

Patient Care Technician (PCT) AAH Practice Exam (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	16

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

- 1. What does quadrigeminy refer to in cardiac rhythm?**
 - A. Every 3rd beat is a PVC**
 - B. Every 4th beat is a PVC**
 - C. Every 2nd beat is a normal beat**
 - D. Every beat is a PVC**
- 2. Which condition can result from overexposure to x-rays?**
 - A. Cancer**
 - B. Edema**
 - C. Hemorrhoids**
 - D. Heart pain**
- 3. Which term describes contractions that originate from multiple sites?**
 - A. Unifocal**
 - B. Multifocal**
 - C. Isolated**
 - D. Localized**
- 4. In a healthy heart, which phase follows depolarization?**
 - A. Asystole**
 - B. Repolarization**
 - C. Sinus rhythm**
 - D. Contraction**
- 5. Which technique is used for an invasive procedure?**
 - A. Clean**
 - B. Sterile**
 - C. Autoclave**
 - D. Micro-clean**
- 6. What is the typical depth range for manual heel compression in patient care?**
 - A. Less than 1 inch**
 - B. 1 to 2 inches**
 - C. 2 to 3 inches**
 - D. 2 to 4 inches**

- 7. What is the primary principle behind the Hippocratic Oath?**
- A. To cure all diseases**
 - B. To do no harm**
 - C. To follow all patient requests**
 - D. To provide treatment regardless of consent**
- 8. Leads II, III, and aVF provide a view of which portion of the heart?**
- A. Anterior**
 - B. Inferior**
 - C. Left lateral**
 - D. Right atrial**
- 9. What is the correct term for a decrease in blood oxygen saturation?**
- A. Hyperoxia**
 - B. Hypoxia**
 - C. Hypotension**
 - D. Hypothermia**
- 10. What does the root word "adeno" refer to?**
- A. Vessel**
 - B. Bladder**
 - C. Gland**
 - D. Joint**

Answers

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

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Explanations

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1. What does quadrigeminy refer to in cardiac rhythm?

- A. Every 3rd beat is a PVC
- B. Every 4th beat is a PVC**
- C. Every 2nd beat is a normal beat
- D. Every beat is a PVC

Quadrigeminy refers to a cardiac rhythm pattern in which every fourth beat is a premature ventricular contraction (PVC). This pattern indicates a consistent irregularity in the heart's pacing, where a PVC follows three normal heartbeats. Understanding this concept is essential because it helps healthcare professionals monitor and recognize specific arrhythmias, allowing for appropriate treatment or intervention when necessary. In this case, having every fourth beat as a PVC signifies that the heart is still maintaining a rhythm, although it is compromised by the presence of these premature contractions. Recognizing such patterns is fundamental in assessing a patient's cardiac health.

2. Which condition can result from overexposure to x-rays?

- A. Cancer**
- B. Edema
- C. Hemorrhoids
- D. Heart pain

Overexposure to x-rays is known to result in an increased risk of developing cancer. X-rays are a form of ionizing radiation, which can damage the DNA in cells. When the DNA is damaged, it can lead to mutations that may proliferate and ultimately result in various types of cancer, including leukemia and solid tumors. The relationship between radiation exposure and cancer risk is well-established in medical literature, making it a significant concern for healthcare professionals and patients whenever x-ray imaging is utilized. The other conditions mentioned, such as edema, hemorrhoids, and heart pain, are not directly linked to x-ray exposure. Edema typically arises from fluid retention due to various medical conditions, hemorrhoids are caused by increased pressure in the rectal area, and heart pain may stem from cardiovascular issues, none of which have a causal relationship with ionizing radiation from x-rays. This is why cancer remains the correct answer in this context.

3. Which term describes contractions that originate from multiple sites?

- A. Unifocal
- B. Multifocal**
- C. Isolated
- D. Localized

The term that describes contractions originating from multiple sites is "multifocal." This terminology is commonly used in cardiology, particularly when discussing arrhythmias. In multifocal contractions, abnormal electrical impulses arise from various locations within the heart, leading to irregular and varied contraction patterns. This contrasts with unifocal contractions, which come from a single site, resulting in more uniform and consistent activity. The other terms, such as isolated and localized, refer to contractions confined to specific areas or occur independently, but do not convey the idea of multiple origination points that multifocal does. Therefore, multifocal accurately captures the essence of contractions stemming from different locations simultaneously.

4. In a healthy heart, which phase follows depolarization?

- A. Asystole
- B. Repolarization**
- C. Sinus rhythm
- D. Contraction

In the context of cardiac physiology, the phase that follows depolarization in a healthy heart is repolarization. During depolarization, the heart muscle cells undergo a rapid change in voltage, leading to the contraction of the heart muscle. This process is crucial for the heart to pump blood effectively. After the cells depolarize, they need to return to their resting state to prepare for the next heartbeat. This restoration of the resting state is referred to as repolarization. It involves the closing of sodium channels and the opening of potassium channels, allowing potassium to flow out of the cell. This movement of ions results in the membrane potential returning to its baseline level, which is essential for the heart's rhythm and function. Contraction occurs as a result of depolarization, but it does not follow it in an isolated sense; rather, it is part of the same process driven by depolarization. Asystole refers to an absence of electrical activity in the heart, and sinus rhythm describes a normal heart rhythm but does not describe a specific phase following depolarization. Thus, the clear sequence of events recognizes repolarization as the necessary phase that follows depolarization in the cardiac cycle.

5. Which technique is used for an invasive procedure?

- A. Clean
- B. Sterile**
- C. Autoclave
- D. Micro-clean

The correct response is focused on the necessity of maintaining a sterile environment for invasive procedures. Invasive procedures, which include surgeries or any medical actions that penetrate the skin or enter body cavities, require strict adherence to sterile techniques to minimize the risk of infection. Using sterile technique involves a process that ensures all instruments and equipment are free from all microorganisms, including bacteria and viruses. This is typically accomplished through methods such as using sterilized tools, wearing gloves, and maintaining a sterile field during the procedure. In contrast, clean techniques may reduce the number of pathogens but do not eliminate them completely, making them unsuitable for invasive procedures. Autoclaving is a specific method used to sterilize equipment and instruments but is not a technique applied directly during the procedure itself. Micro-clean does not specifically pertain to established medical practices for invasive procedures. Thus, the sterile technique is essential and explicitly intended for situations where the highest level of infection control is necessary.

6. What is the typical depth range for manual heel compression in patient care?

- A. Less than 1 inch**
- B. 1 to 2 inches**
- C. 2 to 3 inches**
- D. 2 to 4 inches**

The typical depth range for manual heel compression in patient care is 1 to 2 inches. This depth is optimal as it allows for sufficient pressure to promote venous return without causing discomfort to the patient or inadvertently damaging the tissues. Heel compression is often utilized to assist in preventing blood clots, particularly in immobile patients. Achieving the right depth is crucial; if compression is too shallow, it may not effectively promote circulation. Conversely, if it goes beyond 2 inches, it runs the risk of causing pain or injury. Therefore, understanding this range is essential for performing the technique correctly and safely in a clinical setting.

7. What is the primary principle behind the Hippocratic Oath?

- A. To cure all diseases**
- B. To do no harm**
- C. To follow all patient requests**
- D. To provide treatment regardless of consent**

The primary principle behind the Hippocratic Oath is the commitment to "do no harm," which is a foundational concept in medical ethics. This principle emphasizes the importance of practicing medicine with the intent to benefit patients while minimizing the risk of causing injury or suffering. It establishes a moral obligation for healthcare professionals to prioritize patient safety and well-being above all else, ensuring that treatments and interventions are carefully considered and only carried out when they are likely to provide more benefit than harm. The other options do not encapsulate the essence of the Hippocratic Oath as effectively. While the desire to cure all diseases is noble, the complexity of medicine often means that not every disease can be cured, and sometimes interventions may cause more harm than good. Following all patient requests might not always align with the ethical responsibility to provide care that is safe and appropriate, as some requests may contradict medical guidelines or pose risks. Lastly, providing treatment regardless of consent violates a fundamental ethical principle that respects patient autonomy and the right to make informed decisions about one's own healthcare. Thus, the emphasis on doing no harm serves as a guiding principle for ethical medical practice.

8. Leads II, III, and aVF provide a view of which portion of the heart?

- A. Anterior**
- B. Inferior**
- C. Left lateral**
- D. Right atrial**

Leads II, III, and aVF are part of the standard 12-lead electrocardiogram (ECG) and are known as the limb leads. These leads provide a perspective on the inferior view of the heart. When placing these leads, they focus on the electrical activity of the inferior portions, specifically looking at the inferior wall of the left ventricle, which is supplied by the right coronary artery in most individuals. The placement of these leads allows for the assessment of the heart's electrical impulses as they emanate from this specific region. This connection is vital in diagnosing conditions such as inferior wall myocardial infarction, where understanding the heart's electrical activity in this area can guide appropriate medical interventions. In contrast, the other options refer to different areas of the heart. The anterior view is typically assessed from leads V1-V4, which focus on the anterior wall supplied primarily by the left anterior descending artery. The left lateral view would involve leads I, aVL, and parts of V5-V6, focusing on the lateral wall of the left ventricle. The right atrial view is not specifically derived from these three leads, as it is typically assessed using different leads such as V1 and V2.

9. What is the correct term for a decrease in blood oxygen saturation?

- A. Hyperoxia**
- B. Hypoxia**
- C. Hypotension**
- D. Hypothermia**

The term that specifically refers to a decrease in blood oxygen saturation is hypoxia. Hypoxia occurs when there is insufficient oxygen available to the tissues, leading to symptoms such as shortness of breath, confusion, or cyanosis. This condition can arise from various factors, including respiratory illnesses, altitude changes, or circulatory problems, all of which can affect the amount of oxygen transported in the blood. In contrast, hyperoxia refers to an excess of oxygen in the body, which is not related to a decrease in saturation. Hypotension indicates low blood pressure rather than oxygen saturation, while hypothermia signifies a dangerously low body temperature. Thus, hypoxia is the precise term denoting reduced oxygen levels, making it the correct choice in this context.

10. What does the root word "adeno" refer to?

- A. Vessel**
- B. Bladder**
- C. Gland**
- D. Joint**

The root word "adeno" is derived from the Greek word "aden," which means "gland." In medical terminology, this root is commonly used to refer to various glands in the body, such as the adrenal glands or lymphadenopathy (swelling of lymph glands).

Understanding this root can help in deciphering medical terms involving glands and their functions. The other options represent different anatomical terms: "vessel" refers to structures that carry fluids, such as blood vessels; "bladder" relates to the organ that stores urine; and "joint" pertains to the connections between bones. Each of these terms has its own specific roots, distinct from "adeno." Knowing these distinctions helps in accurately interpreting medical language.

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-aah.examzify.com>

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