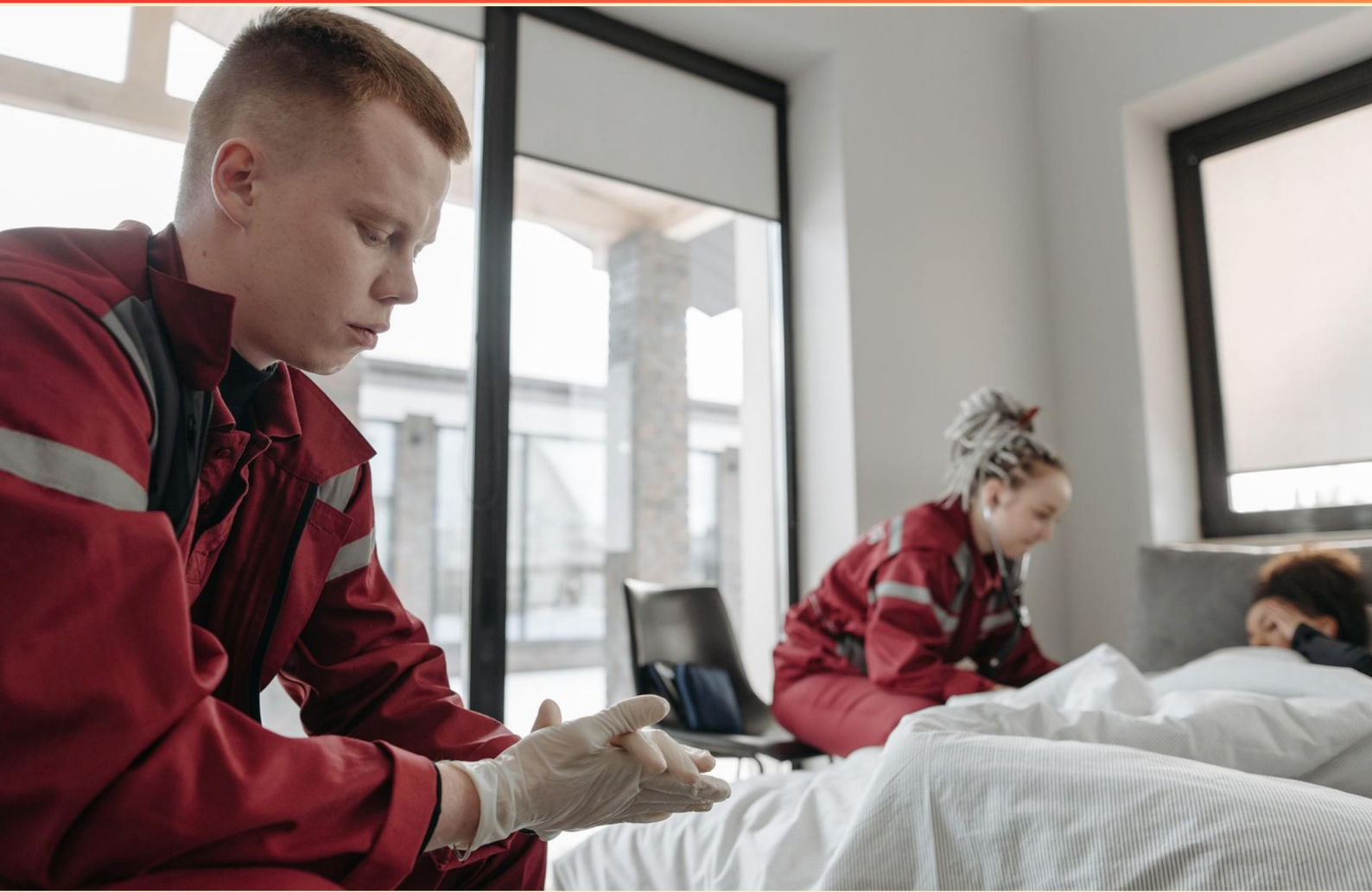


PATIENT CARE TECHNICIAN NATIONAL PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR
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 of the following is a reason that normal vital signs can change?
 - A. Exercise
 - B. Health conditions
 - C. Sex
 - D. All of the above
2. What is the goal of encouraging patient participation in daily activities?
 - A. To make them more reliant on staff
 - B. To foster independence and self-care
 - C. To speed up healthcare processes
 - D. To limit their freedom
3. If you notice a person not breathing, what is the first thing you should do?
 - A. Lie the person down
 - B. Call 911
 - C. Begin performing the Heimlich maneuver
 - D. Call your supervisor
4. What is the primary focus when lifting a patient or heavy object?
 - A. Using your back
 - B. Using your arms
 - C. Using your legs
 - D. Using your shoulders
5. Normal blood pressure for a healthy adult is _____.
 - A. 120/80 mmHg
 - B. 20/180 mmHg
 - C. 80/120 mmHg
 - D. 180/20 mmHg
6. In most people with high blood pressure, there are _____ signs or symptoms.
 - A. Deadly
 - B. No
 - C. Underlying
 - D. Severe

- 7. What is the primary role of a Patient Care Technician (PCT)?**
- A. To assist healthcare professionals in providing patient care
 - B. To perform complex surgical procedures
 - C. To manage hospital administration tasks
 - D. To conduct laboratory tests on samples
- 8. In which condition is blood pressure typically at its highest?**
- A. During exercise
 - B. During sleep
 - C. At rest
 - D. During digestion
- 9. Apnea typically takes place when a person is doing what?**
- A. Sleeping
 - B. Exercising
 - C. Dying
 - D. Eating
- 10. True or False: Stress management can help lower blood pressure.**
- A. True
 - B. False
 - C. Only in severe cases
 - D. Not effective

Answers

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

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Explanations

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1. Which of the following is a reason that normal vital signs can change?

- A. Exercise
- B. Health conditions
- C. Sex
- D. All of the above**

Normal vital signs can change due to a variety of factors, and each of the reasons provided contributes to this variability. Exercise significantly impacts vital signs, as physical activity can lead to increases in heart rate and respiratory rate, along with temporary changes in blood pressure as the body works to supply more oxygen to muscles. Health conditions also play a critical role; conditions such as fevers, infections, and chronic illnesses can lead to notable deviations from baseline vital sign ranges. These changes occur due to the body's response to maintain homeostasis or react to underlying physiological processes. Moreover, sex can influence vital sign measurements as well. Research indicates that males and females may exhibit differences in baseline heart rates, blood pressure readings, and temperatures due to genetic, hormonal, and anatomical factors. Considering that all of these factors—exercise, health conditions, and sex—contribute to changes in vital signs, it is accurate to conclude that the correct answer encompasses all of these influences.

2. What is the goal of encouraging patient participation in daily activities?

- A. To make them more reliant on staff
- B. To foster independence and self-care**
- C. To speed up healthcare processes
- D. To limit their freedom

Encouraging patient participation in daily activities is fundamentally aimed at fostering independence and self-care. When patients are actively involved in their daily routines, they gain valuable skills and confidence, which can enhance their overall well-being. This approach not only promotes physical health by encouraging patients to engage in their own care but also supports their emotional and psychological health by allowing them to have a sense of control and autonomy in their lives. Fostering independence helps patients become more self-sufficient, which can lead to improved outcomes in their recovery and a greater quality of life. By participating in activities such as personal hygiene, meal preparation, and physical exercise, patients learn to manage their own health needs and develop a sense of accomplishment and ownership over their recovery process. In contrast, the other options focus on diminishing patient involvement or limiting their autonomy, which does not align with contemporary best practices in patient-centered care. Instead of creating reliance on staff or hurrying the healthcare process, the goal is to empower patients, leading to better engagement in their care and promoting long-term health benefits. This empowerment is key to modern healthcare philosophy, emphasizing the importance of supporting patients in taking an active role in their own health management.

3. If you notice a person not breathing, what is the first thing you should do?

- A. Lie the person down
- B. Call 911**
- C. Begin performing the Heimlich maneuver
- D. Call your supervisor

When encountering someone who is not breathing, the first and most crucial action is to call emergency services, as it ensures that professional medical help is on the way. Time is of the essence in such situations, as a lack of breathing can lead to serious consequences, including brain damage or death, within just a few minutes. By calling for help immediately, you are taking proactive steps to secure the necessary assistance and resources needed to address the medical emergency effectively. While it may be tempting to perform other actions, such as starting the Heimlich maneuver or lying the person down, these measures are inappropriate in the context of not breathing. The Heimlich maneuver is only applicable in cases of choking where the person is conscious and unable to breathe due to an obstruction in the airway. Additionally, lying the person down might not be suitable if they are unresponsive and require immediate intervention through CPR or rescue breaths. Calling a supervisor may be necessary in some settings, but it should not delay the immediate action of contacting emergency services when someone's life is at risk.

4. What is the primary focus when lifting a patient or heavy object?

- A. Using your back
- B. Using your arms
- C. Using your legs**
- D. Using your shoulders

The primary focus when lifting a patient or heavy object is to use your legs. This approach is essential because the leg muscles are much stronger than those in your back or arms. Utilizing the legs for lifting helps to maintain proper body mechanics, significantly reducing the risk of injury to both the caregiver and the patient. When you initiate a lift with your legs, you can keep your back straight and avoid twisting, which can lead to strain or injury. Bending at the knees and keeping your feet shoulder-width apart provides a stable base of support, allowing for better balance and control during the lift. This technique promotes safety, efficiency, and minimizes the physical burden associated with heavy lifting tasks in healthcare settings.

5. Normal blood pressure for a healthy adult is _____.

- A. 120/80 mmHg**
- B. 20/180 mmHg
- C. 80/120 mmHg
- D. 180/20 mmHg

Normal blood pressure for a healthy adult is widely recognized as 120/80 mmHg. This reading reflects optimal cardiovascular health, with the first number (systolic pressure) measuring the pressure of blood in the arteries when the heart beats, and the second number (diastolic pressure) measuring the pressure when the heart is at rest between beats. Maintaining a blood pressure around this level is crucial as it indicates that the heart is working efficiently and the vascular system is not under excessive strain. Values significantly outside of this range, as seen in the other options, can indicate various health issues. For instance, extremely low or high readings like 20/180 mmHg or 180/20 mmHg would suggest severe health problems requiring immediate medical attention, such as shock or hypertensive crises, respectively. Thus, the reference of 120/80 mmHg provides a benchmark for assessing overall health and potential risks related to cardiovascular conditions.

6. In most people with high blood pressure, there are _____ signs or symptoms.

- A. Deadly
- B. No**
- C. Underlying
- D. Severe

Individuals with high blood pressure, also known as hypertension, often do not exhibit any noticeable signs or symptoms. This condition is sometimes referred to as a "silent killer" because many people may be unaware they have it until they experience complications or undergo routine medical checks where blood pressure measurements are taken. This absence of symptoms is particularly significant because it can lead to a false sense of security, allowing the condition to persist unchecked, potentially leading to serious health issues, such as heart disease or stroke, down the line. In contrast, the other terms do imply more significant or apparent conditions. A deadly outcome would suggest that high blood pressure always leads to immediate health crises, which is not the case for most individuals who are unaware of their hypertension. Underlying conditions might indicate that hypertension is secondary to another illness, which does not apply to the most common type, primary hypertension. Similarly, severe signs or symptoms would suggest that hypertension almost always manifests with obvious physical markers, which is misleading, as many individuals remain asymptomatic.

7. What is the primary role of a Patient Care Technician (PCT)?

- A. To assist healthcare professionals in providing patient care**
- B. To perform complex surgical procedures
- C. To manage hospital administration tasks
- D. To conduct laboratory tests on samples

The primary role of a Patient Care Technician (PCT) is to assist healthcare professionals in providing patient care. This encompasses a range of responsibilities, which often include monitoring vital signs, helping with daily living activities, and providing support to patients during their care. PCTs play a crucial role in ensuring comfort, safety, and quality of care for patients, allowing nurses and doctors to focus on more complex medical tasks. In contrast, the other choices describe roles that are outside the scope of a PCT's responsibilities. Performing complex surgical procedures is a duty of surgeons and highly specialized medical personnel. Managing hospital administration tasks typically involves administrative staff, while conducting laboratory tests is the domain of medical laboratory technicians and technologists. Each of these roles requires specific training and qualifications that differ from those of a Patient Care Technician.

8. In which condition is blood pressure typically at its highest?

- A. During exercise**
- B. During sleep
- C. At rest
- D. During digestion

Blood pressure is typically at its highest during exercise due to the increased demand for oxygen and nutrients by the muscles. During physical activity, the heart pumps more vigorously to supply the working muscles with sufficient blood flow, which leads to an increase in heart rate and cardiac output. This heightened activity requires more energy and oxygen, resulting in an elevation of blood pressure to facilitate the transport of these essential elements. In contrast, during sleep, blood pressure generally decreases as the body enters a state of rest and relaxation. At rest, blood pressure stabilizes at lower levels compared to when the body is engaged in physical exertion. During digestion, there might also be a temporary increase in blood pressure due to the increased blood flow to the digestive organs, but this is typically not as pronounced as the increase experienced during exercise. Therefore, the most significant rise in blood pressure occurs when the body is active and engaging in exercise.

9. Apnea typically takes place when a person is doing what?

- A. Sleeping**
- B. Exercising
- C. Dying
- D. Eating

Apnea is a condition characterized by pauses in breathing or shallow breaths. It is most commonly associated with sleep, specifically during sleep apnea, where breathing stops and starts repeatedly during sleep. This phenomenon can occur when a person is relaxed and lying down, leading to obstructions in the airway or changes in the body's natural respiratory patterns. During sleep, particularly in individuals with specific risk factors such as obesity or anatomical issues, the muscles in the throat may relax excessively, causing temporary blockages and leading to apnea episodes. While apnea can have other associations, such as with certain medical conditions or life-threatening scenarios, it is predominantly recognized in the context of sleep.

10. True or False: Stress management can help lower blood pressure.

- A. True**
- B. False
- C. Only in severe cases
- D. Not effective

Stress management is indeed effective in helping to lower blood pressure. Chronic stress has been linked to an increase in blood pressure, as stress can lead to physiological responses such as increased heart rate and a release of hormones that might elevate blood pressure levels. By engaging in stress management techniques, such as relaxation exercises, mindfulness, deep-breathing techniques, and regular physical activity, individuals can effectively reduce their stress levels. This, in turn, can contribute to a decrease in blood pressure over time. Healthy coping strategies for stress not only help in managing day-to-day pressure but also contribute to overall cardiovascular health. Therefore, it's clear that implementing stress management strategies can play a significant role in controlling and reducing blood pressure levels, making the statement true.

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!

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