



Patient Care Tech CPCT

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Practice Questions

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1. The abbreviation 'ADLs' in patient care refers to which of the following?

- A. Activities of daily living
- B. Advanced diagnostic lab studies
- C. Acute distress life support
- D. Ambulatory device leg supports

2. Which of the following is generally considered a normal resting heart rate for a healthy adult?

- A. 30 beats per minute
- B. 130 beats per minute
- C. 160 beats per minute
- D. 72 beats per minute

3. The preferred vein for routine venipuncture in the antecubital area of most adults is the:

- A. Basilic vein
- B. Median cubital vein
- C. Cephalic vein on the back of the hand
- D. Femoral vein

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4. An electrocardiogram (EKG/ECG) records which of the following?

- A. The blood pressure waveform
- B. The oxygen content of the blood
- C. The strength of muscle contractions in the legs
- D. The electrical activity of the heart



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5. Which action is the single most effective way to prevent the spread of infection?

- A. Wearing two pairs of gloves
- B. Performing hand hygiene
- C. Using perfume
- D. Wearing a gown at all times

6. The fire-safety acronym RACE stands for Rescue, Alarm, Confine, and:

- A. Evaluate
- B. Examine
- C. Elevate
- D. Extinguish (or Evacuate)

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7. Which is an example of therapeutic (effective) communication with a patient?

- A. Interrupting and changing the subject
- B. Using active listening and open-ended questions
- C. Giving false reassurance
- D. Talking only about yourself

8. Which organ is primarily responsible for pumping blood throughout the body?

- A. The heart
- B. The liver
- C. The lungs
- D. The kidney

9. A patient who must remain in bed should be repositioned at least how often to help prevent pressure injuries?

- A. Every 8 hours
- B. Every 2 hours
- C. Once per shift
- D. Only when the patient complains

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10. Average normal body temperature taken orally is closest to:

- A. 98.6 F (37.0 C)
- B. 96.0 F (35.6 C)
- C. 101.5 F (38.6 C)
- D. 104.0 F (40.0 C)

11. According to the standard order of draw, which tube is typically collected FIRST when multiple tubes are needed?

- A. Lavender (EDTA) tube
- B. Gray tube
- C. Blood culture (sterile) bottle
- D. Light blue (citrate) tube

12. A standard resting 12-lead EKG uses how many electrodes placed on the body?

- A. 10
- B. 3
- C. 5
- D. 12

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13. When hands are visibly soiled with blood or body fluids, the technician should:

- A. Use alcohol-based hand rub only
- B. Wipe them on a towel
- C. Wash with soap and water
- D. Apply more gloves over the soil

14. The acronym PASS for using a fire extinguisher stands for Pull, Aim, Squeeze, and:

- A. Sweep side to side
- B. Spray upward
- C. Stand back only
- D. Shake

15. Discussing a patient's private health information with unauthorized people violates:

- A. Fire safety rules
- B. Infection control
- C. Patient confidentiality and privacy (HIPAA)
- D. Body mechanics



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16. The main organs of gas exchange in the respiratory system are the:

- A. Kidneys
- B. Lungs
- C. Liver and spleen
- D. Stomach

17. Which body areas are at HIGHEST risk for developing pressure injuries in a patient confined to bed?

- A. The palms and fingertips
- B. The abdomen and chest
- C. Bony prominences such as the sacrum, heels, and hips
- D. The forearms

18. The normal resting respiratory rate for a healthy adult is approximately:

- A. 4 to 8 breaths per minute
- B. 12 to 20 breaths per minute
- C. 30 to 40 breaths per minute
- D. 50 to 60 breaths per minute

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19. A lavender-top (purple) tube most commonly contains which additive used for hematology tests like the CBC?

- A. Sodium citrate
- B. Sodium fluoride
- C. No additive
- D. EDTA

20. On an EKG tracing, the P wave represents:

- A. Ventricular repolarization
- B. Atrial depolarization (contraction)
- C. The resting baseline
- D. Ventricular contraction



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21. Standard Precautions are based on the principle that:

- A. Only patients with known infections are treated as infectious
- B. Gloves replace hand hygiene
- C. Precautions apply only in surgery
- D. All blood and body fluids are treated as potentially infectious

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22. An adult patient suddenly clutches the throat, cannot speak, cough, or breathe. The technician should:

- A. Offer the patient water
- B. Perform abdominal thrusts (Heimlich maneuver) on the conscious choking adult
- C. Tell the patient to lie down and wait
- D. Leave to find a doctor first

23. Crossing the arms, avoiding eye contact, and turning away from a patient are examples of:

- A. Positive verbal communication
- B. Therapeutic touch
- C. Active listening
- D. Nonverbal communication that may signal disinterest

24. The heart has how many chambers?

- A. Two
- B. Three
- C. Four
- D. Six

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25. Before transferring a patient from the bed to a wheelchair, the wheelchair wheels should be:

- A. Left unlocked so the chair can be adjusted
- B. Removed entirely
- C. Tilted backward
- D. Locked to prevent the chair from rolling



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26. In a blood pressure reading of 120/80 mmHg, the number 80 represents the:

- A. Systolic pressure
- B. Pulse pressure
- C. Diastolic pressure
- D. Mean arterial pressure

27. A tourniquet should be left on the patient's arm for no longer than approximately:

- A. 1 minute
- B. 3 minutes
- C. 10 minutes
- D. 30 minutes

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28. The QRS complex on an EKG represents:

- A. Atrial depolarization
- B. Atrial repolarization
- C. Ventricular depolarization (contraction)
- D. The PR interval

29. What is the correct ORDER for putting on (donning) personal protective equipment?

- A. Gown, mask/respirator, goggles/face shield, gloves
- B. Gloves, gown, mask, goggles
- C. Goggles, gloves, gown, mask
- D. Mask, gloves, gown, goggles

30. For an unresponsive adult who is not breathing normally, high-quality CPR chest compressions should be delivered at a rate of:

- A. About 40 per minute
- B. 200 per minute
- C. 100 to 120 compressions per minute
- D. As slow as comfortable



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Answer Key & Explanations

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1. A — Activities of daily living

ADLs are the routine self-care tasks a person performs daily, such as bathing, dressing, toileting, grooming, eating, and transferring. Helping with ADLs is a core PCT responsibility.

2. D — 72 beats per minute

A normal resting adult heart rate is about 60 to 100 beats per minute. 72 falls comfortably within that range, while the other values are abnormally low or high for a resting adult.

3. B — Median cubital vein

The median cubital vein is usually the first choice because it is large, well-anchored, and lies away from major nerves and the brachial artery, making the draw safer and easier.

4. D — The electrical activity of the heart

An EKG records the heart's electrical activity over time through electrodes on the skin, producing waveforms that reflect each phase of the cardiac cycle.

5. B — Performing hand hygiene

Hand hygiene—washing with soap and water or using alcohol-based hand rub—is widely recognized as the most important and effective measure to prevent the transmission of healthcare-associated infections.

6. D — Extinguish (or Evacuate)

RACE guides response to a fire: Rescue anyone in danger, Alarm by activating the alert, Confine the fire by closing doors, and Extinguish or Evacuate. It organizes safe, prioritized action.

7. B — Using active listening and open-ended questions

Therapeutic communication uses active listening, open-ended questions, and empathy to understand the patient's needs. False reassurance and interrupting block genuine communication.

8. A — The heart

The heart is a muscular pump that circulates blood through the body, delivering oxygen and nutrients and removing wastes. The lungs oxygenate the blood, but the heart drives circulation.

9. B — Every 2 hours

Repositioning an immobile, bedbound patient at least every 2 hours relieves prolonged pressure over bony areas and is a standard pressure-injury prevention measure.

10. A — 98.6 F (37.0 C)

The classic average oral temperature is about 98.6 F (37 C). Readings well above this suggest fever, while much lower values may indicate hypothermia or measurement error.

11. C — Blood culture (sterile) bottle

Sterile blood culture collections are drawn first to minimize contamination. After cultures, the standard order continues with coagulation (light blue), then serum, then heparin, EDTA, and finally glycolytic inhibitor tubes.



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12. A — 10

A standard 12-lead EKG uses 10 electrodes—6 on the chest and 4 on the limbs—that combine to create the 12 different views (leads) of the heart's electrical activity.

13. C — Wash with soap and water

Alcohol-based rubs do not remove visible soil or certain spores. When hands are visibly dirty or contaminated with body fluids, washing with soap and running water is required.

14. A — Sweep side to side

PASS describes extinguisher use: Pull the pin, Aim at the base of the fire, Squeeze the handle, and Sweep side to side across the base of the flames.

15. C — Patient confidentiality and privacy (HIPAA)

Protecting patient privacy is a legal and ethical duty under HIPAA. Sharing health information only with those involved in the patient's care safeguards confidentiality.

16. B — Lungs

The lungs are where oxygen enters the blood and carbon dioxide is removed, occurring across the tiny air sacs called alveoli. This gas exchange is the core function of the respiratory system.

17. C — Bony prominences such as the sacrum, heels, and hips

Pressure injuries develop where bone lies close to the skin surface, because tissue there is compressed between bone and the mattress. The sacrum, heels, elbows, and hips are classic sites.

18. B — 12 to 20 breaths per minute

A normal adult breathes about 12 to 20 times per minute at rest. One respiration equals one full inhalation and exhalation.

19. D — EDTA

Lavender-top tubes contain EDTA, an anticoagulant that preserves cell shape and is ideal for the complete blood count and other hematology studies. Citrate is in light-blue coagulation tubes.

20. B — Atrial depolarization (contraction)

The P wave reflects atrial depolarization, when the atria are electrically stimulated to contract. The QRS complex follows for the ventricles, and the T wave reflects ventricular repolarization.

21. D — All blood and body fluids are treated as potentially infectious

Standard Precautions treat every patient's blood and body fluids as potentially infectious, regardless of diagnosis, and are applied during all patient care to protect both workers and patients.

22. B — Perform abdominal thrusts (Heimlich maneuver) on the conscious choking adult

A conscious adult with complete airway obstruction (no air movement, unable to speak or cough) needs immediate abdominal thrusts to expel the object. Acting at once can be life-saving.

23. D — Nonverbal communication that may signal disinterest

Body language is nonverbal communication. Closed posture and lack of eye contact can convey disinterest or discomfort, so caregivers stay mindful of the messages their body sends.

24. C — Four

The heart has four chambers: two upper atria that receive blood and two lower ventricles that pump it out. This



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arrangement keeps oxygen-poor and oxygen-rich blood separated.

25. D — Locked to prevent the chair from rolling

Locking the wheelchair wheels prevents the chair from rolling away during the transfer, which protects both the patient and the technician from a fall or injury.

26. C — Diastolic pressure

The lower (second) number is the diastolic pressure—the pressure in the arteries when the heart relaxes between beats. The top number, 120, is the systolic pressure during contraction.

27. A — 1 minute

A tourniquet should remain in place no more than about one minute. Prolonged application causes hemoconcentration, which can alter test results, and is uncomfortable for the patient.

28. C — Ventricular depolarization (contraction)

The QRS complex represents ventricular depolarization, the electrical event that triggers the powerful ventricular contraction that pumps blood to the body and lungs.

29. A — Gown, mask/respirator, goggles/face shield, gloves

The recommended donning sequence is gown first, then mask or respirator, then goggles or face shield, and gloves last. Gloves go on last so they cover the gown cuffs.

30. C — 100 to 120 compressions per minute

Current basic life support guidelines call for chest compressions at 100 to 120 per minute, about 2 inches deep, with full recoil, to maintain blood flow to vital organs until help arrives.



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