Arkansas CTE

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

Skip to main content

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

Skip to main content

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

Skip to main content

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 Co

Skip to main content

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

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

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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

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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

Skip to main content

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

Skip to main content

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