

Patient Care Technician

Health Professions Event

Eligible Divisions: Secondary & Postsecondary / Collegiate	Round 1: 50 Q test in 60 minutes	Digital Upload: NO
Solo Event: 1 competitor	Round 2: Skill Demonstration	



New for 2025-2026

Skills have been updated. New References [PCT Skills Builder Plus](#) and [Certified Patient Care Technician/Assistant \(CPCT/A\) Online Study Guide 2.1](#) *Hartman's Complete Guide for the EKG Technician* and *Fundamental Concepts and Skills for Patient Care Technician* have been retired. Editorial changes have been made.

Event Summary

Patient Care Technician allows members to gain the knowledge and skills required for patient care in medical settings. This competitive event consists of two rounds. Round One is a written, multiple-choice test, and the top-scoring competitors advance to Round Two for the skills assessment. This event aims to inspire members to learn more about the field and how to provide quality patient care.

Sponsorship

HOSA-Future Health Professionals appreciates the sponsorship of this event by the [National Healthcareer Association](#). NHA has developed [a special landing page](#) for competitors and advisors.



Dress Code

Bonus points will be awarded for [proper dress](#).

Round 1: Proper business attire, official HOSA uniform, or attire appropriate to the occupational area

Round 2: Attire appropriate to the occupational area

Competitor Must Provide:

- A [photo ID](#) both rounds
- Two #2 lead pencils (not mechanical) with eraser for the test.
- Pen
- Barrier devices (non-latex gloves, gown, goggles or safety glasses, mask)

HOSA Conference Staff will provide equipment and supplies as listed in [Appendix I](#)

General Rules

1. Competitors must be familiar with and adhere to the [General Rules and Regulations](#).

Official References

2. The references below are used in the development of the test questions and skill rating sheets:
 - a. National Healthcareer Association [PCT SKILLS BUILDER PLUS](#) an online learning resource that provides students with an interactive learning experience focused on the knowledge and skills needed to be a Patient Care Technician. NHA is offering HOSA members a 10% discount on individual purchases and group discounts by contacting an NHA sales representative. Visit the competition landing page [HERE](#).
 - b. National Healthcareer Association [Certified Patient Care Technician/Assistant \(CPCT/A\) Online Study Guide 2.1](#)
NHA's online study guide helps learners prepare for the Certified Patient Care Technician.

Round One Test

3. [Test Instructions](#): The written test will consist of 50 multiple-choice items in a maximum of 60 minutes.
4. **Time Remaining Announcements**: There will be NO verbal announcements for time remaining during ILC testing. All ILC testing will be completed in the Testing Center and competitors are responsible for monitoring their own time.
5. **Written Test Plan**
The test plan for Patient Care Technician is:
 - Patient Care - 44%
 - Compliance, Safety, & Professional Responsibility - 20%
 - Infection Control - 12%
 - Phlebotomy - 14%
 - EKG - 10%
6. **Sample Test Questions**
 1. When applying a splint to an extremity, where would you begin the application according to proximity guidelines? (PCT Skillsbuilder Plus: M9-Mobility and Transfers-Transport Patient via Bed, Stretcher, or Wheelchair)
 - A. Start at the proximal part of the extremity and work towards the distal part.
 - B. **Begin at the distal part of the extremity and work towards the proximal part.**
 - C. Start at the midpoint of the extremity and work outwards.
 - D. Begin at the joint closest to the torso and work towards the fingers or toes.
 2. A patient care technician should identify which of the following pieces of personal protective equipment (PPE) should be removed first? (NHA- PCT SkillsBuilder Plus: M4-Patient Safety-Infection Control-PPE)
 - A. **Gloves**
 - B. Face shield
 - C. Mask
 - D. Goggles
 3. A patient care technician is performing a 12-lead EKG for a patient. In which of the following locations should the technician place the V4 lead? (NHA - PCT SkillsBuilder Plus; M10-Advanced Clinical Skills-EKG)
 - A. Fourth intercostal space, to the right of the sternum
 - B. Fourth intercostal space, to the left of the sternum
 - C. Left anterior axillary line
 - D. **Fifth intercostal space at the midclavicular line**

Round Two Skills

7. The top competitors from Round One will advance to Round Two. The number of advancing competitors will be determined by the scores obtained in Round One and the space and time available for Round Two. Round Two finalists will be announced on-site at ILC per the conference agenda.
8. Round Two is the performance of a selected skill(s). The Round Two skills approved for this event are:

Skill I: Discontinue Peripheral IV	5 minutes
Skill II: Applying Sequential Compression Devices	6 minutes
Skill III: Measuring an Infant's Length & Weight	7 minutes
Skill IV: Urinary Catheter Maintenance	5 minutes
Skill V: Routine ETS Venipuncture	10 minutes
Skill VI: Obtaining a 12-Lead EKG	10 minutes
Skill VII: Glucometer	8 minutes
9. The selected skill(s) will be presented to competitors as a written scenario at the beginning of the

round. The scenario will be the same for each team. Some scenarios may involve the combination of multiple skill sheets. An example would be competitors would not need to identify the patient twice. A sample scenario can be found [here](#).

10. The scenario is a secret topic. Competitors MAY NOT discuss or reveal the secret topic until after the event has concluded or will face penalties per [the GRRs](#).
11. Judges will provide competitors with information as the rating sheets directed. Competitors may ask questions of the judges while performing skills if the questions relate to the patient's condition and will be included in the scenario or judge script.

Final Scoring

12. The competitor must earn a score of 70% or higher on the combined skill(s) of the event (excluding the test) to be recognized as an award winner at the ILC.
13. The final rank is determined by adding the round one test score plus the round two skill score. In case of a tie, the highest test score will be used to determine final placement.

Future Opportunities

Graduating from high school or completing your postsecondary/collegiate program does not mean your HOSA journey has to end. As a HOSA member, you are eligible to become a HOSA Lifetime Alumni Member - a free and valuable opportunity to remain connected, give back, and help to shape the future of the organization. Learn more and sign up at hosa.org/alumni.

PATIENT CARE TECHNICIAN

Section # _____ Division: _____ SS _____ PS/C
 Competitor # _____ Judge's Signature _____

Skill I: Discontinue Peripheral Intravenous Site (5 minutes)		Possible	Awarded
1.	Verified physician's orders and reviewed scenario for any bleeding issues.	2	0
2.	Obtained needed equipment and supplies.	1	0
3.	Washed hands or used alcohol-based handrub for hand hygiene.	2	0
4.	Put on gloves.	2	0
5.	Identified patient by checking ID bracelet and asking the patient to state their name and birthdate.	2	0
6.	Identified self and explained skill to patient.	2	0
7.	Provided privacy.	2	0
8.	Removing dressing:	1	0
	a. Removed overlying tape.		
	b. Removed transparent membrane dressing by picking up one corner and pulling the side laterally while holding the catheter hub.	2	0
	c. Repeated pulling dressing from the other side laterally while holding catheter hub.	2	0
	d. Alternatively, remove gauze dressing and tape one layer at a time.	2	0
	e. Tape securing catheter to skin left intact.	2	0
9.	Turned IV tubing roller clamp to "off" position and removed tape securing tubing.	2	0
10.	Removed IV dressing and tape while stabilizing catheter.	2	0
11.	Held dry gauze over site.	1	0
12.	Applied light pressure and withdrew the catheter using a slow steady movement.	2	0
13.	The hub remained parallel to the skin while removing.	2	0
14.	Using the dry, sterile gauze, applied pressure to the site for 2 to 3 minutes.	2	0
15.	Secured tape snugly over the gauze.	1	0
16.	Inspected the catheter for intactness, noting tip integrity and length.	2	0
17.	Discarded used supplies.	1	0
18.	Removed gloves and washed hands or used alcohol-based handrub for hand hygiene.	2	0
19.	Instructed patient to report any erythema, pain, drainage, or edema that occurs after catheter removal	2	0
20.	Document the following::	2	0
	a. Time peripheral IV infusion was discontinued.		
	b. Condition of site.	2	0
	c. Gauge and length of catheter.	2	0

Skill I: Discontinue Peripheral Intravenous Site (con't)		Possible	Awarded
21.	Used appropriate verbal and nonverbal communication with patient and other personnel.	2 0	
22.	Practiced standard precautions throughout skill.	2 0	
TOTAL POINTS – SKILL I: 70% Mastery for Skill I = 35.7		51	

PATIENT CARE TECHNICIAN

Section # _____ Division: _____ SS _____ PS/Collegiate
 Competitor # _____ Judge's Signature _____

Skill II: Applying Sequential Compression Devices (6 minutes)		Possible	Awarded
1.	Assembled equipment and supplies.	1	0
2.	Washed hands or used alcohol-based hand-rub for hand hygiene.	2	0
3.	Identified patient by checking ID bracelet and asking patient to state their name and birthdate.	2	0
4.	Identified self and explained the procedure to the patient.	2	0
5.	Provided privacy.	2	0
6.	Arranged sequential compression device (SCD) sleeve under patient's leg according to leg position indicated on the inner lining of sleeve.	2	0
	a. Back of patient's ankle should line up with ankle on inner lining of sleeve.		
	b. Positioned back of knee with popliteal opening.	2	0
7.	Wrapped SCD sleeve securely around patient's leg.	2	0
8.	Verified fit of SCD sleeves by placing two fingers between patient's legs and sleeves.	2	0
9.	Attached connector of SCD sleeve to plug on mechanical unit using arrow on plug.	1	0
10.	Turned unit on and verified is functioning.	1	0
11.	Observed the functioning of the unit for one full cycle.	1	0
12.	Repositioned patient for comfort.	1	0
13.	Washed hands or used alcohol based hand-rub for hand hygiene.	1	0
14.	Documented in nursing notes.	2	0
15.	Used appropriate verbal and nonverbal communication with patient.	2	0
16.	Practiced standard precautions throughout skill.	2	0
TOTAL POINTS – SKILL II:		28	
70% Mastery for Skill II = 19.6			

PATIENT CARE TECHNICIAN

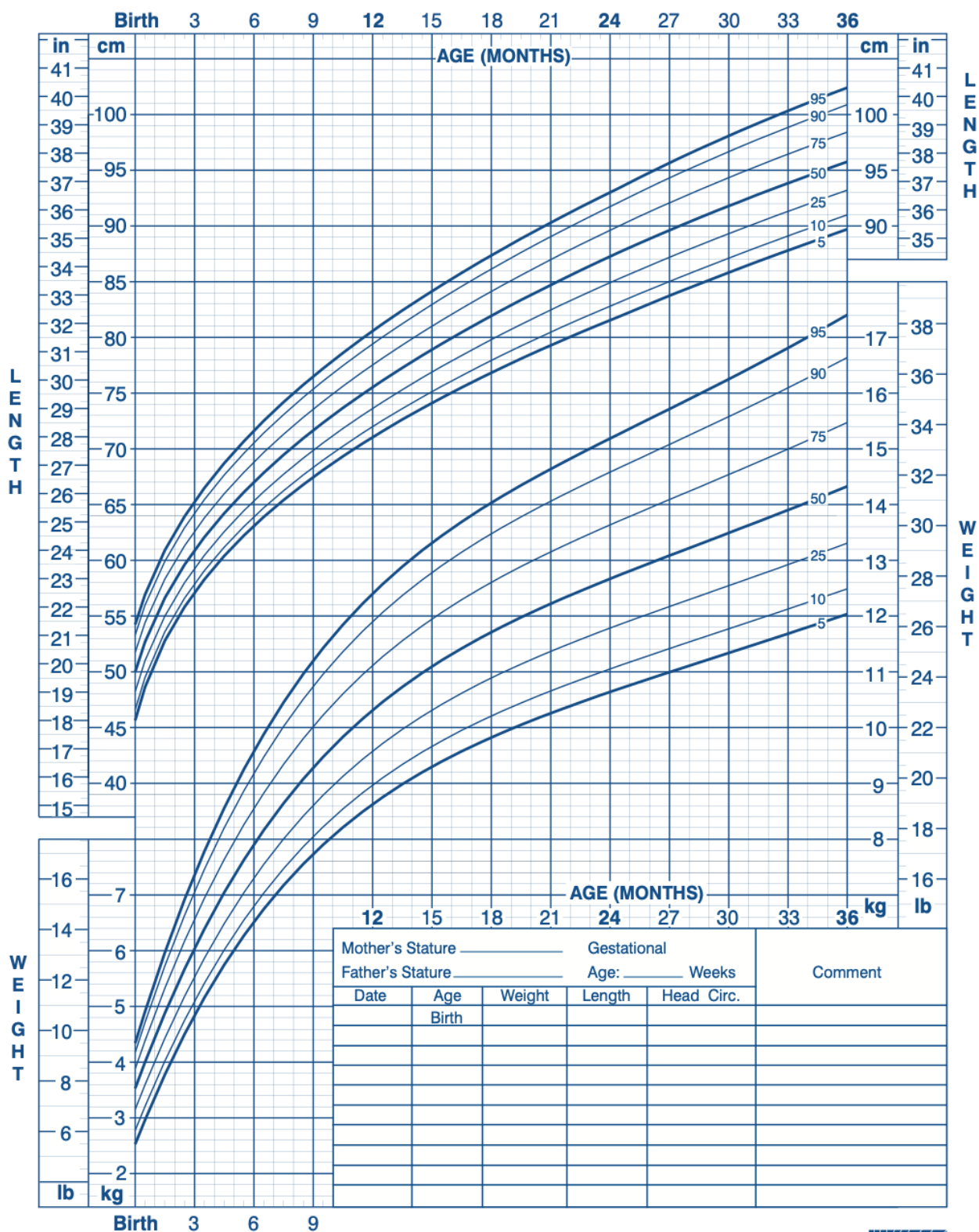
Section # _____ Division: _____ SS _____ PS/Collegiate
 Competitor # _____ Judge's Signature _____

Skill III: Measuring an Infant's Length & Weight (7 minutes)		Possible		Awarded
1.	Assembled equipment and supplies.	1	0	
2.	Washed hands or used alcohol based hand-rub for hand hygiene.	2	0	
3.	Identified patient by checking ID bracelet and asking patient/caregiver to state their name and birthdate.	2	0	
4.	Identified self and explained skill to the infant's caregiver.	2	0	
5.	Prepared the scale by lining it with disposable paper.	2	0	
6.	Provided privacy.	2	0	
7.	Asked the caregiver to place the infant on their back on the examination paper.	1	0	
8.	Undressed infant - diaper may be left on for length measurement.	1	0	
9.	Asked the caregiver to hold their head still gently.	1	0	
10.	Straightened one leg.	1	0	
11.	Marked on examination paper at the top of the infant's head and at the heel after the leg is extended.	1	0	
12.	Measured the length between marks on exam paper with a tape measure and recorded.	2	0	
13.	Removed diaper.	1	0	
14.	Placed the infant gently on the scale keeping hand above the infant's trunk for safety.	2	0	
15.	Recorded weight.	2	0	
16.	Washed hands or used alcohol based hand-rub for hand hygiene.	2	0	
17.	Recorded length and weight on the Nurses Notes.	2	0	
18.	Completed growth chart for both height and weight by connecting dots from last visit.	2	0	
19.	Used appropriate verbal and nonverbal communication with patient.	2	0	
20.	Practiced standard precautions throughout skill.	2	0	
TOTAL POINTS – SKILL III		33		
70% Mastery of Skill III = 23.1				

Birth to 36 months: Boys Length-for-age and Weight-for-age percentiles

NAME _____

RECORD # _____



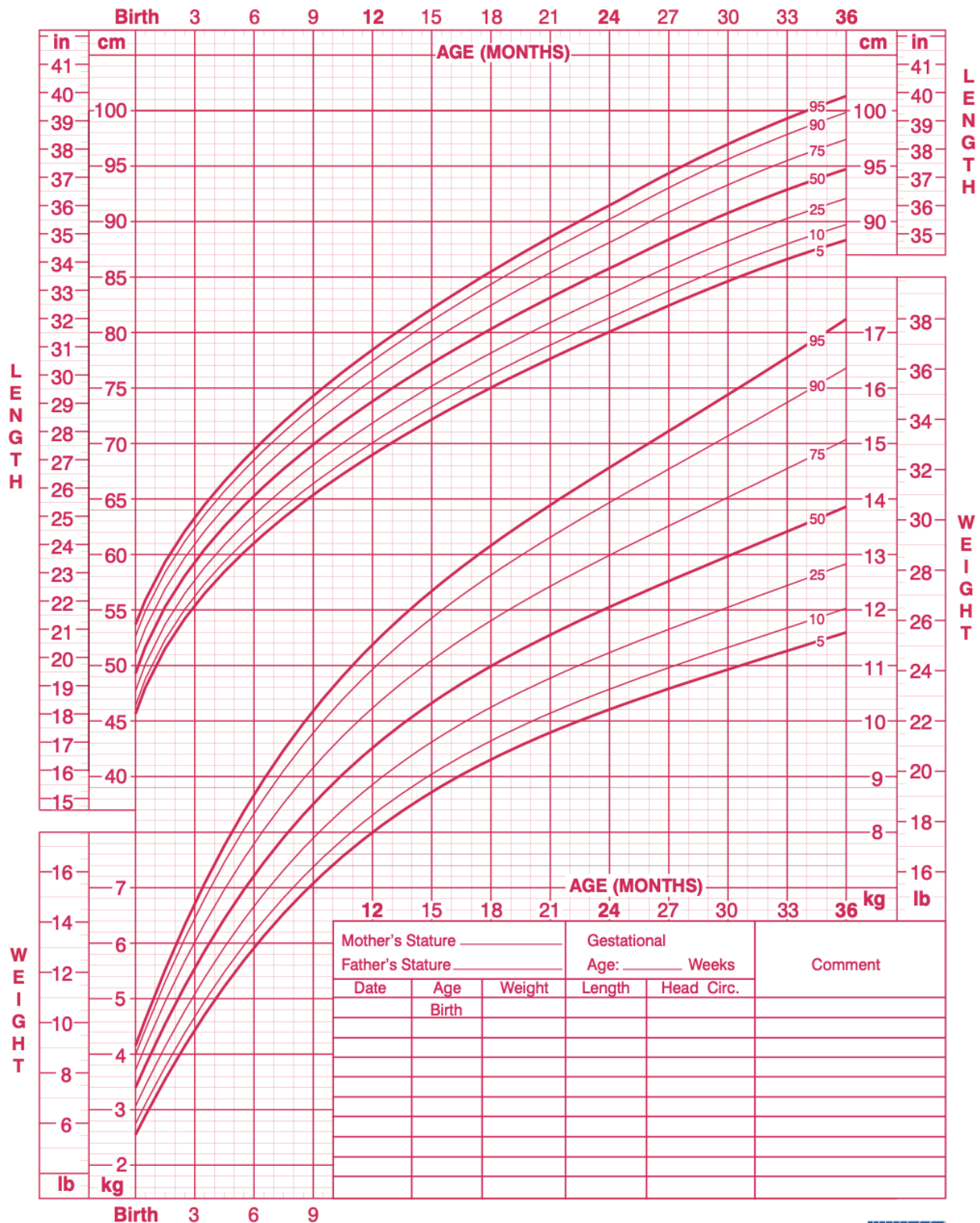
Published May 30, 2000 (modified 4/20/01).
SOURCE: Developed by the National Center for Health Statistics in collaboration with
the National Center for Chronic Disease Prevention and Health Promotion (2000).
<http://www.cdc.gov/growthcharts>



Birth to 36 months: Girls
Length-for-age and Weight-for-age percentiles

NAME _____

RECORD # _____



Published May 30, 2000 (modified 4/20/01).
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<http://www.cdc.gov/growthcharts>



PATIENT CARE TECHNICIAN

Section # _____ Division: _____ SS _____ PS/C
 Competitor # _____ Judge's Signature _____

**The scenario will include the gender of the patient requiring urinary catheter maintenance.*

Skill IV: Urinary Catheter Maintenance (Time: 5 minutes)		Possible	Awarded
1.	Assembled equipment and supplies.	1 0	
2.	Washed hands or used alcohol-based handrub for hand hygiene.	2 0	
3.	Approached, greeted the patient, and identified self.	1 0	
4.	Identified patient by checking ID bracelet and asking patient to state their name and birthdate.	2 0	
5.	Explained the procedure and obtained consent.	2 0	
6.	Provided privacy.	2 0	
7.	Applied gloves.	2 0	
8.	POSITIONED PATIENT: FEMALE: Dorsal recumbent position, OR MALE: Supine with legs extended and thighs slightly abducted	2 0	
9.	Placed a waterproof pad under the patient.	1 0	
10.	Performed perineal care using soap and water with a washcloth, or other cleansing agent specified by facility. (scenario)	2 0	
11.	Cleaned catheter tubing moving away from the body.	2 0	
12.	Evaluate, observe and verbalize (to judge) any changes or discomfort including: discharge, length of time catheter has been in place, inflammation, edema, changes in tissue color, burning.	2 0	
13.	Secure catheter to patient's leg and collection device to bed of frame below the patient's bladder.	2 0	
14.	Removed gloves.	1 0	
15.	Washed hands or used alcohol-based handrub for hand hygiene.	2 0	
16.	Used appropriate verbal and nonverbal communication with patient and other personnel.	2 0	
17.	Practiced standard precautions throughout skill.	2 0	
TOTAL POINTS -- SKILL IV		30	
70.68% Mastery for Skill IV = 21			

PATIENT CARE TECHNICIAN

Section # _____ Division: _____ SS _____ PS/C
 Competitor # _____ Judge's Signature _____

Skill V: Routine ETS Venipuncture (Time: 10 minutes)		Possible		Awarded
1.	Reviewed test request/requisition (via the competition scenario).	2	0	
2.	Assembled equipment and supplies.	1	0	
3.	Approached, greeted the patient, and identified self.	2	0	
4.	Identified patient by checking ID bracelet and asking the patient to state their name and birthdate.	2	0	
5.	Verbally matched the patient identification to the requisition.	2	0	
6.	Explained the procedure and obtained consent.	2	0	
7.	Sanitized hands and put on gloves.	2	0	
8.	Assisted patient to sit with arm well supported and slightly downward.	2	0	
9.	Attached the needle firmly to the Vacutainer holder with cover still on the needle.	2	0	
10.	Applied tourniquet 3 to 4 inches above the venipuncture, feeling slightly tight but not cutting off blood flow in the artery.	2	0	
11.	Asked the patient to make a fist.	1	0	
12.	Selected the vein in the antecubital area by palpating with the tip of the index finger to trace the path of the vein and judge the depth.	1	0	
13.	Released tourniquet, and asked patient to open the fist.	1	0	
14.	Cleaned selected puncture site with a 70% isopropyl alcohol or antiseptic wipe using a circle motion starting at the center and working outward in a circular pattern.	2	0	
15.	Allowed the site to air dry for up to 60 seconds before proceeding.	1	0	
16.	Reapplied the tourniquet and asked the patient to make a fist.	1	0	
17.	Held the Vacutainer assembly in dominant hand with thumb on top and fingers underneath.	1	0	
18.	Placed first tube in vacutainer without pushing into the double-pointed needle.	1	0	
19.	Removed the needle sheath.	1	0	
20.	Used the thumb on the nondominant hand to anchor the vein by stretching the skin downward below the puncture site.	1	0	
21.	With bevel up, aligned parallel to vein and inserted needle at a 15 to 30 degree angle into the vein in quick smooth motion.	1	0	
22.	Placed two fingers on the flanges of the needle holder, and used thumb to engage the tube with the double-pointed needle.	1	0	
23.	Ensured the needle did not change positions in the vein.	1	0	
24.	When blood began to flow, directed the patient to release their fist.	1	0	
25.	Allowed tube to fill to maximum capacity	1	0	
26.	Removed the tube by curling the fingers underneath and pushing on the needle holder with the thumb while taking care not to move needle in the vein	1	0	

Skill V: Routine ETS Venipuncture (con't)		Possible	Awarded
27.	Repeated steps above for filling remaining tubes.	1 0	
28.	Gently inverted tubes after removing to mix anticoagulants and blood.	1 0	
29.	As the last tube is filling, release the tourniquet.	1 0	
30.	When the last tube has filled, remove the tube from the needle.	1 0	
31.	Removed the last tube from the holder.	1 0	
32.	Placed gauze over the puncture site.	1 0	
33.	Quickly removed needle and engaged safety device.	2 0	
34.	Disposed of the entire unit in a sharps container.	2 0	
35.	Instructed patient to maintain pressure on venipuncture site until bleeding stops and to not bend the elbow.	2 0	
36.	Labeled and prepared tubes for handling and transport before leaving patient.	1 0	
37.	Checked the puncture site for bleeding and hematoma formation.	2 0	
38.	Applied a hypoallergenic bandage.	1 0	
39.	Disinfected work area.	2 0	
40.	Disposed of used materials.	2 0	
41.	Removed and disposed of gloves.	2 0	
42.	Washed hands or used alcohol-based handrub for hand hygiene.	2 0	
43.	Completed requisition and documented in the patient's chart.	2 0	
44.	Verbalized specimen would be routed to appropriate place.	2 0	
45.	Used appropriate verbal and nonverbal communication with patient and other personnel.	2 0	
46.	Tourniquet did not remain on arm for greater than 120 seconds during site selection.	2 0	
47.	Practiced standard precautions throughout skill.	2 0	
TOTAL POINTS – SKILL V		70	
70% Mastery for Skill V = 49			

HOSA Laboratory Requisition

Competitor Name: _____

Patient Name: _____

Date: _____

Ordering Provider: _____

GENERAL

- Bilirubin Total
- Basic Metabolic Panel – (*BUN, Calcium, Creatinine, Electrolytes, Glucose*)
- BUN
- CBC
- CBC 2/diff
- Cholesterol
- COVID – 19 Molecular
- FSH
- GGT
- Hepatic Profile
- Immunoglobulin Profile
- LDH
- Potassium
- Newborn Screen
- Pregnancy Serum
- PR/INR
- Renal Profile - (*Albumin, BUN, Calcium, Creatinine, Electrolytes, Glucose, Phosphorus*)
- Sed Rate
- T3, Total
- T4, Total
- T4 Free, Rapid
- Testosterone, Total
- Triglycerides
- TSH
- Blood Culture
- Urinalysis

OTHER SPECIAL TESTS/INSTRUCTIONS:

PATIENT CARE TECHNICIAN

Section # _____ Division: _____ SS _____ PS/C
 Competitor # _____ Judge's Signature _____

**The patient will be in a gown with an opening in the front for this skill.*

Skill VI: Obtaining a 12-Lead EKG (Time:10 minutes)		Possible		Awarded
1.	Reviewed test request (scenario)	2	0	
2.	Approached, greeted the patient, and identified self.	2	0	
3.	Provided patient with privacy.	2	0	
4.	Washed hands or used alcohol-based handrub for hand hygiene.	2	0	
5.	Identified patient by checking ID bracelet and asking patient to state their name and birthdate.	2	0	
6.	Explained the procedure and obtained consent.	2	0	
7.	Assisted the patient into a supine position.	1	0	
8.	Placed the EKG machine beside the bed and plugged into an electrical outlet.	1	0	
9.	Turned the machine on and waited until self-test is completed.	1	0	
10.	Entered the patient's information into the machine (name, date of birth) or scanned barcode bracelet (made sure the correct patient information is displaying).	1	0	
11.	Verbalized prepared patient's skin by removing lotion or clipping if needed.	1	0	
12.	Opened the package of electrodes and attached one electrode to each lead wire by snapping or clipping.	1	0	
13.	Attached the electrodes in the correct positions avoiding bony areas, broken skin, scar tissue, and skin over implanted devices	2	0	
a.	V1 – Right side of sternum @ fourth intercostal space			
b.	V2 - Left side of sternum @ fourth intercostal space	2	0	
c.	V4 - Left side of chest, fifth intercostal space at the left midclavicular line.	2	0	
d.	V3 - Left side of chest, midway between V2 & V4	2	0	
e.	V5 – Horizontally even with V4 in the left anterior axillary line	2	0	
f.	V6 - Left side of chest, fifth intercostal space, midaxillary line	2	0	
g.	Extremity Lead: LA	2	0	
h.	Extremity Lead: LL	2	0	
i.	Extremity Lead: RA	2	0	
j.	Extremity Lead: RL	2	0	

Skill VI: Obtaining a 12-Lead EKG (cont'd)		Possible	Awarded
14.	Asked the patient to relax and be as still as possible, while breathing normally.	1 0	
15.	When the tracing was clear or when machine shows green light, printed the EKG recording. <i>*Judge states, "The EKG is ready to be used."</i>	1 0	
16.	Disconnected lead wires, taking care not to pull patient's skin.	1 0	
17.	Asked patient to remove and dispose of electrodes.	1 0	
18.	Washed hands or used alcohol-based handrub for hand hygiene.	2 0	
19.	Verbalized would inform unit staff that EKG is completed.	1 0	
20.	Verbalized uploaded or included file in patients' medical record.	2 0	
21.	Documented the procedure.	2 0	
22.	Verbalized followed policy regarding reporting abnormalities.	1 0	
23.	Verbalized would clean and store EKG machine according to facility policy.	2 0	
24.	Washed hands or used alcohol-based handrub for hand hygiene.	2 0	
25.	Used appropriate verbal and nonverbal communication with patient and other personnel.	2 0	
26.	During the entire procedure maintained privacy by only exposing areas as necessary to prepare the skin or conduct the test.	2 0	
27.	Practiced standard precautions throughout skill.	2 0	
TOTAL POINTS – SKILL VI		60	
70% Mastery for Skill VI = 42			

PATIENT CARE TECHNICIAN

Section # _____ Division: _____ SS _____ PS/C
 Competitor # _____ Judge's Signature _____

Skill VII: Glucometer (Time: 8 minutes)		Possible	Awarded
1.	Reviewed test request/requisition (via the competition scenario).	2 0	
2.	Assembled equipment and supplies.	1 0	
3.	Washed hands or used alcohol-based handrub for hand hygiene.	2 0	
4.	Approached, greeted patient, and identified self.	2 0	
5.	Identified patient by checking ID bracelet and asking the patient to state their name and birthdate.	2 0	
6.	Verbally matched the patient identification to the requisition.	2 0	
7.	Explained the procedure and obtained consent.	2 0	
8.	Put on gloves.	2 0	
9.	Prepared glucose monitor, confirmed patient ID.	2 0	
10.	Selected, prepared, and cleansed site.	2 0	
11.	Performed capillary puncture, wiping away first drop of simulated blood.	2 0	
12.	Placed a second drop of simulated blood on the test strip.	2 0	
13.	Applied new gauze to patient's finger.	1 0	
14.	Read results and turn off the monitor.	2 0	
15.	Cleaned monitor and disposed of supplies.	2 0	
16.	Removed gloves and washed hands or used alcohol-based handrub for hand hygiene.	2 0	
17.	Completed environmental and patient safety checks.		
	a. Call bell within reach	1 0	
	b. Patient position	1 0	
	c. Patient belongings within reach	1 0	
	d. Offered patient elimination	1 0	
	e. Patient pain	1 0	
18.	Reinforced patient education and documented in patient chart.	2 0	
19.	Washed hands or used alcohol-based handrub for hand hygiene.	2 0	
20.	Used appropriate verbal and nonverbal communication with patient and other personnel.	2 0	
21.	Documented findings in the Nurses Notes.	2 0	
22.	Communicated findings to the nurse (judge).	2 0	
TOTAL POINTS -- SKILL		45	
70% Mastery for Skill = 31.5			

Competitor ID # _____

HOSA HOSPITAL Nurses' Notes

[illegible]