

# PATIENT CARE TECHNICIAN (PCT) AAH PRACTICE EXAM (SAMPLE)

## STUDY GUIDE



*Prepare with structure. Pass with confidence*



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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 NOT a side effect of chemotherapy?**
  - A. Emesis and anorexia
  - B. Alopecia
  - C. Anemia and fatigue
  - D. None of the above
  
- 2. What term describes inadequate blood flow to the heart muscle?**
  - A. Angina
  - B. Heart pain
  - C. Ischemia
  - D. Arrhythmia
  
- 3. Capillaries are best described as:**
  - A. Large blood vessels that carry away from the heart
  - B. Thick vessels with muscular walls
  - C. Fine branching blood vessels forming a network
  - D. Veins that return blood to the heart
  
- 4. Which pulse location is commonly palpated during CPR?**
  - A. Radial
  - B. Carotid
  - C. Femoral
  - D. Brachial
  
- 5. What does the term 'empirical' in a medical context refer to?**
  - A. Based on observation
  - B. Based on theory
  - C. Based on history
  - D. Based on speculation
  
- 6. What component of red blood cells is responsible for their color?**
  - A. Chlorophyll
  - B. Hemoglobin
  - C. Myoglobin
  - D. Carotene

- 7. Which valve ensures that blood flows from the right atrium into the right ventricle?**
- A. Mitral Valve
  - B. Aortic Valve
  - C. Tricuspid Valve
  - D. Pulmonary Valve
- 8. How should tape be removed from a wound dressing?**
- A. Pull the tape away from the wound
  - B. Pull the tape toward the wound
  - C. Use an adhesive remover
  - D. Cover with a new dressing
- 9. What is the medical term for a condition characterized by ventricular fibrillation?**
- A. Heart Failure
  - B. Atrial Fibrillation
  - C. Ventricular Fibrillation
  - D. Bradycardia
- 10. Which condition can result from overexposure to x-rays?**
- A. Cancer
  - B. Edema
  - C. Hemorrhoids
  - D. Heart pain

## **Answers**

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

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## **Explanations**

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### 1. Which of the following is NOT a side effect of chemotherapy?

- A. Emesis and anorexia
- B. Alopecia
- C. Anemia and fatigue
- D. None of the above**

The correct answer identifies that "None of the above" implies that all the listed options are indeed recognized side effects of chemotherapy. Chemotherapy is a treatment used to target rapidly dividing cancer cells, but it can also affect other fast-dividing cells in the body, leading to various side effects. Emesis (vomiting) and anorexia (loss of appetite) are common side effects resulting from the impact of chemotherapy on the gastrointestinal system. These effects can significantly affect a patient's nutritional intake and overall well-being during treatment. Alopecia, or hair loss, is another well-known side effect of chemotherapy, as the treatment can target not only cancer cells but also hair follicles, which leads to thinning or loss of hair. Anemia and fatigue are related side effects that can occur when chemotherapy affects the bone marrow's ability to produce healthy red blood cells. This can lead to decreased oxygen transport in the body and subsequently cause fatigue and weakness. By indicating that "None of the above" is correct, it clarifies that all listed side effects are genuine and relevant to patients undergoing chemotherapy, illustrating an understanding of the comprehensive impact chemotherapy can have on a patient's health.

### 2. What term describes inadequate blood flow to the heart muscle?

- A. Angina
- B. Heart pain**
- C. Ischemia
- D. Arrhythmia

The term that accurately describes inadequate blood flow to the heart muscle is ischemia. Ischemia occurs when there is a restriction in blood supply, which can lead to a shortage of oxygen and nutrients necessary for cellular metabolism. This condition is often a result of blockages in the coronary arteries, which supply blood to the heart. While angina refers to the chest pain or discomfort that occurs when the heart muscle does not get enough blood, it is more of a symptom rather than a condition itself. Arrhythmia relates to irregular heartbeats, and heart pain is a vague term that does not specifically address the underlying physiological issue of blood flow restriction. Thus, ischemia is the correct term that directly identifies the lack of adequate blood flow to the heart muscle.

### 3. Capillaries are best described as:

- A. Large blood vessels that carry away from the heart
- B. Thick vessels with muscular walls
- C. Fine branching blood vessels forming a network**
- D. Veins that return blood to the heart

Capillaries are the smallest and most numerous blood vessels in the body, crucial for the exchange of oxygen, nutrients, and waste products between blood and tissues. They are characterized by their thin walls, which consist of a single layer of endothelial cells. This structure facilitates efficient diffusion and permeability, allowing for the transfer of materials at the cellular level. Capillaries form a dense network, connecting arterioles (smaller arteries) to venules (smaller veins), enabling widespread distribution throughout tissues. Other options describe different types of blood vessels. The first option refers to arteries, which carry oxygenated blood away from the heart. The second option describes the characteristics of arteries or veins, as they do possess muscular walls to help regulate blood flow. The last option pertains to veins, which return deoxygenated blood back to the heart. Each of these types of vessels plays a distinct role in the circulatory system, while capillaries uniquely serve as the sites for interchange at the tissue level.

#### 4. Which pulse location is commonly palpated during CPR?

- A. Radial
- B. Carotid**
- C. Femoral
- D. Brachial

The carotid pulse is the most appropriate location to palpate during CPR because it is centrally located and provides a clear indication of blood circulation to the brain. When someone is unresponsive and not breathing normally, checking the carotid pulse quickly can help determine if there is still adequate blood flow and whether to initiate CPR. In an emergency situation, the carotid artery is accessible and can be felt easily on either side of the neck. This is crucial when assessing a patient's vital signs quickly, as it helps determine the need for immediate chest compressions. The reliability of the carotid pulse in such scenarios is significant because it can indicate central perfusion and guide the rescuer's next steps effectively. Other pulse sites, such as the radial, femoral, or brachial, are less effective in emergencies due to their location or the difficulty in palpating them compared to the carotid pulse. In situations where immediate action is required, the emphasis is on ensuring that blood flow is sufficient to the brain, making the carotid pulse the priority for assessment in CPR.

#### 5. What does the term 'empirical' in a medical context refer to?

- A. Based on observation**
- B. Based on theory
- C. Based on history
- D. Based on speculation

The term 'empirical' in a medical context refers specifically to knowledge or practices derived from observation and experience rather than from theories or pure logic. Empirical evidence often includes data collected from clinical trials, case studies, or direct patient interactions, which are essential for informing clinical decisions and understanding how treatments work in real-world settings. This approach is foundational in medicine and healthcare, as it emphasizes the importance of learning from actual outcomes and the effectiveness of interventions rather than relying solely on theoretical frameworks. By grounding practices in empirical evidence, healthcare professionals can provide better patient care and make informed choices based on what has been observed and proven through experience.

#### 6. What component of red blood cells is responsible for their color?

- A. Chlorophyll
- B. Hemoglobin**
- C. Myoglobin
- D. Carotene

Hemoglobin is the component of red blood cells responsible for their distinctive red color. It is a protein that binds to oxygen in the lungs and carries it to the tissues throughout the body. The iron content in hemoglobin is specifically what gives red blood cells their red hue. When oxygen binds to hemoglobin, it forms oxyhemoglobin, which enhances the bright red color seen in oxygenated blood. Chlorophyll, on the other hand, is the pigment found in plants that is responsible for their green color and is not involved in human blood. Myoglobin is similar to hemoglobin but is found in muscle tissue and helps store oxygen there; it does contribute to color but is not involved in the coloration of red blood cells. Carotene is a pigment responsible for the orange color of carrots and certain other vegetables; it has no role in the coloration of blood. Thus, hemoglobin is the correct answer as it directly correlates with the red color of red blood cells.

**7. Which valve ensures that blood flows from the right atrium into the right ventricle?**

- A. Mitral Valve
- B. Aortic Valve
- C. Tricuspid Valve**
- D. Pulmonary Valve

*The tricuspid valve plays a crucial role in the heart's functionality by regulating the flow of blood between the right atrium and the right ventricle. This valve is located at the junction of these two chambers and ensures that when the right atrium contracts, blood moves efficiently into the right ventricle. Its design, with three leaflets, prevents blood from flowing back into the atrium during ventricular contraction, thus maximizing blood flow into the pulmonary circulation, where it will be oxygenated. Understanding the anatomy and function of the tricuspid valve is fundamental in the study of cardiovascular physiology, as it ensures proper circulation and function of the heart's right side, which is vital for maintaining overall circulatory health. In simple terms, the tricuspid valve is essential for one-way blood flow from the right atrium into the right ventricle, allowing proper function during the cardiac cycle.*

**8. How should tape be removed from a wound dressing?**

- A. Pull the tape away from the wound
- B. Pull the tape toward the wound**
- C. Use an adhesive remover
- D. Cover with a new dressing

*Removing tape from a wound dressing should be done carefully to minimize discomfort and prevent damage to the skin. Pulling the tape toward the wound can help ensure that the adhesive adheres less to the surrounding skin and more to the dressing itself, which reduces the risk of skin trauma during removal. This method is often recommended because it allows the tape to be taken off in a way that lessens the chances of pulling on the wound itself. Using an adhesive remover is another valid method, but it was not selected here. Adhesive removers can provide more comfort for the patient, especially if the tape has been in place for an extended period. However, if only one option is to be chosen, pulling the tape toward the wound is more aligned with general best practices for removing tape from wound dressings safely. Covering the wound with a new dressing does not directly relate to the removal of the existing tape, and it's not a method for tape removal. Therefore, the focus should be on techniques that minimize skin irritation and discomfort during the dressing change process.*

**9. What is the medical term for a condition characterized by ventricular fibrillation?**

- A. Heart Failure
- B. Atrial Fibrillation
- C. Ventricular Fibrillation**
- D. Bradycardia

*Ventricular fibrillation is a serious cardiac condition characterized by rapid and erratic electrical impulses in the ventricles, which causes the heart to quiver ineffectively instead of pumping blood. This leads to a loss of effective blood circulation and can result in death if not treated immediately. The term "ventricular fibrillation" directly describes this specific condition, distinguishing it from other types of heart rhythm disorders. It is important to note that while heart failure, atrial fibrillation, and bradycardia are all related to cardiac health, they refer to different conditions. Heart failure involves the heart's inability to pump effectively, atrial fibrillation is an irregular heartbeat originating in the atria, and bradycardia indicates a slower than normal heart rate. In contrast, ventricular fibrillation specifically pertains to the chaotic electrical activity in the heart's ventricles, making "ventricular fibrillation" the accurate medical term for this condition.*

**10. 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.*

## 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](mailto: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!

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