

PATIENT CARE TECHNICIAN CERTIFICATION (PCTC) TERMINOLOGY PRACTICE TEST (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. Which substance prevents sensation of pain?**
 - A. Analgesics
 - B. Anesthetic
 - C. Antibiotic
 - D. Anticoagulant

- 2. Which description best matches a 24-hour urine specimen?**
 - A. A Random Urine Sample
 - B. The 24-Hour Specimen
 - C. A Clean-Catch Specimen
 - D. A First-Morning Specimen

- 3. Which term is the science of designing a job to fit the worker?**
 - A. Ergonomics
 - B. Body Mechanics
 - C. Personal Hygiene and Patient Care
 - D. Medical Asepsis

- 4. What term refers to a written description of a patient's visits in chronological order?**
 - A. Paraphrasing
 - B. Clarifying
 - C. Silence
 - D. Narrative

- 5. Which item is essential for needle handling safety after use?**
 - A. Tourniquet
 - B. Holder and needle
 - C. Gloves
 - D. Sharps container

- 6. Which charting method uses daily notes to document patient progress with conditions?**
- A. Growth Chart
 - B. Flow Charts
 - C. Progress Notes
 - D. Patient Information Sheet
- 7. Dysrhythmias that originate in the ventricles below the Bundle of His are called:**
- A. Atrial flutter
 - B. Ventricular dysrhythmias
 - C. Sinus bradycardia
 - D. AV nodal reentrant tachycardia
- 8. Hematuria refers to which of the following?**
- A. Caffeine Intake
 - B. Injuries or Illnesses
 - C. Dehydration
 - D. Vitamin C Intake
- 9. What is the normal heart rate range for an adult?**
- A. 50-90 bpm
 - B. 60-100 bpm
 - C. 70-110 bpm
 - D. 40-80 bpm
- 10. Which augmented limb lead has its positive electrode on the right arm?**
- A. aVR
 - B. aVF
 - C. aVL
 - D. Lead II

Answers

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

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Explanations

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1. Which substance prevents sensation of pain?

- A. Analgesics
- B. Anesthetic**
- C. Antibiotic
- D. Anticoagulant

Anesthetics block the actual transmission of pain signals, either by numbing a specific area (local anesthetic) or by bringing about loss of consciousness for a procedure (general anesthetic). Because the nerve impulses that convey pain are interrupted, the brain doesn't perceive pain during the procedure. Analgesics, by contrast, reduce pain perception after it has begun or lessen its intensity but don't necessarily prevent the initial pain signals from being sent. Antibiotics treat infections, and anticoagulants prevent blood clotting.

2. Which description best matches a 24-hour urine specimen?

- A. A Random Urine Sample
- B. The 24-Hour Specimen**
- C. A Clean-Catch Specimen
- D. A First-Morning Specimen

Collecting urine over a 24-hour period to measure the total daily excretion of a substance. This type of specimen isn't a single random void; it requires starting after an emptying and then gathering every urine output for the next 24 hours, ending with the final void at the end of the period. The first morning urine is typically discarded to establish an accurate start time. This approach provides the complete 24-hour total needed for accurate measurements of substances like electrolytes, creatinine, protein, or hormones. In contrast, a random urine sample is just one void at an arbitrary time, a clean-catch is a midstream sample for culture, and a first-morning specimen is simply the initial urine after waking, not a full 24-hour collection.

3. Which term is the science of designing a job to fit the worker?

- A. Ergonomics**
- B. Body Mechanics
- C. Personal Hygiene and Patient Care
- D. Medical Asepsis

Ergonomics is the science of designing a job to fit the worker. It focuses on aligning tasks, tools, and the work environment with the human body's capabilities and limits, so movements are safer and more comfortable. In patient care, applying ergonomic principles means setting up the workstation and workflows to reduce awkward posture, excessive force, and repetitive motions. This includes using assistive devices (like slide sheets or transfer belts), keeping loads within easy reach, arranging equipment to minimize twisting, and allowing proper rest to prevent fatigue. The goal is to prevent musculoskeletal injuries and improve efficiency by making tasks fit the worker. Body mechanics, by contrast, is the technique of using the body safely during movements—how to bend, lift, and carry. Personal Hygiene and Patient Care covers hygiene and direct patient care, while Medical Asepsis relates to infection prevention and sterile technique.

4. What term refers to a written description of a patient's visits in chronological order?

- A. Paraphrasing
- B. Clarifying
- C. Silence
- D. Narrative**

Describing a patient's visits as a written, sequential account is called a narrative. A narrative note records the sequence of events, observations, treatments, and the patient's responses across visits, organized by date and time to create a coherent story of the patient's course. This makes it the best fit for a written description of visits in chronological order. Paraphrasing is restating what the patient said, not the full charted record; clarifying is asking questions to ensure understanding; silence is a lack of communication.

5. Which item is essential for needle handling safety after use?

- A. Tourniquet
- B. Holder and needle
- C. Gloves
- D. Sharps container**

The essential after-use safety concept is containing used sharp items to prevent injuries and infection. After a needle is used, it should be placed immediately into a sharps container, a sturdy, puncture-resistant, closable bin designed specifically for used needles and other sharps. This keeps the needle contained and away from hands and surfaces, significantly reducing the risk of needlestick injuries for healthcare workers, patients, and others in the area. Tourniquets, gloves, and needle holders are all part of the procedure, but they don't provide a safe disposal method. A sharps container is what actually ensures safe disposal and proper containment after use.

6. Which charting method uses daily notes to document patient progress with conditions?

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

Daily progress notes are the way to document how a patient's condition changes from day to day. They provide a concise, narrative record of what the patient reports, what you observe (vital signs, symptoms, exam findings), your assessment of their status, and the plan for treatment or ongoing care. This format makes it easy to see trends over time and to communicate updates to all members of the care team, showing whether conditions are improving, staying the same, or worsening. Growth charts track a patient's growth over time, not daily condition progress. Flow charts or flow sheets show sequences or quick data trends related to processes or routine measurements. A patient information sheet contains basic demographic and administrative details, not ongoing clinical progress.

7. Dysrhythmias that originate in the ventricles below the Bundle of His are called:

- A. Atrial flutter
- B. Ventricular dysrhythmias**
- C. Sinus bradycardia
- D. AV nodal reentrant tachycardia

The key idea is that the name of a dysrhythmia is tied to where it starts in the heart. If a rhythm begins in the ventricular tissue below the Bundle of His, it is described as a ventricular dysrhythmia. The Bundle of His sits at the AV junction and conducts into the ventricles, so rhythms arising from tissue below that point originate in the ventricles themselves. This category covers patterns like premature ventricular contractions, ventricular tachycardia, and ventricular fibrillation, which typically show wide QRS complexes and originate outside the atria or the conduction pathways above the ventricles. The other options refer to rhythms from different origins: atrial flutter starts in the atria, sinus bradycardia comes from the SA node, and AV nodal reentrant tachycardia arises around the AV node. Because they originate in the atria, SA node, or AV node rather than the ventricles, they don't fit the description of rhythms that arise below the Bundle of His.

8. Hematuria refers to which of the following?

- A. Caffeine Intake
- B. Injuries or Illnesses**
- C. Dehydration
- D. Vitamin C Intake

Hematuria means there is blood in the urine, which signals bleeding somewhere along the urinary tract and can result from injuries or illnesses such as trauma, infection, kidney stones, or other conditions. This is why the option describing injuries or illnesses is the best fit. Caffeine intake can irritate the bladder but doesn't cause actual blood in the urine; dehydration makes urine darker or more concentrated without adding blood; and vitamin C intake doesn't produce hematuria, though very high amounts can affect some urine tests for blood.

9. What is the normal heart rate range for an adult?

- A. 50-90 bpm
- B. 60-100 bpm**
- C. 70-110 bpm
- D. 40-80 bpm

Resting heart rate for an adult is typically sixty to one hundred beats per minute. This range represents what's considered normal when a person is at rest and not influenced by recent activity, caffeine, or stress. Values within this window generally indicate a well-functioning heart and adequate cardiovascular fitness for most adults. If the rate drops below sixty, that's bradycardia. In some people, especially well-trained athletes, a lower rate can be normal, but in others it might signal an issue with the heart's electrical system or medications. If the rate rises above one hundred, that's tachycardia and can be caused by fever, dehydration, anxiety, anemia, medications, or other conditions needing evaluation. Individual factors can shift this range temporarily—fitness level, medications (like beta blockers or stimulants), fever, pain, caffeine, and stress. When checking, make sure the person is at rest and not immediately after activity.

10. Which augmented limb lead has its positive electrode on the right arm?

A. aVR

B. aVF

C. aVL

D. Lead II

Augmented limb leads measure the heart's electrical activity from a single limb as the positive site, with the other two limbs forming a combined reference. The lead named for a limb indicates where that positive electrode sits. For the right arm, the positive electrode is placed on the right arm, producing aVR. The negative reference is the average of the other two limbs (left arm and left leg). The other augmented leads place their positives on the left arm (aVL) or the left leg (aVF). Lead II, by contrast, is a standard bipolar limb lead, not augmented, with the positive electrode on the left leg and the negative on the right arm.

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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://pctctermsexamzify.com>

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

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