

BJC Patient Care Technicians (PCT) Academy Practice Exam (Sample)

Study Guide



Everything you need from our exam experts!

Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	15

SAMPLE

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

SAMPLE

- 1. Which term is another name for heart muscle?**
 - A. Hematology**
 - B. Myocardia**
 - C. Phlebitis**
 - D. Cardiomyopathy**

- 2. WC commonly refers to which device in clinical settings?**
 - A. Wheelchair**
 - B. Water closet**
 - C. Wrist collar**
 - D. Work center**

- 3. Which term describes dead or decaying tissue?**
 - A. Edema**
 - B. Necrosis**
 - C. Diaphoresis**
 - D. Hypertension**

- 4. How often should perineal care be performed?**
 - A. Twice daily**
 - B. Once a week**
 - C. Every 48 hours**
 - D. At least every 24 hours and as needed**

- 5. How should disinfection be performed for general phlebotomy versus blood culture collection?**
 - A. Alcohol wipe in a circular motion for general phlebotomy; CHG sponge back-and-forth for blood culture**
 - B. CHG back-and-forth for general phlebotomy; Alcohol wipe circular for blood culture**
 - C. Water rinse only for both**
 - D. Soap and water for all**

- 6. Cyst/o denotes which anatomical structure?**
- A. Stomach**
 - B. Nose**
 - C. Bladder, sac**
 - D. Liver**
- 7. On orders for a patient who uses mobility aids, which abbreviation might be used to refer to the device?**
- A. Walker**
 - B. Wheelchair**
 - C. Wheeled cart**
 - D. Ward chair**
- 8. Pneum/o refers to which concept?**
- A. Lung**
 - B. Air**
 - C. Heart**
 - D. Blood**
- 9. Which measures reduce fall risk?**
- A. Purposeful hourly rounding**
 - B. Clutter-free environment**
 - C. Call light within reach**
 - D. All of the above**
- 10. Suffix meaning surgically create an opening.**
- A. -graphy**
 - B. -ostomy**
 - C. -metry**
 - D. -scopy**

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. Which term is another name for heart muscle?

- A. Hematology
- B. Myocardia**
- C. Phlebitis
- D. Cardiomyopathy

The heart muscle is the myocardium—the muscular layer that contracts to pump blood. Myocardia is a form used to refer to heart muscle tissue, effectively the plural or alternate naming of that muscle tissue. That makes it the best choice for “another name for heart muscle.” The other terms don’t fit: hematology is the study of blood, phlebitis is vein inflammation, and cardiomyopathy is a disease of the heart muscle rather than the muscle tissue itself.

2. WC commonly refers to which device in clinical settings?

- A. Wheelchair**
- B. Water closet
- C. Wrist collar
- D. Work center

Understanding how abbreviations are used for equipment in clinical settings helps avoid confusion during care. WC is most commonly understood to mean wheelchair. Wheelchairs are a standard mobility aid used to move and position patients who can’t transfer themselves, making them one of the most frequently referenced devices in patient care tasks, rounds, and equipment lists. The other possibilities don’t fit as commonly used clinical equipment terms: a water closet is simply a bathroom and not a device used in patient care activities; the remaining terms aren’t standard names for medical equipment in this context.

3. Which term describes dead or decaying tissue?

- A. Edema
- B. Necrosis**
- C. Diaphoresis
- D. Hypertension

Dead or decaying tissue is called necrosis. This occurs when cells in tissue die due to injury, infection, or reduced blood supply, and it means that the tissue can no longer heal normally in that spot without intervention. In wound care, necrotic tissue can slow healing and raise infection risk, so it’s something clinicians monitor and may treat with cleaning or debridement. The other terms describe different things: edema is swelling from fluid buildup, diaphoresis is sweating, and hypertension is high blood pressure.

4. How often should perineal care be performed?

- A. Twice daily
- B. Once a week
- C. Every 48 hours
- D. At least every 24 hours and as needed**

Perineal care is about maintaining hygiene in the genital and anal area to protect skin and prevent infection. The best practice is to perform it at least once every 24 hours and more often as needed—such as after episodes of incontinence, soiling, or noticeable odor. This frequency helps keep the skin dry and intact, reduces bacteria in the area, and minimizes the risk of irritation or urinary tract infections, while also ensuring the patient's comfort and dignity. Use mild soap and warm water, clean from front to back, rinse well, pat dry, and use clean cloths or wipes for each pass. Follow facility policy and document the care as required.

5. How should disinfection be performed for general phlebotomy versus blood culture collection?

- A. Alcohol wipe in a circular motion for general phlebotomy; CHG sponge back-and-forth for blood culture**
- B. CHG back-and-forth for general phlebotomy; Alcohol wipe circular for blood culture
- C. Water rinse only for both
- D. Soap and water for all

Choosing the right skin prep depends on the procedure. For a general phlebotomy draw, using an alcohol-based wipe and applying it in circular motions is effective because alcohol kills many skin bacteria quickly and dries fast, allowing the procedure to proceed without delay. For blood culture collection, a chlorhexidine gluconate (CHG) preparation is preferred, applied with a back-and-forth friction to maximize contact and disruption of skin flora, then allowed to dry before drawing blood. This stronger antiseptic technique helps minimize contamination of culture bottles, which is crucial for accurate results. Water rinses or soap and water don't provide the same rapid antimicrobial action or residual effect needed for this purpose, so they're not appropriate alternatives here.

6. Cyst/o denotes which anatomical structure?

- A. Stomach
- B. Nose
- C. Bladder, sac**
- D. Liver

Cyst/o tells you what part of the body a term is referring to. This combining form means a sac or bladder. In medical terms it's most commonly linked to the urinary bladder, as seen in words like cystitis (inflammation of the bladder) or cystoscope (an instrument used to inspect the bladder). Other roots point to different structures: gastr/o for the stomach, rhin/o (or nas/o) for the nose, and hepat/o for the liver. So cyst/o denotes the bladder, or a sac.

7. On orders for a patient who uses mobility aids, which abbreviation might be used to refer to the device?

- A. Walker**
- B. Wheelchair**
- C. Wheeled cart**
- D. Ward chair**

When documenting a patient's device, healthcare teams rely on standard abbreviations to keep orders clear. A wheelchair is the mobility device most often abbreviated in orders, typically as W/C. This shorthand communicates precisely that the patient uses a chair with wheels for movement, which helps staff quickly identify the correct equipment and provide safe assistance. Other terms refer to different items: a walker is a separate mobility aid, a wheeled cart is supply/equipment transport, and a ward chair is a chair used by staff rather than the patient's primary mobility device. These are not the standard way to refer to the patient's personal mobility device in the order. So the best answer is the wheelchair abbreviation because it directly and unambiguously conveys the intended device.

8. Pneum/o refers to which concept?

- A. Lung**
- B. Air**
- C. Heart**
- D. Blood**

Pneum/o denotes air or breath. This combining form shows up in terms describing air present in various parts of the body, such as pneumothorax (air in the chest) or pneumoperitoneum (air in the abdominal cavity). The lung itself is described by other roots like pulmon/o or pneumon/o, which is why pneum/o is linked to air rather than the lung. So the concept represented by pneum/o is air.

9. Which measures reduce fall risk?

- A. Purposeful hourly rounding**
- B. Clutter-free environment**
- C. Call light within reach**
- D. All of the above**

Preventing falls comes from combining proactive support with a safer environment. Purposeful hourly rounding helps by consistently assessing needs and offering help before a patient tries to move on their own—checking for pain, bathroom access, repositioning, and assistance with transfers. This reduces rushed or unassisted movements that can lead to a fall. A clutter-free environment removes obstacles in walking paths, cords, furniture, and other items that could be tripped over or bumped into, making it easier and safer to move around. Having the call light within reach gives the patient a quick and easy way to request help when needed, which discourages risky attempts to get up or reposition without assistance. Together, these practices address monitoring, environmental safety, and prompt support, which is why they collectively reduce fall risk.

10. Suffix meaning surgically create an opening.

- A. -graphy
- B. -ostomy**
- C. -metry
- D. -scopy

The main idea is a suffix that signals creating a surgical opening. -ostomy indicates that a new opening is made between an internal organ and the outside or another surface. In practice, you'll see terms like colostomy or ileostomy, where a stoma is created to allow waste to exit the body. The other suffixes have different meanings: -graphy is about recording images or data, -metry is measuring something, and -scopy is the act of visually examining with a scope. So -ostomy is the correct suffix for surgically creating an opening.

SAMPLE

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://bjcpctacademy.examzify.com>

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

SAMPLE