

# Certified Patient Care Technician/Assistant (CPCT/A) Practice Test (Sample)

## Study Guide



**Everything you need from our exam experts!**

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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. Which statement by an older adult patient suggests a risk factor for elder abuse?**
  - A. I have many friends who visit regularly**
  - B. I live alone, and I don't get many visitors**
  - C. I often go to community activities**
  - D. I regularly see my family members**
  
- 2. What appearance should a patient care technician expect for a patient with a stage II pressure ulcer?**
  - A. Open wound with necrotic tissue**
  - B. Blister-like appearance**
  - C. Redness without skin loss**
  - D. Crusty and dry skin**
  
- 3. Why has the provider prescribed antiembolism stockings for a patient?**
  - A. To improve patient comfort**
  - B. To reduce the risk for deep vein thrombosis**
  - C. To assist with wound healing**
  - D. To prevent skin irritation**
  
- 4. When should a patient care technician clean and disinfect reusable EKG equipment?**
  - A. At the end of each day**
  - B. Immediately after each patient**
  - C. Before the first patient of the day**
  - D. When equipment appears dirty**
  
- 5. Which of the following is an example of workplace violence in healthcare settings?**
  - A. Physical assault**
  - B. Emotional maltreatment**
  - C. Verbal abuse**
  - D. All of the above**

- 6. When providing postoperative care, what should a patient care technician do before applying anti-embolism stockings?**
- A. Measure the patient's legs**
  - B. Turn the stockings inside out before applying**
  - C. Apply lotion on the patient's legs**
  - D. Warm the stockings before use**
- 7. Which color tube should be used to collect dermal samples?**
- A. Red top**
  - B. Blue top**
  - C. Green top**
  - D. Lavender top**
- 8. What vital sign should a patient care technician measure for a patient with a fever?**
- A. Heart rate**
  - B. Blood pressure**
  - C. Temperature**
  - D. Respiratory rate**
- 9. What symptom might indicate that a patient is experiencing shock?**
- A. Increased heart rate**
  - B. Restlessness**
  - C. Cold and clammy skin**
  - D. All of the above**
- 10. What is the best method to prevent bleeding at a venipuncture site after needle removal?**
- A. Apply a bandage immediately**
  - B. Apply pressure to the site**
  - C. Keep the arm raised**
  - D. Use ice to reduce swelling**

## Answers

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

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## **Explanations**

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**1. Which statement by an older adult patient suggests a risk factor for elder abuse?**

- A. I have many friends who visit regularly
- B. I live alone, and I don't get many visitors**
- C. I often go to community activities
- D. I regularly see my family members

The statement indicating that the patient lives alone and doesn't receive many visitors suggests a risk factor for elder abuse. Social isolation is a significant concern among older adults, as it can make them more vulnerable to various forms of abuse, including physical, emotional, and financial exploitation. When seniors lack regular contact with family members or friends, they may not have a support network to help identify or report any abuse they might experience. This isolation can also exacerbate feelings of loneliness and depression, further increasing their risk. The other statements imply social engagement and connections. Having friends who visit regularly, participating in community activities, and maintaining contact with family members create a network of support that can help protect against abuse. These social interactions can also provide older adults with resources and assistance, making them less susceptible to mistreatment.

**2. What appearance should a patient care technician expect for a patient with a stage II pressure ulcer?**

- A. Open wound with necrotic tissue
- B. Blister-like appearance**
- C. Redness without skin loss
- D. Crusty and dry skin

A patient care technician should expect a blister-like appearance for a patient with a stage II pressure ulcer. At this stage, the ulcer is characterized by partial thickness loss of skin that presents as a shallow open wound. The wound may have a pink or red base and may also exhibit serum-filled blisters, which can be intact or ruptured. This appearance reflects the skin's layers being affected without reaching deeper tissue, such as fat or muscle, which occurs in more severe stages of pressure ulcers. Recognizing this specific appearance is essential for accurate assessment and timely intervention to promote healing and prevent further deterioration of the patient's condition.

**3. Why has the provider prescribed antiembolism stockings for a patient?**

- A. To improve patient comfort**
- B. To reduce the risk for deep vein thrombosis**
- C. To assist with wound healing**
- D. To prevent skin irritation**

The provider has prescribed antiembolism stockings primarily to reduce the risk for deep vein thrombosis (DVT). Antiembolism stockings are designed to promote venous return and improve circulation in the legs. They apply graduated compression, which means they are tighter at the ankle and gradually decrease in pressure up the leg. This action helps to prevent blood from pooling in the veins, particularly in patients who are immobile or undergoing surgery, conditions that increase the risk of DVT. While options related to comfort, wound healing, and skin irritation may be relevant to patient care in a broader context, the primary and most critical function of antiembolism stockings is to minimize the risk of DVT, which can lead to serious complications like pulmonary embolism. Therefore, the focus on venous circulation and the prevention of clot formation underscores the importance of using these stockings in at-risk patients.

**4. When should a patient care technician clean and disinfect reusable EKG equipment?**

- A. At the end of each day**
- B. Immediately after each patient**
- C. Before the first patient of the day**
- D. When equipment appears dirty**

Cleaning and disinfecting reusable EKG equipment immediately after each patient is essential to prevent cross-contamination and the transmission of infections. This practice ensures that any potentially infectious materials, which may be present after a patient has used the equipment, are effectively removed before the equipment is used by the next patient. By adhering to this standard, patient care technicians uphold infection control protocols, thereby safeguarding the health and safety of all patients. While there are other times when cleaning may occur, such as at the end of the day or if equipment appears dirty, the most effective and proactive approach is to disinfect right after each use. This minimizes the risk of pathogens being transferred between patients and reinforces the critical importance of maintaining a sterile environment in healthcare settings.

**5. Which of the following is an example of workplace violence in healthcare settings?**

- A. Physical assault**
- B. Emotional maltreatment**
- C. Verbal abuse**
- D. All of the above**

In healthcare settings, workplace violence encompasses a range of behaviors that can cause harm to staff or patients. Physical assault clearly represents a direct and tangible form of violence, where an individual is harmed through physical force. Emotional maltreatment, although less visible, can create a hostile and psychologically damaging environment, which is detrimental to the well-being of healthcare workers. Verbal abuse, which may involve threatening language or derogatory remarks, also falls under the umbrella of workplace violence, as it can lead to a diminished sense of safety and respect among staff. Choosing "all of the above" recognizes that workplace violence can manifest in multiple forms, not just the more obvious physical assaults, but also through emotional and verbal tactics. This comprehensive understanding highlights the various ways staff can be subjected to violence and underscores the need for policies and practices in healthcare to address and mitigate all forms of workplace violence, ensuring a safer environment for both employees and patients.

**6. When providing postoperative care, what should a patient care technician do before applying anti-embolism stockings?**

- A. Measure the patient's legs**
- B. Turn the stockings inside out before applying**
- C. Apply lotion on the patient's legs**
- D. Warm the stockings before use**

The correct approach when preparing to apply anti-embolism stockings involves the important step of ensuring the stockings fit properly and are applied correctly. Before applying these stockings, measuring the patient's legs is essential to confirm the right fit, which helps in preventing complications such as skin irritation, discomfort, and ineffective compression. Turning the stockings inside out before applying is not a standard requirement for proper fitting or effectiveness. Instead, the stockings should be applied as intended, ensuring they properly compress the leg to aid in preventing venous thromboembolism post-surgery. Applying lotion on the patient's legs is typically not advisable, as lotions can create a slippery surface and may compromise the effectiveness of the stockings as they should fit snugly against the skin for optimal compression. Warming the stockings before use can be beneficial for comfort; however, it is not a necessary step prior to application in relation to fitting or effectiveness. The priority is to ensure that the stockings are the right size based on the measurements taken, allowing for proper compression and preventing complications after surgery.

**7. Which color tube should be used to collect dermal samples?**

- A. Red top**
- B. Blue top**
- C. Green top**
- D. Lavender top**

The correct answer is that the lavender top tube should be used to collect dermal samples because it contains EDTA, an anticoagulant that prevents blood from clotting. This is essential when collecting samples for hematology tests or any procedure requiring whole blood or plasma. The lavender top tube is specifically designed for these types of analyses, ensuring the integrity and quality of the sample is maintained. In the context of dermal samples, which may include blood drawn from capillaries, using a tube that contains an anticoagulant is crucial to avoid clot formation that can compromise test results. The lavender top tube is widely recognized in medical settings for this purpose, making it the appropriate choice for such sample collection. Other tubes, such as those with different colored tops, are generally designated for various tests, including those requiring serum, but are not suited for the same type of testing.

**8. What vital sign should a patient care technician measure for a patient with a fever?**

- A. Heart rate**
- B. Blood pressure**
- C. Temperature**
- D. Respiratory rate**

The most appropriate vital sign to measure for a patient with a fever is temperature. A fever indicates an elevated body temperature, which is critical for assessing the patient's condition and determining the appropriate interventions. Monitoring temperature helps healthcare professionals evaluate the effectiveness of treatments, assess the severity of the infection or illness causing the fever, and track changes over time. While heart rate, blood pressure, and respiratory rate are also important vital signs, they do not specifically address the condition of having a fever. Heart rate may increase due to fever but measuring it does not directly inform the presence or severity of the fever itself. Blood pressure can fluctuate with illness and fever, but it is not a direct measure of the fever's status. Respiratory rate can also change in response to fever, but again, it does not provide direct information regarding body temperature. Thus, assessing temperature is essential to managing a patient experiencing fever.

**9. What symptom might indicate that a patient is experiencing shock?**

- A. Increased heart rate**
- B. Restlessness**
- C. Cold and clammy skin**
- D. All of the above**

The indication that a patient is experiencing shock can manifest in various symptoms, and all listed options play a significant role in understanding this critical condition. Increased heart rate, restlessness, and cold, clammy skin are all common physiological responses to shock. An increased heart rate occurs as the body attempts to maintain blood flow to vital organs when perfusion is compromised. The heart beats faster to compensate for lowered blood volume or decreased circulation, which is a hallmark of shock. Restlessness can be a psychological response to inadequate oxygenation or blood supply. Patients may indicate confusion or anxiety as their body's needs are not being met, signaling a medical emergency. Cold and clammy skin is a physical manifestation that occurs when blood is redirected away from the skin and peripheral tissues in an effort to maintain circulation to essential areas such as the heart and brain. This is often accompanied by sweating, as the body is in a state of stress. Since all these symptoms together reflect the body's reaction to a state of shock, the choice encompassing all of the symptoms is accurate. Each symptom highlights a different aspect of the body's response to a potentially life-threatening situation, reinforcing the importance of recognizing these signs for timely intervention.

**10. What is the best method to prevent bleeding at a venipuncture site after needle removal?**

- A. Apply a bandage immediately**
- B. Apply pressure to the site**
- C. Keep the arm raised**
- D. Use ice to reduce swelling**

Applying pressure to the venipuncture site after needle removal is the best method to prevent bleeding. When pressure is applied, it helps to occlude the blood vessels and promotes clotting at the puncture site. This action facilitates the formation of a stable clot, which minimizes the risk of bleeding and aids in the healing process. Immediate pressure also helps in managing any potential oozing by encouraging blood to coagulate and stay within the damaged area. It's important to maintain this pressure for a sufficient duration—usually several minutes—to ensure adequate hemostasis. While applying a bandage is useful for protecting the site or keeping it clean after pressure has been applied, doing so immediately doesn't address the bleeding actively. Keeping the arm raised or using ice to reduce swelling may provide some benefit in specific scenarios but do not directly contribute to controlling bleeding as effectively as applying pressure does. Hence, applying pressure is crucial for managing the situation immediately following venipuncture.

## 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](mailto:hello@examzify.com).**

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

**<https://cpcta.examzify.com>**

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

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