

Patient Care Technician Certification (PCTC) Terminology Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

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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

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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 document contains personal and insurance information?**
 - A. Patient Information Sheet**
 - B. Progress Notes**
 - C. POMR**
 - D. Growth Chart**

- 2. What term means away from the point of origin?**
 - A. Proximal**
 - B. Lateral**
 - C. Distal**
 - D. Frontal plane**

- 3. Which irregularity describes an abnormality that does not occur very often, such as a single PVC in a rhythm strip?**
 - A. Totally irregular**
 - B. Patterned irregularity**
 - C. Slightly irregular**
 - D. Very irregular rhythms**

- 4. The lavender-top tube is primarily used for which type of testing?**
 - A. Coagulation Testing**
 - B. Hematology Testing Such as CBC**
 - C. Microbiology Cultures**
 - D. Chemistry Testing**

- 5. Which term describes daily care tasks such as oral hygiene, bathing, and perineal care?**
 - A. Personal Hygiene and Patient Care**
 - B. Medical Asepsis**
 - C. Surgical Asepsis**
 - D. Disinfection**

- 6. Which temperature measurement site corresponds to a range of 98.6 F to 100.6 F?**
- A. Tympanic Membrane**
 - B. Rectal**
 - C. Oral**
 - D. Axillary**
- 7. In the stages of infectious disease, which stage is described as when specific symptoms become obvious?**
- A. Acute stage**
 - B. Incubation stage**
 - C. Prodromal stage**
 - D. Convalescent stage**
- 8. Which gender note indicates daily shaving of legs and underarms for women?**
- A. Women - Most women shave their legs and underarms on a daily basis**
 - B. Men - Beards and mustaches need daily care**
 - C. Body Mechanics**
 - D. Ergonomics**
- 9. Which set of items is commonly considered personal protective equipment (PPE) in infection control?**
- A. Masks**
 - B. Goggles**
 - C. Gloves**
 - D. All of the above**
- 10. Which portion of a SOAP note specifies the recommended treatment steps and follow-up?**
- A. Subjective**
 - B. Objective**
 - C. Assessment**
 - D. Plan**

Answers

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

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Explanations

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1. Which document contains personal and insurance information?

- A. Patient Information Sheet**
- B. Progress Notes**
- C. POMR**
- D. Growth Chart**

Collecting patient demographics and insurance details is the main idea. A Patient Information Sheet is the form used to record personal identifiers—name, date of birth, address, phone number—and insurance information such as the insurer, policy number, and subscriber ID. This information helps ensure the patient is correctly identified, can be reached, and that services can be billed to the right payer. The other documents focus on clinical information or measurements rather than identity or billing: progress notes capture ongoing observations and care; a problem-oriented medical record organizes data by health problems; a growth chart tracks growth measurements over time.

2. What term means away from the point of origin?

- A. Proximal**
- B. Lateral**
- C. Distal**
- D. Frontal plane**

Distal means farther from the point of origin or attachment, especially for limbs. This is why it's the best answer: it describes being farther away from where the limb attaches to the torso. For example, the elbow is distal to the shoulder, and the fingers are distal to the wrist, whereas proximal means closer to the trunk or origin. Lateral refers to side-to-side position, and the frontal plane is a body plane, not a distance term, so they don't describe distance from the origin.

3. Which irregularity describes an abnormality that does not occur very often, such as a single PVC in a rhythm strip?

- A. Totally irregular**
- B. Patterned irregularity**
- C. Slightly irregular**
- D. Very irregular rhythms**

Irregularity in rhythm strips is described by how often irregular beats occur. An isolated premature beat, such as a single PVC, appears early and is usually followed by a compensatory pause, causing a brief deviation in the rhythm. This makes the rhythm not perfectly regular, but the irregularity is limited to that one beat and doesn't form a repeating pattern. That's why it's described as slightly irregular. If irregularity appeared in a fixed repeating pattern, it would be a patterned irregular rhythm; if there were no pattern and the rhythm varied widely, it would be totally or very irregular. So a single premature beat best fits the description of slightly irregular.

4. The lavender-top tube is primarily used for which type of testing?

- A. Coagulation Testing**
- B. Hematology Testing Such as CBC**
- C. Microbiology Cultures**
- D. Chemistry Testing**

Lavender-top tubes contain EDTA, an anticoagulant that binds calcium to prevent blood from clotting and, importantly, preserves the shape and appearance of the blood cells. This makes them the preferred choice for hematology tests, such as the complete blood count, where accurate cell counts and morphology are essential. Coagulation testing uses a light blue tube with citrate because those tests rely on measuring clotting times, which require a sample that maintains the clotting cascade's properties. Chemistry testing typically uses tubes that yield serum or plasma without the EDTA preservation, depending on the analyte being measured. Microbiology cultures require sterile collection conditions to grow organisms, not preserved blood cells. So the lavender-top tube is mainly used for hematology testing like CBC.

5. Which term describes daily care tasks such as oral hygiene, bathing, and perineal care?

- A. Personal Hygiene and Patient Care**
- B. Medical Asepsis**
- C. Surgical Asepsis**
- D. Disinfection**

Daily care tasks like brushing teeth, bathing, and perineal care are about keeping the person clean, comfortable, and maintaining skin integrity. This is the realm of personal hygiene and patient care, which covers routine activities to preserve dignity and overall well-being. The other terms relate to methods for handling germs: medical asepsis and surgical asepsis describe clean and sterile techniques used during procedures, while disinfection is about killing pathogens on objects and surfaces. So these routine hygiene tasks fit best under personal hygiene and patient care.

6. Which temperature measurement site corresponds to a range of 98.6 F to 100.6 F?

- A. Tympanic Membrane**
- B. Rectal**
- C. Oral**
- D. Axillary**

Temperature readings differ by site because some locations are closer to the body's core. The rectal route measures temperatures closest to core body temperature and tends to read higher than oral by about 0.9°F. A range from 98.6°F up to 100.6°F fits the rectal scale, capturing both a lower end near typical oral values and a higher end that aligns with rectal readings. Oral temperatures usually stay around 97.6-99.6°F, axillary are cooler, and tympanic/temporal readings are often close to oral but don't consistently reach 100.6°F. So the measurement site matching this span is rectal.

7. In the stages of infectious disease, which stage is described as when specific symptoms become obvious?

- A. Acute stage**
- B. Incubation stage**
- C. Prodromal stage**
- D. Convalescent stage**

Understanding how an infection progresses helps you know when symptoms appear. The incubation stage has no noticeable symptoms while the pathogen multiplies. In the prodromal stage, the person may feel generally unwell with nonspecific signs like fatigue or malaise. The acute stage is when the infection produces the full, specific symptoms that clinicians recognize for that disease, as the body's inflammatory response is clearly active. Finally, the convalescent stage involves recovery and a return to health. Since the question asks when specific, identifiable symptoms become obvious, this occurs during the acute stage.

8. Which gender note indicates daily shaving of legs and underarms for women?

- A. Women - Most women shave their legs and underarms on a daily basis**
- B. Men - Beards and mustaches need daily care**
- C. Body Mechanics**
- D. Ergonomics**

Personal care notes include gender-specific grooming preferences. When a note specifies that women shave their legs and underarms daily, it communicates that this daily grooming is expected for the patient. This guides the care team to honor the patient's hygiene routine, supporting dignity and autonomy while ensuring privacy and safety. The other options don't fit because they refer to grooming topics for men (facial hair) or to concepts about how tasks are performed (body mechanics, ergonomics) rather than the patient's personal grooming preferences.

9. Which set of items is commonly considered personal protective equipment (PPE) in infection control?

- A. Masks**
- B. Goggles**
- C. Gloves**
- D. All of the above**

PPE in infection control includes barrier items that protect you from exposure to infectious materials. Masks help block respiratory droplets from entering the nose and mouth. Goggles shield the eyes from splashes or droplets. Gloves prevent contamination of hands when touching potentially infectious materials. Each of these provides a different protective function, so all of these items are considered PPE. In practice, a healthcare worker chooses the appropriate PPE based on the task and the level of exposure risk, and other PPE like gowns or face shields may be used as needed.

10. Which portion of a SOAP note specifies the recommended treatment steps and follow-up?

- A. Subjective**
- B. Objective**
- C. Assessment**
- D. Plan**

The part that outlines what will be done next, including treatment steps and follow-up, is the Plan. In a SOAP note, the Plan takes the findings and reasoning from the Assessment and turns them into concrete actions: which medications or therapies to start or stop (with dosages and duration if applicable), any tests or imaging to order, referrals to specialists or services, patient education and self-care instructions, and the schedule for follow-up or return precautions. It also notes how to monitor progress and what criteria would prompt a change in direction or escalation of care. This section ensures everyone involved in the patient's care knows exactly what to do next and when to reassess, which is essential for continuity of care. For example, if the issue is suspected infection, the Plan would specify an antibiotic, advice on fluids and rest, red-flag symptoms that require urgent care, and a follow-up visit to evaluate response.

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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://pctcterms.examzify.com>

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

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