine injury**
- C. Bowel obstruction
- D. Extremity fracture

Log rolling is specifically a technique used to move patients who are suspected of having a spine injury. This method is critical because it minimizes movement of the spine, thereby reducing the risk of further injury. The maneuver typically involves several individuals who assist in turning the patient onto their side while keeping the alignment of the spine intact. This is vital in cases of spinal injury, as improper handling can exacerbate the injury or lead to serious complications, such as paralysis. In situations involving potential head injuries, while care is certainly taken, the focus is on assessing and stabilizing the head, rather than moving the patient in a way that may jeopardize spinal alignment. Bowel obstructions and extremity fractures do not typically require log rolling, as these conditions do not involve the risk associated with moving the spine. Therefore, the technique is uniquely appropriate for spinal injuries, making it the correct choice in this scenario.

9. What is the medical term for hives?

- A. Vertigo
- B. Episatztis
- C. Urticaria**
- D. Aura

Urticaria is the medical term used to describe hives, which are raised, itchy welts that may appear on the skin due to an allergic reaction or other triggers. This condition results from the release of histamine and other chemicals in the body, causing blood vessels to leak and resulting in swelling. Urticaria can manifest in various forms, including acute and chronic, depending on the duration and underlying causes. The other terms presented do not correspond to hives. For instance, vertigo refers to a sensation of spinning or dizziness, often related to inner ear issues. Epistaxis is the medical term for a nosebleed, which involves bleeding from the nasal cavity. Aura typically describes a sensory phenomenon that may precede a migraine headache or seizure, referring to visual or auditory disturbances. Understanding the correct terminology and its implications is vital in recognizing and communicating medical conditions effectively.

10. During a grand mal seizure, what is the most appropriate action for the healthcare provider?

A. Protect the patient from injury

B. Place the patient in a semi-upright position to prevent aspiration

C. Allow the patient to thrash freely

D. Administer a sedative to reduce movements

During a grand mal seizure, the most appropriate action for the healthcare provider is to protect the patient from injury. This type of seizure involves loss of consciousness and violent muscle contractions, which can lead to a high risk of injury as the patient thrashes about. By ensuring that the surrounding area is safe, the healthcare provider can help prevent harm from falling, hitting nearby objects, or other potential hazards. Providing protection involves moving any dangerous items out of the way, cushioning the patient's head, and ensuring they are in a safe space where they cannot harm themselves. This approach is essential, as minimizing injury is a priority during such unpredictable and intense episodes. Other actions, while potentially relevant in some scenarios, would not prioritize patient safety effectively in the moment of a grand mal seizure.

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Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://arrt-patientcare.examzify.com>

We wish you the very best on your exam journey. You've got this!

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