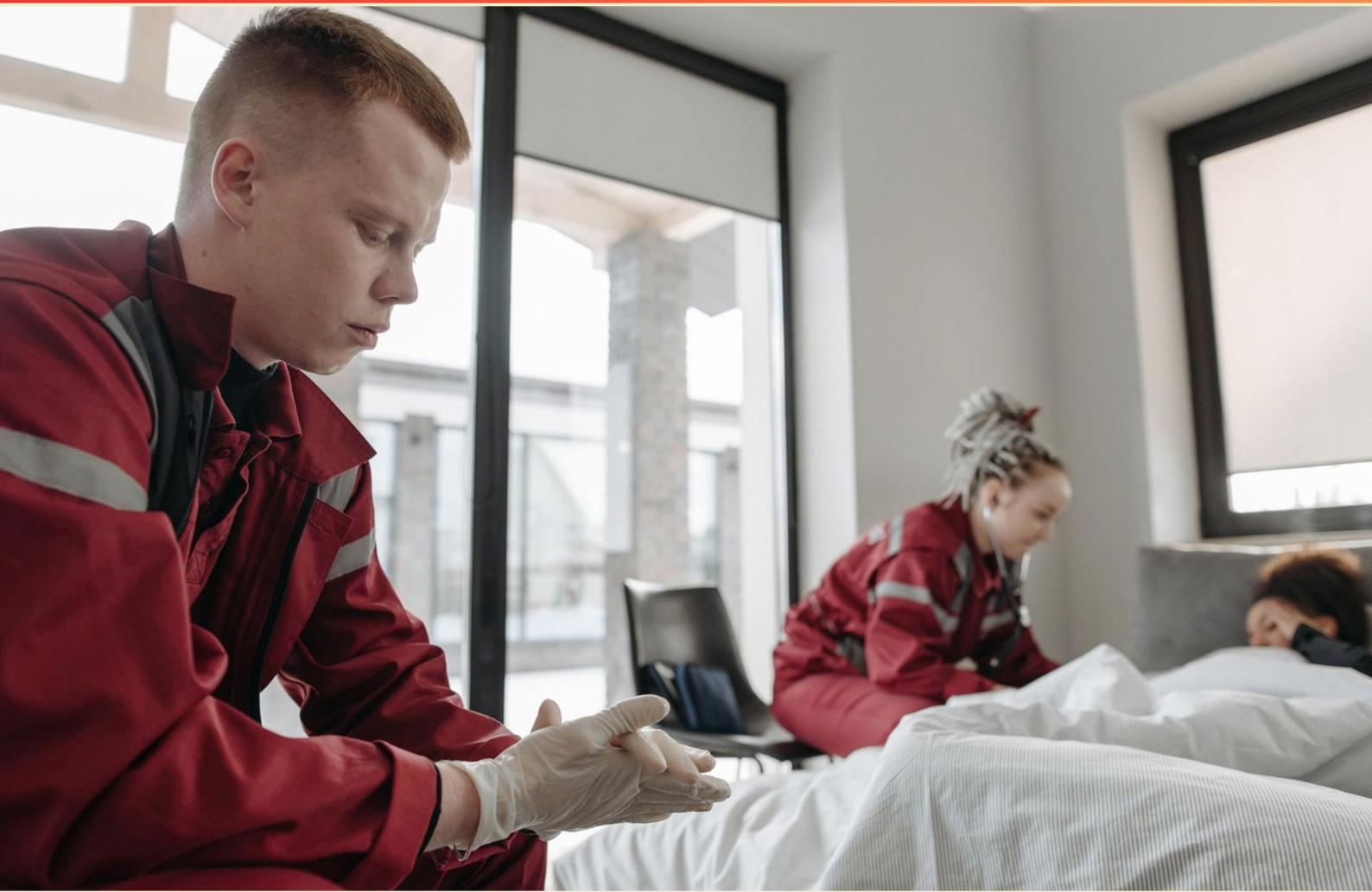


PATIENT CARE TECHNICIAN NATIONAL PRACTICE TEST (SAMPLE)

STUDY GUIDE



Prepare with structure. Pass with confidence



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 an important consideration when working with elderly patients?

- A. They often require less attention
- B. They have unique physical and emotional needs
- C. They prefer to be left alone
- D. They are always resistant to change

2. What is meant by "active listening" in patient care?

- A. Listening without any interruptions
- B. Fully concentrating on what the patient is saying and responding appropriately
- C. Nodding while the patient talks
- D. Rehearsing responses while the patient talks

3. What does the term "aseptic technique" refer to?

- A. Methods to sterilize medical equipment
- B. Practices used to prevent contamination and infection during medical procedures
- C. Techniques for patient rehabilitation
- D. Guidelines for administering medications

4. Narrowing of the airways occurs in which condition?

- A. Crohn's disease
- B. Bronchial asthma
- C. Alzheimer's disease
- D. Pneumonia

5. What should a PCT do if they suspect elder abuse?

- A. Confront the caregiver immediately
- B. Report the suspicions according to facility policy
- C. Ignore the signs if the patient seems fine
- D. Discuss concerns with the patient in private

- 6. Which of the following is a type of seizure associated with epilepsy?**
- A. Focal seizures
 - B. Limb seizures
 - C. Petit mal seizures
 - D. Both A and C
- 7. SIG codes are commonly used in _____ settings.**
- A. Pharmacy
 - B. Hospice
 - C. Nursing Home
 - D. Home care
- 8. Which action is NOT part of enhancing patient safety during transfer?**
- A. Using proper body mechanics
 - B. Aligning the patient's body
 - C. Rushing the process for efficiency
 - D. Avoiding unnecessary movements
- 9. How do you measure a pulse accurately?**
- A. Palpitate the artery for 30 seconds and multiply by two
 - B. Use a blood pressure cuff to determine the pulse
 - C. Count the pulse for a full minute without interruption
 - D. Palpitate the artery for 15 seconds and multiply by four
- 10. What should the PCT do if they notice a change in a patient's condition?**
- A. Document and move on to the next task
 - B. Inform the nurse or supervisor immediately
 - C. Wait to see if it improves
 - D. Assume it is not serious

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. What is an important consideration when working with elderly patients?

- A. They often require less attention
- B. They have unique physical and emotional needs**
- C. They prefer to be left alone
- D. They are always resistant to change

When working with elderly patients, recognizing that they have unique physical and emotional needs is crucial. This consideration stems from a variety of factors that commonly affect aging individuals, such as chronic health conditions, diminished mobility, sensory impairments, and cognitive changes. Elderly patients may require specialized care strategies to address their specific medical requirements, including adaptations in communication and mobility assistance. Their emotional needs are also significant; many elderly individuals may experience feelings of isolation or depression related to their circumstances. Understanding these needs allows healthcare providers to deliver more effective and compassionate care, ensuring that elderly patients feel valued and understood. Providing personalized attention not only promotes their well-being but also fosters trust and enhances the quality of care they receive. In contrast to the other choices, which suggest a generalization that may not hold true for all elderly patients, recognizing their unique needs effectively supports a tailored approach that is essential for successful patient care.

2. What is meant by "active listening" in patient care?

- A. Listening without any interruptions
- B. Fully concentrating on what the patient is saying and responding appropriately**
- C. Nodding while the patient talks
- D. Rehearsing responses while the patient talks

Active listening in patient care refers to fully concentrating on what the patient is saying and responding appropriately. This skill is crucial in building rapport and trust between the patient and healthcare provider. It involves not just hearing the words being spoken, but also understanding the emotions and intentions behind those words. This means being fully present in the moment, using verbal affirmations, and providing feedback that demonstrates understanding. When active listening is practiced, it encourages open communication, making the patient feel valued and heard. This can lead to better patient outcomes as patients are more likely to share important information about their condition, ask questions, and express concerns when they feel that their provider is genuinely engaged in the conversation. In contrast, listening without interruptions or simply nodding can indicate passive engagement and may not reflect true understanding or empathy. Rehearsing responses while the patient talks detracts from the conversation, as it focuses more on preparing a reply rather than genuinely absorbing the information being communicated.

3. What does the term "aseptic technique" refer to?

- A. Methods to sterilize medical equipment
- B. Practices used to prevent contamination and infection during medical procedures**
- C. Techniques for patient rehabilitation
- D. Guidelines for administering medications

The term "aseptic technique" refers to practices used to prevent contamination and infection during medical procedures. This technique is crucial in healthcare settings to protect patients from pathogens and ensure a sterile working environment. By following aseptic techniques, healthcare workers minimize the risk of introducing harmful microorganisms during procedures such as surgeries, catheter insertions, or wound care. These practices include hand hygiene, the use of personal protective equipment, sterilization of instruments, and maintaining a clean environment. The other choices, while related to different aspects of medical care, do not specifically address the concept of preventing contamination and infection through controlled practices in a clinical setting. For example, sterilizing medical equipment is a part of aseptic technique, but it does not encompass the broader range of practices aimed at maintaining overall sterility during patient care. Therefore, the correct understanding of aseptic technique focuses on its comprehensive approach to infection prevention rather than just equipment sterilization or other unrelated medical procedures.

4. Narrowing of the airways occurs in which condition?

- A. Crohn's disease
- B. Bronchial asthma**
- C. Alzheimer's disease
- D. Pneumonia

Bronchial asthma is characterized by the narrowing of the airways due to inflammation, bronchoconstriction, and increased mucus production. This condition leads to episodes of wheezing, shortness of breath, chest tightness, and coughing, especially during nighttime or early morning. The inflammation of the airways makes them hyperresponsive to various triggers such as allergens, pollution, and exercise, causing them to constrict and effectively narrow the passage through which air can flow. In contrast, Crohn's disease primarily affects the gastrointestinal tract and does not involve the airways. Alzheimer's disease is a progressive neurological disorder that impacts memory and cognitive function, with no direct correlation to airway function. Pneumonia, while it can cause breathing difficulties due to fluid in the lungs, does not cause the chronic airway narrowing associated with asthma. Thus, bronchial asthma is the correct answer, as it directly involves the anatomical and physiological changes leading to airway constriction.

5. What should a PCT do if they suspect elder abuse?

- A. Confront the caregiver immediately
- B. Report the suspicions according to facility policy**
- C. Ignore the signs if the patient seems fine
- D. Discuss concerns with the patient in private

When a Patient Care Technician suspects elder abuse, it is crucial to report the suspicions according to facility policy. This is essential for several reasons. Firstly, early reporting can ensure the safety and protection of the elderly individual involved. PCTs are often in a unique position to observe signs of abuse that others might miss, and it is their professional responsibility to act on these observations to prevent further harm. Secondly, facility policies are in place to establish a clear procedural framework for handling such sensitive situations. Following these guidelines helps ensure that the report is managed appropriately and that proper authorities can take necessary actions. This reporting process often involves notifying a supervisor or a designated authority within the facility who is trained to handle such matters. Immediate confrontation with the caregiver may escalate the situation or put the patient at greater risk. Ignoring the signs, especially if the patient appears fine outwardly, overlooks the possibility that there may be underlying issues that need attention. Discussing concerns with the patient privately may not be advisable, as it could lead to intimidation or further distress for the patient and could hinder any investigation that may be required. Reporting according to established protocols is the most responsible action a PCT can take in protecting vulnerable patients while ensuring all proper channels are followed for the

6. Which of the following is a type of seizure associated with epilepsy?

- A. Focal seizures
- B. Limb seizures
- C. Petit mal seizures
- D. Both A and C**

The correct answer encompasses both specific types of seizures associated with epilepsy: focal seizures and petit mal seizures. Focal seizures, also known as partial seizures, occur when abnormal electrical activity is confined to one area of the brain. They can either be simple, where consciousness remains intact, or complex, where awareness is affected. Focal seizures are a common type of seizure seen in patients with epilepsy and can present with a range of symptoms based on the specific area of the brain involved. Petit mal seizures, more accurately referred to as absence seizures, are characterized by brief lapses in consciousness that can last only a few seconds. These seizures often manifest as a person staring blankly into space and may not involve any convulsions. They are particularly prevalent in children and represent another well-defined type of seizure within the epilepsy spectrum. The inclusion of both focal seizures and petit mal seizures as correct answers highlights the diverse nature of seizures in epilepsy. Other options, such as limb seizures, do not specifically define a recognized seizure type associated with epilepsy in clinical practice. This distinction is essential for understanding and managing epilepsy effectively.

7. SIG codes are commonly used in _____ settings.

- A. Pharmacy
- B. Hospice
- C. Nursing Home
- D. Home care

SIG codes, which stand for "signa," are Latin terms used in medical prescriptions that give specific directions on how a medication should be taken. They are particularly common in pharmacy settings because they provide pharmacists with essential information about the dosage, frequency, and route of administration for patient medications. In pharmacy practice, the use of SIG codes streamlines communication between healthcare providers and pharmacists, reduces the chances of medication errors, and ensures that patients receive clear instructions regarding their medications. While other healthcare settings like hospice, nursing homes, and home care may involve medication administration, the structured use of SIG codes is primarily associated with pharmacies, where prescriptions are filled, and accurate medication management is critical. Therefore, the choice indicating pharmacy settings correctly identifies the environment where SIG codes are predominantly utilized.

8. Which action is NOT part of enhancing patient safety during transfer?

- A. Using proper body mechanics
- B. Aligning the patient's body
- C. Rushing the process for efficiency
- D. Avoiding unnecessary movements

Enhancing patient safety during transfer involves a number of critical practices aimed at minimizing the risk of injury to both the patient and the caregiver. The action that does not contribute to this goal is rushing the process for efficiency. Taking time to transfer a patient safely is essential. By rushing the transfer, caregivers may overlook important safety protocols, increase the risk of falls or other injuries, and create an environment of stress and confusion for the patient. Prioritizing speed can lead to mistakes such as improper handling or failure to secure necessary equipment, which directly compromises patient safety. In contrast, using proper body mechanics, aligning the patient's body, and avoiding unnecessary movements are all fundamental practices that promote safety during patient transfers. Proper body mechanics help prevent injury to caregivers, while aligning the patient ensures that they are stable and secure. Avoiding unnecessary movements helps reduce the risk of strain on both the patient and the caregiver, contributing to a safer transfer experience.

9. How do you measure a pulse accurately?

- A. Palpitate the artery for 30 seconds and multiply by two
- B. Use a blood pressure cuff to determine the pulse
- C. Count the pulse for a full minute without interruption
- D. Palpitate the artery for 15 seconds and multiply by four

Measuring a pulse accurately is crucial for assessing a patient's cardiovascular health. To ensure precision in measurement, counting the pulse for a full minute, without interruption, is the best method. By doing so, you can capture the rhythm and any irregularities, leading to a more accurate assessment of the pulse rate. The most reliable approach involves directly observing the pulse over a complete cycle, which helps identify variations that may not be detectable in a shorter time span. While counting for a shorter duration, such as 30 seconds and multiplying by two or counting for 15 seconds and multiplying by four, can provide a rapid estimation, it risks missing critical details about the rhythm and strength of the pulse. Professionals typically prefer counting for a full minute to ensure the complete and accurate picture of the patient's heart rate. This method may take longer, but it is a more thorough approach, especially if the pulse is irregular or difficult to assess briefly.

10. What should the PCT do if they notice a change in a patient's condition?

- A. Document and move on to the next task
- B. Inform the nurse or supervisor immediately**
- C. Wait to see if it improves
- D. Assume it is not serious

When a Patient Care Technician (PCT) notices a change in a patient's condition, informing the nurse or supervisor immediately is essential for ensuring patient safety and adequate care. Changes in a patient's condition can signify worsening health, worsening underlying conditions, or other critical issues that require prompt assessment and intervention by qualified healthcare professionals. Timely communication allows for the necessary evaluation, potential treatment, or adjustment of care plans to address any concerns and prevent complications. The nurse or supervisor is better equipped to assess the situation based on their training and expertise, ensuring that the patient receives appropriate care as soon as possible. The other options do not prioritize patient safety and care. For instance, merely documenting the change and moving on may lead to a delay in needed treatment. Waiting to see if the condition improves could allow a potentially serious issue to escalate. Lastly, assuming that the change is not serious risks overlooking significant health changes that could lead to adverse outcomes.

SAMPLE

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://pctnational.examzify.com>

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

SAMPLE