

# Patient Care Technician (2026)

## Introduction to Healthcare 1

### 1 Analyze health care systems. 1.1

- 1 Evaluate and analyze emerging trends and challenges in healthcare and discuss their influence on patient care practices and outcomes. 1.1.1
- 2 Demonstrate proficiency in basic patient care skills by assisting with activities of daily living (ADLs), obtaining and recording vital signs, and maintaining patient safety and hygiene. 1.1.2
- 3 Define and demonstrate therapeutic communication and its importance in healthcare 1.1.3

### 2 Display work ethic and professionalism. 1.2

- 1 Exhibit a strong work ethic through punctuality, accountability, reliability, initiative, and excellence, while maintaining ethical and professional standards in classroom and clinical settings. 1.2.1
- 2 Demonstrate professionalism by maintaining respectful interactions, appropriate attire, ethical behavior, personal accountability, and effective communication across all healthcare settings. 1.2.2

## The Patient 2

### 1 Understanding the patient as a person. 2.1

- 1 Identify and compare the concepts of culture, race, and ethnicity, and describe their impact on patient care and communication. 2.1.1
- 2 Identify and evaluate cultural communication barriers and their effects on the quality and effectiveness of patient care. 2.1.2
- 3 Identify and describe how cultural health practices and beliefs can affect how patients receive and respond to care. 2.1.3

### 2 Investigate patient rights and ethics. 2.2

- 1 Identify and explain the legal rights of patients in healthcare settings, while demonstrating ethical and legal responsibility in all patient care interactions. 2.2.1

## Safety 3

### 1 Assess asepsis and infection control protocols. 3.1

- 1 Demonstrate and apply principles of aseptic technique by identifying common sources and methods of infection transmission. 3.1.1
- 2 Identify and apply infection control standards and protocols to reduce the risk of disease transmission in healthcare settings. 3.1.2
- 3 Identify and perform standard precautions. 3.1.3

- 4 Explain the principles of surgical asepsis and demonstrate proper techniques to maintain a sterile environment. 3.1.4
  - 5 Explain and differentiate among cleaning, disinfection, and sterilization methods used in infection control. 3.1.5
- 

## **2 Demonstrate workplace safety and body mechanics. 3.2**

- 1 Describe the key elements and objectives of workplace emergency preparedness and disaster response plans. 3.2.1
  - 2 Explain what terrorism means and how it can affect healthcare systems and patient safety. 3.2.2
  - 3 Demonstrate proper use of body mechanics to ensure safety and prevent injury during patient care and workplace tasks. 3.2.3
- 

## **3 Apply concepts of patient safety. 3.3**

- 1 Identify fall risks indicators. 3.3.1
  - 2 Demonstrate the ability to identify and apply age-appropriate safety measures across the human lifespan. 3.3.2
  - 3 Identify and demonstrate safety procedures when performing patient rounding, using safety restraints (SRDs), and working with sitters. 3.3.3
  - 4 Demonstrate correct techniques for moving and positioning patients while applying principles of injury prevention and safety. 3.3.4
  - 5 Evaluate a patient's fall risk and apply effective fall prevention measures to ensure safety. 3.3.5
  - 6 Provide basic emergency care using appropriate first aid and safety measures. 3.3.6
  - 7 Demonstrate proper documentation techniques when recording patient data in an electronic health record system. 3.3.7
- 

## **4 Apply concepts of moving, positioning and preventing falls of patients. 3.4**

- 1 Identify physical, mental, and environmental indicators that increase fall risk and explain how they impact patient safety. 3.4.1
  - 2 Describe age-specific safety risks and precautions for patients across the lifespan. 3.4.2
  - 3 Demonstrate understanding and application of safety measures such as rounding, use of safety reminder devices (SRDs), and utilization of sitters to prevent patient injury and ensure a safe care environment. 3.4.3
  - 4 Demonstrate and apply proper body mechanics and positioning techniques to prevent injury. 3.4.4
  - 5 Identify and evaluate factors contributing to a patient's risk for falls to support preventive care planning. 3.4.5
- 

## **5 Demonstrate basic emergency care. 3.5**

- 1 Perform CPR skills accurately and effectively in accordance with current American Heart Association (AHA) or American Red Cross guidelines. 3.5.1
  - 2 Deliver basic emergency care. 3.5.2
- 

## **Patient Assessment 4**

### **1 Assist with the patient's physical exam. 4.1**

- 1 Demonstrate the ability to prepare patients appropriately for examinations, treatments, and procedures in primary care and hospital settings. 4.1.1
  - 2 Demonstrate the ability to follow the correct sequence of a physical examination to ensure accuracy, patient comfort, and efficiency. 4.1.2
  - 3 Demonstrate the role of the Patient Care Technician (PCT) in assisting with exam procedures to promote patient comfort, safety, and efficient clinical workflow. 4.1.3
- 

### **2 Measure vital signs and recording data. 4.2**

- 1 Demonstrate the ability to accurately measure and record temperature, pulse, blood pressure, respirations, pain scale, and pulse oximetry. 4.2.1
  - 2 Demonstrate the ability to measure and record anthropometric data appropriate to the patient's age. 4.2.2
  - 3 Apply principles of accurate, timely, and legally compliant documentation when using the Electronic Health Record (EHR). 4.2.3
- 

### **3 Obtain and monitor an electrocardiogram (ECG or EKG). 4.3**

- 1 Describe and trace the normal electrical conduction pathway of the heart to support understanding of cardiac function and rhythm. 4.3.1
  - 2 Demonstrate the ability to set up, operate, and validate the proper functioning of an electrocardiograph (ECG/EKG) to ensure accurate cardiac monitoring. 4.3.2
  - 3 Demonstrate the ability to correctly perform a standard 12-lead electrocardiograph (ECG), ensuring accuracy, patient safety, and equipment functionality. 4.3.3
  - 4 Interpret the fundamental components of an ECG tracing, including rate, rhythm, and waveform morphology, to identify normal and abnormal cardiac patterns. 4.3.4
  - 5 Identify common ECG abnormalities and interpret their clinical significance to support early recognition and response to cardiac conditions. 4.3.5
- 

## **Patient Care and Comfort 5**

### **1 Assist with admission and discharge protocols for a patient. 5.1**

- 1 Demonstrate understanding of admission procedures to ensure accurate intake, patient safety, and continuity of care. 5.1.1
- 2 Demonstrate understanding of patient transfer procedures to ensure safe, efficient, and coordinated transitions of care. 5.1.2
- 3 Describe the purpose and key steps of patient discharge procedures, including instructions, documentation, and patient education. 5.1.3

- 4 Demonstrate accurate, timely, and appropriate documentation practices within the Electronic Health Record (EHR) system. 5.1.4
- 

## **2 Apply concepts of bed making, hygiene, and grooming to patient care.** 5.2

- 1 Demonstrate the ability to prepare and maintain a safe, clean, and comfortable patient environment by demonstrating proper room setup and bed-making techniques. 5.2.1
  - 2 Demonstrate safe, respectful, and thorough assistance with patient bathing to promote hygiene, comfort, and dignity. 5.2.2
  - 3 Demonstrate proper techniques for assisting with personal hygiene, including care of the skin, mouth, eyes, ears, nose, perineal area, and providing clean bedding and clothing. 5.2.3
  - 4 Demonstrate safe and effective hair care to support patient hygiene, comfort, and self-esteem. 5.2.4
  - 5 Provide assistance with facial shaving using safe, respectful, and effective techniques to support patient hygiene and comfort. 5.2.5
  - 6 Demonstrate safe, respectful, and effective assistance with nail and foot care. 5.2.6
  - 7 Discuss proper documentation within EHR. 5.2.7
- 

## **3 Assist with medication, nutrition and fluids, urinary & bowel elimination, and oxygen needs.** 5.3

- 1 Demonstrate the ability to safely assist with medication administration under the supervision of licensed healthcare professionals, including verifying patient identity, understanding medication routes, and observing for adverse reactions. 5.3.1
  - 2 Assist patients with nutritional needs by preparing meal trays, feeding as necessary, and monitoring intake and tolerance in accordance with the care plan and dietary restrictions. 5.3.2
  - 3 Support patient hydration by assisting with fluid intake, monitoring output, and documenting intake accurately in accordance with the care plan and facility protocols. 5.3.3
  - 4 Assist patients with urinary elimination while maintaining safety, privacy, and dignity, and accurately document output as needed. 5.3.4
  - 5 Assist patients with bowel elimination by promoting comfort, privacy, and safety, and accurately observe and document bowel patterns. 5.3.5
  - 6 Demonstrate safe and effective techniques for administering oxygen therapy and monitoring patient response. 5.3.6
  - 7 Discuss proper documentation within EHR. 5.3.7
- 

## **Blood and Specimen Collecting and Testing** 6

### **1 Apply concepts of phlebotomy procedures.** 6.1

- 1 Demonstrate proper venipuncture technique, including equipment selection, step-by-step procedure, and identification of potential complications. 6.1.1

- 2 Identify the need for specimen recollection and accurately perform the procedure following proper protocols and safety guidelines. 6.1.2
  - 3 Demonstrate proper technique for performing a capillary puncture, including site selection, equipment use, and specimen handling. 6.1.3
  - 4 Demonstrate proper techniques for performing pediatric phlebotomy, ensuring patient safety, comfort, and specimen integrity. 6.1.4
  - 5 Explain the purpose of the chain of custody and accurately follow procedures to ensure the integrity and legal validity of collected specimens. 6.1.5
  - 6 Discuss documentation within EHR. 6.1.6
- 

## **2 Perform specimen collecting and testing. 6.2**

- 1 Perform and collect urine specimens using proper technique to ensure accuracy, patient privacy, and adherence to infection control standards. 6.2.1
  - 2 Perform stool specimen collections. 6.2.2
  - 3 Perform sputum specimen collections. 6.2.3
  - 4 Discuss documentation within EHR. 6.2.4
- 

## **Surgery and Immobility 7**

### **1 Demonstrate care for a surgical patient. 7.1**

- 1 Identify and maintain a sterile field, and differentiate between sterile instruments, supplies, and aseptic procedures. 7.1.1
  - 2 Demonstrate proper use of sterile technique during procedures to prevent contamination and maintain asepsis. 7.1.2
  - 3 Provide comprehensive care and monitoring for patients during the postoperative period to promote recovery and prevent complications. 7.1.3
  - 4 Discuss documentation within EHR. 7.1.4
- 

### **2 Demonstrate heat and cold applications. 7.2**

- 1 Apply heat therapy techniques correctly to ensure patient safety and effective treatment outcomes. 7.2.1
- 2 Perform proper cold care procedures 7.2.2
- 3 Apply cold therapy techniques accurately to promote healing and prevent tissue damage. 7.2.3

---

### **3 Demonstrate care of wounds and pressure ulcers.** 7.3

- 1 Assist licensed professional with wound assessment based on type, severity, and characteristics 7.3.1
  - 2 Differentiate between the stages and types of wound healing 7.3.2
  - 3 Administer appropriate care for surgical wounds, including the correct application and management of bandages and binders. 7.3.3
  - 4 Identify and classify different types of wound drainage. 7.3.4
  - 5 Discuss documentation within EHR. 7.3.5
- 

## **Special Care Concerns and Settings** 8

### **1 Demonstrate caring for women and children.** 8.1

- 1 Demonstrate an understanding of human anatomy and physiology. 8.1.1
  - 2 Apply knowledge of human anatomy and physiology to explain body functions and processes. 8.1.2
  - 3 Identify and perform essential newborn care practices. 8.1.3
  - 4 Recognize and apply appropriate care practices specific to pediatric patients. 8.1.4
  - 5 Identify and implement care practices tailored to adolescent patients. 8.1.5
  - 6 Explain the signs of child abuse and the proper procedures for reporting suspected cases. 8.1.6
- 

### **2 Demonstrate caring for the older adult.** 8.2

- 1 Determine changes in anatomy and physiology-body systems. 8.2.1
  - 2 Explain the role of a Patient Care Technician. 8.2.2
- 

### **3 Demonstrate caring for patients with mental health needs.** 8.3

- 1 Evaluate mental health continuum. 8.3.1
  - 2 Discuss the care needed for a patient dealing with addiction. 8.3.2
- 

### **4 Demonstrate caring for patients with chronic conditions.** 8.4

- 1 Distinguish the physical, cognitive, and emotional care needs of patients following a cerebrovascular accident (stroke) and describe appropriate support strategies. 8.4.1
  - 2 Distinguish care for chronic respiratory illness. 8.4.2
  - 3 Describe appropriate care techniques, risk factors, and monitoring procedures for patients with cardiovascular conditions. 8.4.3
  - 4 Distinguish the physical, emotional, and treatment-related care needs of patients with chronic immune conditions and oncologic diseases. 8.4.4
- 

### **5 Analyze end of life care for patients.** 8.5

- 1 Identify the roles and responsibilities of the interdisciplinary healthcare team and explain how collaboration supports quality patient care. 8.5.1

- 2 Differentiate between palliative care and hospice care, including their goals, services provided, and the patient populations they serve. 8.5.2
- 3 Deliver compassionate end-of-life care that respects the patient's dignity, comfort, and cultural or spiritual needs. 8.5.3
- 4 Identify key ethical concerns and consider how future trends may impact patient care and decision-making. 8.5.4