

FMC PATIENT CARE TECHNICIAN (PCT) PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE

<https://fmcpatientcaretech.examzify.com>



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	16

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. What is a common sign of infection?**
 - A. Temporary fever and headache
 - B. Redness, swelling, warmth, and pain at the site
 - C. Persistent cough and fatigue
 - D. Increased appetite and energy levels
- 2. In what scenario is it crucial to assess urination patterns?**
 - A. In all patients regardless of condition
 - B. In patients with kidney issues or after surgery
 - C. In patients receiving pain management
 - D. Only in elderly patients
- 3. Continuous monitoring of heart rhythms is essential for which patient group?**
 - A. Patients with no medical history
 - B. Patients recovering from minor surgeries only
 - C. Patients with cardiac conditions
 - D. Patients in rehabilitative therapy
- 4. What role does motivation play in encouraging patient mobility?**
 - A. It is irrelevant to patient care
 - B. It can enhance patient engagement in their own recovery
 - C. It increases the likelihood of medication adherence
 - D. It creates barriers to patient care
- 5. What is the proper technique a PCT should use when lifting a patient?**
 - A. Lift without assistance to save time
 - B. Use proper lifting techniques or seek help
 - C. Lift quickly to minimize discomfort
 - D. Always lift patients by their arms
- 6. How should a PCT respond to a patient experiencing a panic attack?**
 - A. Stay calm, offer reassurance, and encourage deep breathing
 - B. Leave the patient alone to collect themselves
 - C. Tell the patient to stop panicking
 - D. Call for immediate emergency assistance

7. How is the target weight calculated for a patient using the following pre-treatment information: EDW: 75.5 kg, Pre-treatment weight: 77.0 kg, Prime: 500 mL?
- A. $77.0 \text{ kg} - 75.5 \text{ kg} = 2.0 \text{ kg}$
 - B. $77.0 \text{ kg} - 75.5 \text{ kg} = 1.0 \text{ kg}$
 - C. $77.0 \text{ kg} - 75.5 \text{ kg} = 1.5 \text{ kg} + 0.5 \text{ kg} = 2.0 \text{ kg}$
 - D. $75.5 \text{ kg} + 2.0 \text{ kg} = 77.5 \text{ kg}$
8. What safety measure should be taken before using any electrical equipment in patient care?
- A. Make sure to use multiple devices simultaneously
 - B. Ensure the equipment is in good working order and properly checked
 - C. Turn off the equipment when not in use
 - D. Use the equipment without testing it first
9. Kinks in the blood line, high dialysate temperature and low conductivity can cause which complication?
- A. Clotting
 - B. Hypotension
 - C. Hemolysis
 - D. Infection
10. Why is effective communication critical in patient care?
- A. To ensure patient comfort
 - B. To ensure information is accurately conveyed and understood
 - C. To maintain confidentiality
 - D. To reduce the number of healthcare staff involved

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. What is a common sign of infection?

- A. Temporary fever and headache
- B. Redness, swelling, warmth, and pain at the site**
- C. Persistent cough and fatigue
- D. Increased appetite and energy levels

A common sign of infection is characterized by redness, swelling, warmth, and pain at the site of the infection. This response, known as inflammation, occurs as the body's immune system reacts to pathogens such as bacteria, viruses, or fungi. The symptoms of redness and swelling are due to increased blood flow and the accumulation of immune cells at the site, while warmth results from the extra blood circulation and metabolic activity of these cells. These localized symptoms indicate the body is working to eliminate the infection. Pain can arise from the pressure of swelling or the release of chemicals that sensitize nerves in the affected area. Recognizing these signs is critical in healthcare settings, as they can guide further assessment and treatment of the infection. While temporary fever and headache can be associated with systemic infections, and persistent cough and fatigue may indicate respiratory conditions or other illnesses, the specific combination of redness, swelling, warmth, and pain at a particular site is more directly indicative of localized infection. Increased appetite and energy levels are generally not consistent with infection, as these conditions often result in fatigue and decreased appetite due to the body's fight against illness.

2. In what scenario is it crucial to assess urination patterns?

- A. In all patients regardless of condition
- B. In patients with kidney issues or after surgery**
- C. In patients receiving pain management
- D. Only in elderly patients

Assessing urination patterns is especially crucial in patients with kidney issues or those recovering after surgery due to the significant role urine output plays in monitoring kidney function and overall hydration status. In cases of kidney issues, urine production can be a key indicator of renal health and may help detect complications such as acute kidney injury or electrolyte imbalances. Similarly, after surgery, patients may experience changes in urination patterns due to factors like anesthesia effects, fluid shifts, or the stress of the surgical procedure itself. This targeted assessment allows healthcare providers to make informed decisions regarding treatment plans, hydration strategies, and when to alert the medical team of potential complications. While it is important to monitor urination patterns in various patient situations, the critical nature of renal health and post-operative recovery makes this scenario particularly vital. Therefore, focusing on these patient groups allows for proactive management and early intervention if issues arise.

3. Continuous monitoring of heart rhythms is essential for which patient group?

- A. Patients with no medical history
- B. Patients recovering from minor surgeries only
- C. Patients with cardiac conditions**
- D. Patients in rehabilitative therapy

Continuous monitoring of heart rhythms is crucial for patients with cardiac conditions due to the potential for serious and life-threatening complications that can arise from heart rhythm abnormalities. These patients may have underlying issues such as arrhythmias, heart failure, or history of myocardial infarction, which increases their risk of experiencing significant changes in their heart rhythm. Continuous monitoring allows healthcare providers to detect these changes in real-time, facilitating timely interventions that may be necessary to prevent major events like cardiac arrest or stroke. This level of supervision is especially important in a clinical setting where immediate response is critical. In contrast, patients without a medical history may not have the same risk factors necessitating ongoing cardiac observation, while those recovering from minor surgeries or undergoing rehabilitative therapy might not experience the same immediate risk of heart rhythm disturbances. Therefore, the need for vigilant heart rhythm monitoring is primarily applicable to patients who already have established cardiac health issues.

4. What role does motivation play in encouraging patient mobility?

- A. It is irrelevant to patient care
- B. It can enhance patient engagement in their own recovery**
- C. It increases the likelihood of medication adherence
- D. It creates barriers to patient care

Motivation plays a crucial role in encouraging patient mobility as it directly influences a patient's engagement and participation in their recovery process. When patients are motivated, they are more likely to take an active role in their rehabilitation, which can lead to improved outcomes. Enhanced motivation can inspire patients to adhere to exercise regimens, follow physical therapy protocols, and engage in daily activities necessary for their recovery. Motivated patients often set personal goals related to their mobility, which can lead to increased efforts to achieve those goals. This self-driven approach helps patients understand the importance of movement in their recovery journey and fosters a positive attitude toward their treatment. By feeling invested in their own progress, they are more likely to stay committed to the prescribed mobility exercises and make efforts to overcome any physical or psychological barriers they may face. In contrast, if motivation is lacking, patients may withdraw from activities that promote mobility, leading to stagnation in their recovery. Therefore, cultivating motivation is essential for empowering patients and facilitating their journey toward regaining mobility and overall health.

5. What is the proper technique a PCT should use when lifting a patient?

- A. Lift without assistance to save time
- B. Use proper lifting techniques or seek help**
- C. Lift quickly to minimize discomfort
- D. Always lift patients by their arms

Using proper lifting techniques or seeking help is essential for a Patient Care Technician (PCT) when lifting a patient due to several critical reasons. Firstly, patient safety is paramount, and using appropriate lifting techniques helps ensure that the patient is moved without the risk of injury. This includes keeping the back straight, bending at the knees, and using the strength of the legs rather than the back to lift. Such techniques reduce the risk of straining oneself and prevent potential accidents that could lead to injury for both the technician and the patient. Additionally, seeking help when lifting a patient reinforces the approach of teamwork in healthcare settings. It acknowledges that certain patients may require additional support or precautions due to their condition, size, or mobility level. By not attempting to lift a patient alone if they need assistance, a PCT ensures that the transfer is done safely and comfortably for the patient. In summary, adhering to safe lifting practices and knowing when to ask for help are foundational skills for PCTs, fostering both a safe working environment and good patient care.

6. How should a PCT respond to a patient experiencing a panic attack?

- A. Stay calm, offer reassurance, and encourage deep breathing**
- B. Leave the patient alone to collect themselves
- C. Tell the patient to stop panicking
- D. Call for immediate emergency assistance

Staying calm, offering reassurance, and encouraging deep breathing is the most effective response for a PCT when a patient is experiencing a panic attack. This approach focuses on providing emotional support, which is crucial during a panic attack when a patient may feel overwhelmed and frightened. By remaining calm, the PCT can help create a stable environment that reassures the patient, reducing feelings of anxiety. Encouraging deep breathing is particularly important as it can help regulate the patient's breathing pattern, which may become fast and shallow during a panic attack. Deep breathing techniques can help reset the body's stress response and promote relaxation, making it an essential part of the immediate care strategy. This response effectively addresses the emotional and physical symptoms of a panic attack, supporting the patient in regaining their composure and feeling safe. The other options do not provide the necessary emotional support or practical techniques that can help during such an episode.

7. How is the target weight calculated for a patient using the following pre-treatment information: EDW: 75.5 kg, Pre-treatment weight: 77.0 kg, Prime: 500 mL?

- A. $77.0 \text{ kg} - 75.5 \text{ kg} = 2.0 \text{ kg}$
- B. $77.0 \text{ kg} - 75.5 \text{ kg} = 1.0 \text{ kg}$
- C. $77.0 \text{ kg} - 75.5 \text{ kg} = 1.5 \text{ kg} + 0.5 \text{ kg} = 2.0 \text{ kg}$
- D. $75.5 \text{ kg} + 2.0 \text{ kg} = 77.5 \text{ kg}$

In this scenario, the target weight for a patient is determined by using the patient's pre-treatment weight, their estimated dry weight (EDW), and the volume of fluid to be considered in treatment. The estimated dry weight (EDW) represents the patient's target weight without any excess fluid. The pre-treatment weight shows the weight of the patient before any fluid removal. The difference between the pre-treatment weight and the EDW helps to determine how much fluid needs to be removed in treatment to reach the desired target weight. To find the amount of excess fluid that needs to be addressed, first, subtract the EDW from the pre-treatment weight, resulting in a difference of 1.5 kg. If the prime volume (500 mL) of fluid therapy is being considered, it is common to add this volume split equivalently towards body weight since 1 kg is roughly equal to 1 L of fluid. Therefore, when converting the 500 mL prime volume, it translates to an additional 0.5 kg (since 500 mL is 0.5 L). By adding this 0.5 kg (from the prime volume) to the 1.5 kg excess calculated from the weight difference, the total comes to

8. What safety measure should be taken before using any electrical equipment in patient care?

- A. Make sure to use multiple devices simultaneously
- B. Ensure the equipment is in good working order and properly checked
- C. Turn off the equipment when not in use
- D. Use the equipment without testing it first

Before using any electrical equipment in patient care, ensuring that it is in good working order and properly checked is crucial for several reasons. First and foremost, malfunctioning equipment can pose serious risks to both the patient and the healthcare provider. Proper checks help to identify any potential hazards, such as frayed cords or malfunctioning components, which could lead to electrical shocks or fires. Additionally, equipment that has not been properly maintained may not function as intended, resulting in inaccurate readings or ineffective treatment. Regular inspections and maintenance protocols are essential parts of patient safety practices in healthcare settings. Ensuring equipment readiness supports a safe environment and promotes quality care, making it imperative for patient care technicians to conduct these checks before use.

9. Kinks in the blood line, high dialysate temperature and low conductivity can cause which complication?

- A. Clotting
- B. Hypotension
- C. Hemolysis**
- D. Infection

The situation described in the question highlights conditions that can lead to hemolysis during dialysis treatment. Kinks in the blood line can impede blood flow, leading to increased pressure and potentially damaging red blood cells as they pass through the dialysis machine. High dialysate temperatures can lead to the breakdown of red blood cells, as heat can cause cellular damage. Low conductivity in the dialysate may indicate that the solution is not balanced correctly, which can also contribute to cellular dysfunction and hemolysis. Hemolysis refers to the destruction of red blood cells, releasing hemoglobin into the bloodstream. This condition can lead to symptoms such as anemia and elevated bilirubin levels. In the context of the options provided, hemolysis is the most directly linked to the described complications arising from the poor conditions during the dialysis process. The other options, while they may be potential concerns during dialysis, do not directly stem from the specific issues presented in the question. For example, clotting is typically related to factors such as anticoagulation levels rather than the conditions specified. Hypotension can occur in many scenarios, including fluid shifts during dialysis, but is not as closely related to the described technical problems. Infection is primarily due to poor sterile technique or existing access.

10. Why is effective communication critical in patient care?

- A. To ensure patient comfort
- B. To ensure information is accurately conveyed and understood**
- C. To maintain confidentiality
- D. To reduce the number of healthcare staff involved

Effective communication is critical in patient care primarily because it ensures that information is accurately conveyed and understood. In healthcare settings, clear communication between the healthcare providers and patients is vital for several reasons. When information is relayed appropriately, patients receive accurate instructions regarding their treatment plans, medications, and follow-up care. This understanding can prevent errors, increase adherence to medical advice, and improve overall health outcomes. Additionally, effective communication fosters a trusting relationship between patients and healthcare providers, empowering patients to ask questions and express concerns. This dialogue not only supports patient autonomy but also contributes to healthcare providers' ability to deliver tailored care that meets individual needs. Ultimately, strong communication practices can enhance patient safety, satisfaction, and care quality, making this aspect fundamental in the healthcare field.

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://fmcpatientcaretech.examzify.com>

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

SAMPLE