

PATIENT CARE TECHNICIAN CERTIFICATION (PCTC) AMCA PRACTICE EXAM (SAMPLE) STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE**

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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. If you decide to refuse a task, what should your next step be?**
 - A. Make an excuse
 - B. Discuss it with a colleague
 - C. Communicate your concerns to the nurse
 - D. Ignore the request
- 2. What body organ is primarily affected in a person with a pulmonary disease?**
 - A. Heart
 - B. Kidneys
 - C. Lungs
 - D. Liver
- 3. What is an example of alternative therapy a Patient Care Technician might encounter?**
 - A. Physical therapy
 - B. Aromatherapy
 - C. Radiation therapy
 - D. Occupational therapy
- 4. What safety measures should be taken when using a wheelchair?**
 - A. Ensure the wheelchair is locked and use footrests
 - B. Only use the wheelchair when it is empty
 - C. Always move the wheelchair without locking it
 - D. Allow patients to stand while using the wheelchair
- 5. Which type of lift is frequently utilized in healthcare for patient transfers?**
 - A. Manual lift
 - B. Electric lift
 - C. Hydraulic lift
 - D. Mobile lift

- 6. A prefilled syringe is also called what?**
- A. Cartridge
 - B. Vial
 - C. Dropper
 - D. Tube
- 7. An individual with little resistance to infections is referred to as what?**
- A. Immunocompetent
 - B. Susceptible
 - C. Infected
 - D. Contagious
- 8. When transferring a patient to another medical bed, which side should be used first?**
- A. Strong side used first
 - B. Weak side used first
 - C. Patient's preference
 - D. Side opposite to the caregiver
- 9. A patient wants to take a shower. What is the term for paraphrasing their request?**
- A. Reflecting
 - B. Summarizing
 - C. Rephrasing
 - D. Paraphrasing
- 10. What term refers to anything that poses a risk to the human body or a living organism?**
- A. A bio-hazard
 - B. A chemical substance
 - C. An environmental hazard
 - D. A health threat

Answers

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

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Explanations

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1. If you decide to refuse a task, what should your next step be?

- A. Make an excuse
- B. Discuss it with a colleague
- C. Communicate your concerns to the nurse**
- D. Ignore the request

When faced with the decision to refuse a task, the appropriate action is to communicate your concerns to the nurse. This is essential because nurses are typically responsible for assigning tasks and ensuring that all team members are capable and prepared to complete their duties safely and effectively. By engaging in a conversation with the nurse, you can articulate your reasons for refusing the task, whether they stem from lack of training, insufficient knowledge, or safety concerns. This open communication helps to maintain a collaborative environment and ensures that patient care standards are upheld. Additionally, discussing your concerns allows for clarity and support from the designated supervisor or leader in the healthcare team, which is critical in establishing a safe and effective working dynamic. It also promotes professional accountability, as healthcare settings prioritize teamwork and mutual respect in addressing potential issues or conflicts regarding patient care tasks.

2. What body organ is primarily affected in a person with a pulmonary disease?

- A. Heart
- B. Kidneys
- C. Lungs**
- D. Liver

The lungs are the primary organs affected in a person with pulmonary disease. Pulmonary diseases encompass a range of conditions that impair lung function, leading to symptoms such as difficulty breathing, persistent cough, and reduced oxygen supply to the body. Diseases such as chronic obstructive pulmonary disease (COPD), asthma, pneumonia, and lung cancer directly impact lung tissues, alveoli (the tiny air sacs in the lungs), and airflow within the respiratory system. These conditions can lead to inflammation, obstruction, or irreversible damage, seriously compromising a person's ability to breathe properly and manage gas exchange, which is essential for overall health. Understanding this focus on the lungs is crucial for recognizing how pulmonary conditions impact patient care and the necessary treatments or interventions to support lung health.

3. What is an example of alternative therapy a Patient Care Technician might encounter?

- A. Physical therapy
- B. Aromatherapy**
- C. Radiation therapy
- D. Occupational therapy

Aromatherapy is a prime example of alternative therapy, which utilizes essential oils and other aromatic plant compounds to improve physical and psychological well-being. This approach is often used to promote relaxation, reduce stress, and alleviate certain health conditions. It is distinguished from conventional medical practices as it often focuses on holistic treatment and the enhancement of the overall quality of life rather than solely targeting specific symptoms or diseases. In contrast, physical therapy, radiation therapy, and occupational therapy fall primarily under conventional medical practices. Physical therapy uses specific exercises and manual techniques to promote healing and restore function, while radiation therapy commonly refers to a precise medical procedure for treating cancer through radiation exposure. Occupational therapy aims to assist individuals in achieving independence in daily activities using structured programs. These therapies don't typically align with the alternative medicine classification in the same way that aromatherapy does, highlighting the unique nature of alternative therapy practices.

4. What safety measures should be taken when using a wheelchair?

- A. Ensure the wheelchair is locked and use footrests**
- B. Only use the wheelchair when it is empty
- C. Always move the wheelchair without locking it
- D. Allow patients to stand while using the wheelchair

Ensuring that the wheelchair is locked and using footrests are critical safety measures. Locking the wheelchair prevents any unintended movement while the patient is getting in or out, thus reducing the risk of falls or accidents. Footrests are essential because they provide support for the patient's feet, preventing them from dragging on the ground or slipping off the sides, which can lead to instability or injury. Both of these practices contribute to a safer environment for patients, caregivers, and bystanders, making them fundamental components of proper wheelchair usage. Adhering to these measures fosters a secure experience and reflects best practices within patient care.

5. Which type of lift is frequently utilized in healthcare for patient transfers?

- A. Manual lift
- B. Electric lift
- C. Hydraulic lift**
- D. Mobile lift

Hydraulic lifts are commonly used in healthcare settings for patient transfers due to their ability to facilitate safe and efficient movement of patients who may have limited mobility or require additional support. These lifts operate using hydraulic mechanisms to lift and lower a patient with minimal physical effort from the caregiver. The design of hydraulic lifts often includes a comfortable sling that supports the patient, ensuring their safety and reducing the risk of injury during the transfer process. This type of lift is particularly beneficial in environments such as hospitals, nursing homes, or physical therapy clinics, where caregivers frequently assist patients in getting from beds to wheelchairs, transferring between different types of seating, or moving them into other areas. Hydraulic lifts also offer stability, allowing for adjustments in height and positioning that enhance patient comfort and safety. Overall, they are a vital tool in promoting efficient patient care while minimizing strain on healthcare workers.

6. A prefilled syringe is also called what?

A. Cartridge

B. Vial

C. Dropper

D. Tube

A prefilled syringe is commonly referred to as a cartridge. This term is used to describe the disposable container that holds the medication, which is pre-measured and ready for injection. Cartridges are designed for ease of use, ensuring that the correct dosage is delivered without the need for the healthcare provider to draw up the medication from a vial or other container. In contrast, a vial is a small container that holds liquid, typically requiring a syringe to withdraw the medication for administration. A dropper is a device used to dispense small amounts of liquid, often for oral use, rather than an injection. A tube can vary in application and material but generally does not refer to the specific function of delivering injections like a prefilled syringe. Thus, the designation of a prefilled syringe as a cartridge emphasizes its specific function and convenience in medical settings.

7. An individual with little resistance to infections is referred to as what?

A. Immunocompetent

B. Susceptible

C. Infected

D. Contagious

An individual with little resistance to infections is referred to as susceptible. This term indicates that the person's immune system is not adequately equipped to fend off pathogens, making them more likely to contract illnesses. Immunocompetent describes someone whose immune system is functioning properly and is capable of responding to infections effectively. Infected refers to the condition of having an infectious agent within the body, while contagious describes someone who is capable of spreading an infection to others. Therefore, susceptibility focuses specifically on the vulnerability to infections due to inadequate immune defenses.

8. When transferring a patient to another medical bed, which side should be used first?

A. Strong side used first

B. Weak side used first

C. Patient's preference

D. Side opposite to the caregiver

Using the strong side first when transferring a patient to another medical bed is the most effective and safer approach for both the patient and caregiver. The primary reason for prioritizing the strong side is that it allows the caregiver to maintain better control during the transfer. By starting with the stronger side, the caregiver can support and guide the patient more effectively, thus reducing the risk of falls or injury. Additionally, initiating the transfer from the strong side helps to minimize the amount of physical effort required by the patient, which can be crucial for those with limited mobility or strength. For patients who may feel anxious or unstable, using the stronger side first can also provide them with a greater sense of security throughout the process. In contrast, using the weak side first could lead to increased strain on the patient and a higher chance of complications during the transfer. Furthermore, the patient's preference may not always align with the safest method for transfer, and it's essential to prioritize their safety over personal choices. Lastly, transferring to the side opposite to the caregiver can complicate the maneuver and increase the potential for mishaps or accidents.

9. A patient wants to take a shower. What is the term for paraphrasing their request?

- A. Reflecting
- B. Summarizing
- C. Rephrasing
- D. Paraphrasing**

The term for paraphrasing a patient's request is indeed paraphrasing. This involves restating the patient's words in a way that conveys the same meaning while using different vocabulary. By paraphrasing, you can demonstrate understanding and provide clarity to the patient. This technique is essential in healthcare to ensure effective communication, allowing the patient to feel heard and understood. In this scenario, when a patient expresses their desire to take a shower, paraphrasing their request helps to clarify any specific needs or concerns they may have regarding their showering process, such as assistance or privacy. This gentle acknowledgment reinforces the patient-provider relationship and fosters trust, which is critical in patient care contexts.

10. What term refers to anything that poses a risk to the human body or a living organism?

- A. A bio-hazard**
- B. A chemical substance
- C. An environmental hazard
- D. A health threat

The term that refers to anything posing a risk to the human body or a living organism is "a bio-hazard." This term is specifically used to describe biological substances that can pose a threat to the health of living organisms, primarily humans. Bio-hazards can include a range of materials such as viruses, bacteria, or other potentially infectious materials that may cause disease. Understanding bio-hazards is crucial in healthcare settings, as they require specific handling procedures to prevent exposure and infection. In contrast, while other options may imply risks to health, they are not as precisely defined as bio-hazards in terms of biological threats. Chemical substances could refer to harmful toxins but do not encompass biological risks. Environmental hazards are broader and may include physical threats like pollution, while health threats can be more generalized health risks rather than specifically biological in nature. This distinction makes "bio-hazard" the most accurate term for the question asked.

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!

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