

Patient Care Technician Certification (PCTC) AMCA Practice Exam (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

- 1. How often should a PCT check vital signs?**
 - A. Once a month**
 - B. Every time the patient is in the facility**
 - C. As directed by the healthcare provider**
 - D. Only when a patient complains of pain**
- 2. How many chambers does the heart contain?**
 - A. 2**
 - B. 4**
 - C. 6**
 - D. 8**
- 3. For what reason is it important for a PCT to monitor vital signs?**
 - A. Vital signs indicate the patient's comfort level.**
 - B. Vital signs help in assessing the patient's general health status.**
 - C. Monitoring vital signs is not necessary in most cases.**
 - D. Only to fulfill hospital regulations.**
- 4. A single order that is administered immediately and is usually written for emergencies is known as what?**
 - A. PRN order**
 - B. Standing order**
 - C. Routine order**
 - D. STAT order**
- 5. What is the role of a PCT during a patient admission process?**
 - A. To perform invasive procedures**
 - B. To collect initial assessments and vital signs**
 - C. To administer medications**
 - D. To schedule follow-up appointments**

- 6. What is the first step in responding to a medical emergency?**
- A. Assess the situation quickly**
 - B. Call for help or alert the healthcare team**
 - C. Administer first aid**
 - D. Document the incident for records**
- 7. What principle of patient care must assistive personnel uphold when handling records and patient information?**
- A. Confidentiality**
 - B. Transparency**
 - C. Accountability**
 - D. Eligibility**
- 8. What do civil actions primarily involve?**
- A. Legal disputes between government entities**
 - B. Criminal offenses against the state**
 - C. Legal proceedings between a private party**
 - D. Disputes involving employment termination**
- 9. Wasting or decrease in size of a muscle because of inactivity is called what?**
- A. Hypertrophy**
 - B. Atrophy**
 - C. Fatigue**
 - D. Contraction**
- 10. What is the proper way to ensure a patient's privacy during care?**
- A. By closing doors and curtains**
 - B. By asking for permission to provide care**
 - C. By using a patient's personal belongings**
 - D. By speaking quietly**

Answers

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

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Explanations

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1. How often should a PCT check vital signs?

- A. Once a month
- B. Every time the patient is in the facility
- C. As directed by the healthcare provider**
- D. Only when a patient complains of pain

The recommendation for how often a Patient Care Technician (PCT) should check vital signs is guided primarily by the healthcare provider's directives. Vital signs are critical indicators of a patient's physiological status, and their frequency can vary significantly based on the patient's condition, specific clinical protocols, or the nature of the healthcare facility. When the healthcare provider specifies how often to monitor vital signs, it may be influenced by factors such as the type of care being provided, the patient's diagnosis, risk factors, and overall health status. For instance, patients in critical condition may require more frequent monitoring compared to stable patients. Therefore, adhering to the healthcare provider's instructions ensures that the PCT is providing the appropriate level of care required for each individual patient, which is essential for timely interventions when abnormalities are detected. The flexibility in this approach allows for a tailored response to the dynamic needs of patients, thereby improving patient safety and outcomes.

2. How many chambers does the heart contain?

- A. 2
- B. 4**
- C. 6
- D. 8

The heart contains four chambers: two atria and two ventricles. This anatomical structure is vital for its function, as the chambers play distinct roles in the circulation of blood throughout the body. The upper chambers, known as the right and left atria, are responsible for receiving blood coming into the heart. The right atrium collects deoxygenated blood from the body, while the left atrium receives oxygenated blood from the lungs. The lower chambers, the right and left ventricles, are responsible for pumping blood out of the heart. The right ventricle sends deoxygenated blood to the lungs for oxygenation, while the left ventricle pumps oxygenated blood out to the rest of the body. This four-chamber configuration allows for efficient separation of oxygenated and deoxygenated blood, which is essential for effective circulation and maintaining proper oxygen levels in the body. The presence of four chambers is a characteristic feature of the human heart and allows for the proper functioning of the cardiovascular system.

3. For what reason is it important for a PCT to monitor vital signs?

A. Vital signs indicate the patient's comfort level.

B. Vital signs help in assessing the patient's general health status.

C. Monitoring vital signs is not necessary in most cases.

D. Only to fulfill hospital regulations.

Monitoring vital signs is crucial because they provide key insights into a patient's general health status. Vital signs, which typically include heart rate, blood pressure, respiratory rate, and temperature, serve as essential indicators of physiological functions. By tracking these metrics, healthcare providers can identify any deviations from the norm that may indicate underlying health issues or complications. For instance, a sudden change in a patient's blood pressure could signal a cardiovascular issue, while abnormal temperature readings might suggest infection or inflammation. In addition, consistently recording and analyzing vital signs helps in establishing baseline measurements for each patient. This baseline is critical for detecting trends over time, allowing healthcare professionals to make informed decisions about treatment plans and interventions. Therefore, the act of monitoring vital signs is not just a routine task; it is a fundamental component of patient assessment and ongoing care that directly impacts patient outcomes.

4. A single order that is administered immediately and is usually written for emergencies is known as what?

A. PRN order

B. Standing order

C. Routine order

D. STAT order

A single order administered immediately in emergency situations is referred to as a STAT order. This type of order indicates that the medication or treatment must be carried out without delay, often to address critical patient needs or acute conditions. The term "STAT" originates from the Latin word "statim," which means "immediately." In contrast, PRN orders are medications prescribed to be taken as needed rather than at specific intervals, and often do not require immediate action. Standing orders provide a set of guidelines for treatment that can be implemented routinely under certain conditions, rather than in response to an urgent need. Routine orders are those intended to be carried out on a regular schedule rather than in immediate response to an acute situation. In essence, the context of urgency and immediacy in a STAT order serves specific critical healthcare needs, making it a vital aspect of patient care protocols in emergencies.

5. What is the role of a PCT during a patient admission process?

- A. To perform invasive procedures**
- B. To collect initial assessments and vital signs**
- C. To administer medications**
- D. To schedule follow-up appointments**

The role of a Patient Care Technician (PCT) during the patient admission process primarily involves collecting initial assessments and vital signs. This task is crucial as it helps to establish a baseline for the patient's health status at the time of admission. By taking vital signs such as temperature, heart rate, blood pressure, and respiratory rate, the PCT provides essential data that helps the healthcare team determine the appropriate course of care and identify any immediate health concerns. Additionally, gathering initial assessments may include obtaining relevant patient history, which informs the medical team about the patient's past medical issues, allergies, and current medications. This information is vital in crafting a tailored care plan and ensuring the patient's safety and well-being throughout their hospital stay. While the other roles mentioned in the choices may be important in different contexts, they do not fall within the standard scope of practice for a PCT during patient admission. For example, performing invasive procedures typically requires a higher level of training and certification beyond that of a PCT. Similarly, administering medications is generally handled by licensed professionals such as nurses or pharmacists, and scheduling follow-up appointments would be outside the PCT's responsibilities, often being managed by administrative staff.

6. What is the first step in responding to a medical emergency?

- A. Assess the situation quickly**
- B. Call for help or alert the healthcare team**
- C. Administer first aid**
- D. Document the incident for records**

The first step in responding to a medical emergency is to call for help or alert the healthcare team. This action is critical because it ensures that the appropriate medical personnel are notified and can arrive to provide the necessary assistance. Time is often of the essence in emergencies, and summoning help immediately allows trained professionals to take over the situation, assess the patient's needs, and begin treatment as quickly as possible. By alerting the healthcare team, you initiate the chain of command, which is vital in managing emergencies effectively. This step not only brings additional resources to the scene but also allows the responder to focus on the patient rather than multitasking during a high-pressure situation. Assessing the situation is important too, but it should occur simultaneously with notifying the appropriate personnel. While administering first aid may be necessary afterward, immediate notification of trained responders takes precedence. Documenting the incident is also crucial but comes after the emergency has been addressed and is not an initial response step. Focusing on alerting the healthcare team first lays the foundation for effective emergency management.

7. What principle of patient care must assistive personnel uphold when handling records and patient information?

- A. Confidentiality**
- B. Transparency**
- C. Accountability**
- D. Eligibility**

The principle of confidentiality is crucial in patient care as it ensures that personal and sensitive information about a patient is protected from unauthorized access or disclosure. This principle is grounded in ethical standards and legal regulations, such as the Health Insurance Portability and Accountability Act (HIPAA) in the United States, which mandates that healthcare providers safeguard patient information to maintain trust in the healthcare system. By upholding confidentiality, assistive personnel not only respect the privacy of patients but also foster a safe environment where patients feel secure in sharing their health information. Confidentiality is vital for building and maintaining a trusting relationship between patients and healthcare providers, as patients are more likely to share pertinent information if they know it will remain confidential. In contrast, the principles of transparency, accountability, and eligibility, while important in the broader scope of healthcare practices, do not specifically pertain to the handling of records and patient information in the same way that confidentiality does. Therefore, maintaining confidentiality is the key principle that assistive personnel must uphold in their role involving patient records and information.

8. What do civil actions primarily involve?

- A. Legal disputes between government entities**
- B. Criminal offenses against the state**
- C. Legal proceedings between a private party**
- D. Disputes involving employment termination**

Civil actions primarily involve legal proceedings between private parties. This encompasses a wide range of disputes, including those related to contracts, property, family law, and torts. In a civil action, one party typically alleges that another party has failed to fulfill a legal duty or has harmed them in some way, leading to a demand for compensation or restitution. Unlike criminal cases, where the state prosecutes an individual for violating criminal law, civil actions are initiated by private individuals or entities seeking to resolve disputes that do not involve criminal charges. Understanding this fundamental distinction is crucial for grasping how the legal system operates, particularly within the context of civil law. Civil actions are essential for individuals to seek recourse and enforce their rights against other private entities, making this understanding pivotal for anyone working within or interacting with the legal or healthcare systems.

9. Wasting or decrease in size of a muscle because of inactivity is called what?

- A. Hypertrophy**
- B. Atrophy**
- C. Fatigue**
- D. Contraction**

The term that describes the wasting or decrease in size of a muscle due to inactivity is atrophy. This physiological phenomenon occurs when muscle fibers shrink in size because they are not being used or challenged regularly. Atrophy can result from a variety of factors, including prolonged bed rest, disuse of a limb, or certain medical conditions that limit movement. Hypertrophy, in contrast, refers to the increase in muscle size that occurs when muscles are engaged in regular physical activity, such as weightlifting. Fatigue describes a temporary state of tiredness that affects physical performance, but it does not imply any change in muscle size. Contraction refers to the process of muscle fibers shortening to produce movement, which is the opposite of the wasting or decrease in size that occurs in atrophy. Therefore, atrophy accurately captures the concept of muscle wasting due to inactivity.

10. What is the proper way to ensure a patient's privacy during care?

- A. By closing doors and curtains**
- B. By asking for permission to provide care**
- C. By using a patient's personal belongings**
- D. By speaking quietly**

Ensuring a patient's privacy during care is fundamental to maintaining their dignity and confidentiality. The proper way to accomplish this includes taking physical measures to create a private environment where conversations and interactions cannot be overheard. Closing doors and curtains effectively limits visual and auditory exposure to unauthorized persons, helping to safeguard sensitive information and personal experiences. This emphasis on a protected space allows patients to feel more at ease during their care, knowing that their experiences are not subject to outside scrutiny. While asking for permission to provide care, utilizing personal belongings appropriately, and speaking quietly are all important aspects of patient care, they do not specifically address the physical barriers that can directly enhance privacy. Producing an environment that minimizes unwanted attention is the most effective measure for ensuring that the patient feels respected and secure throughout their interaction with healthcare professionals.

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://patientcaretechnician-amca.examzify.com>

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