Mississippi Bureau of Emergency Medical Services



In Collaboration with:

National Registry of Emergency Medical Technicians

National Continued Competency Program (NCCP)

(NREMT Recertification Requirements)

Local Continued Competency Requirements (LCCR)

Education Guide

OVERVIEW OF THE NATIONAL CONTINUED COMPETENCY PROGRAM

The National Continued Competency Program has three overarching requirements:

- 1. NATIONAL Continued Competency Requirements (NCCR)
- 2. LOCAL Continued Competency Requirements (LCCR)
- 3. INDIVIDUAL Continued Competency Requirements (ICCR)



The required hours of education vary at each level of National EMS Certification level based upon the complexity of maintenance of continued competency, the invasiveness of the care provided, and the depth and breadth of the knowledge base.

The following table lists the required number of hours of continuing education for each level of National EMS Certification and the respective allowable Distributive Education (Table 1). Each overarching requirement is explained in detail in the following sections.

Table 1. NCCP Hour Requirements*

	National Requirements	Local Requirements	Individual Requirements	Total Hours
NREMR	8 (up to 3 DE)	4 (up to 3 DE)	4 (up to 4 DE)	16
NREMT	20 (up to 7 DE)	10 (up to 7 DE)	10 (up to 10 DE)	40
NRAEMT	25 (up to 8 DE)	12.5 (up to 8 DE)	12.5 (up to 12.5 DE)	50
NRP	30 (up to 10 DE)	15 (up to 10 DE)	15 (up to 15 DE)	60

^{*}Total Distributive Education (DE) allowance: NREMR 10 hours; NREMT 24 hours; NRAEMT 28.5 hours; NRP 35 hours

NATIONAL Continued Competency Requirements

The National Continued Competency Requirements (NCCR) replace the material currently taught in the traditional DOT refresher and represent 50% of the overall requirements necessary to renew National EMS Certification. Topics included in the National Continued Competency Requirements are updated every four years based upon input obtained from national EMS stakeholders. Topics chosen are informed by:

Evidenced-based medicine
Any changes in the National EMS Scope of Practice Model
Science-based position papers that affect EMS patient care
Patient care tasks that have low frequency yet high criticality
Peer-reviewed articles that improve knowledge to deliver patient care

Topics identified are then approved for inclusion into the National Continued Competency Program by the NREMT Board of Directors Continued Competency Committee. Further, every four years the NREMT will provide the educational materials (i.e., lesson plans) for the NCCR component to the EMS community. An overview of the current NCCR may be found in Appendix A.

Registrants may use a course only once toward the total number of hours required in each topic. Individuals may complete up to 1/3 of the NCCR as Distributive Education (DE; i.e., CECBEMS

Designation F3**, video review, directed studies, etc.). The maximum number of DE hours allowed for each level of certification for the national component can be found in **Table 2**. The total number of DE hours allowed for the NCCR will be decided by the NREMT's Continued Competency Committee and will be published with each change to the component topics.

Table 2. Maximum Number of DE Allowed for the NCCR	
	NCCR Maximum Allowable DE
NREMR	3 hours
NREMT	7 hours
NRAEMT	8 hours
NRP	10 hours

^{**}NOTE: CECBEMS uses the F3 designation for distributive education. Other CECBEMS designations F1 (one-time events), F2 (multiple-event activities), and F5 (Virtual Instructor Led Training-VILT) are not classified as distributive education.

LOCAL Continued Competency Requirements

Local Continued Competency Requirements are developed and delivered at the local EMS level. LCCR represents 25% of the necessary requirements for all provider levels. The LCCR topics are chosen by state and local authorities. These topics may include changes in local protocols, tasks which require remediation based upon a quality assurance system, and/or topics noted to be of importance based upon run data reported to the National EMS Information Systems from the local level. These topics are locally chosen and will likely be different for every EMS system in the nation.

Implementation of local competencies can occur via a variety of methods. Meetings of local EMS system authorities such as the Operations Manager, Off Line Medical Director, Training Officers and other officials can occur where topics can be identified based upon known data regarding local care. Following these meetings, educational methodologies can be utilized to determine how and when to deliver education to all affected providers in an EMS system.

In areas such as Mississippi, protocols involving systems of care may have a state initiated component. When these are implemented education regarding changes can be used to meet the local competency requirements.

Below is an example of how one local EMS system implemented the local competency requirement:

- 1. A meeting of the Operations Manager, Off Line Medical Director, Training Officer and some EMS supervisors occurred.
- 2. Data regarding runs that were reviewed to improve local delivery of care was gathered and reviewed by these officers.
- 3. Data that was obtained based upon local EMS system runs over the past year was presented to these officers.
- 4. The Off Line Medical Director suggested changes in local protocols and/or suggested enhanced interventions within the state scope of practice.
- 5. EMS supervisors suggested topics based upon feedback they had received from EMS providers regarding their desires or weaknesses.
- 6. The committee reviewed all of the data and input and determines top priorities and corresponding topics to be placed in the upcoming years local competencies.

7. The Training Officer contacted local medical authorities who had expertise over the topic, requested the Medical Director to participate and/or assigned a willing supervisor to develop education delivery models based upon the identified topics.

During monthly in-services, topics were presented by either, the local Off Line Medical Director, supervisor, educator, Training Officer or subject matter expert.

A roster of who attended the lectures was maintained by the Training Officer who then entered the information on the NREMT website so that all who attended received credit for the hours toward meeting the local competency requirements.

Mississippi Required Hours

Emergency Medical Technician		Paramedic	
Required: 10 hours		Required: 15 hours	
Documentation: MEMSIS Reporting requirements, documentation (See LCCR	2 hrs	Documentation: MEMSIS Reporting requirements, documentation (See LCCR	2 hrs
Topic)		Topic)	
Hazardous Materials: Use of Mandated	1 hrs	Hazardous Materials: Use of Mandated	1 hrs
Emergency Response Guide; HazMat		Emergency Response Guide; HazMat	
Special Circumstances for EMS;		Special Circumstances for EMS;	
CHEMPACK (See LCCR Topic)		CHEMPACK (See LCCR Topic)	
Performance Improvement and/or Data	1 hrs	Performance Improvement and/or Data	2 hrs
Quality (Approved through BEMS)		Quality (Approved through BEMS)	
Spinal Precaution (Approved through	1 hrs	Spinal Precaution (Approved through	1 hrs
BEMS)		BEMS)	
Training	5 hrs	Training	9 hrs
Officer and/or local Medical Director		Officer and/or local Medical Director	
Topic based on regional needs.		Topic based on regional needs.	

Mechanisms that can be used to choose local topics include, but are not limited to:

Changes in local protocols
Tasks that require remediation based upon a quality assurance system
National EMS Information Systems (NEMSIS)

Individuals may complete up to 2/3 of the LCCR as Distributive Education (DE; i.e., CECBEMS Designation F3**, video review, directed studies, etc.) The maximum number of DE hours allowed for each level of certification for the local component can be found in **Table 3**.

Table 3. Maximum Number of DE Allowed for the LCCR	
	LCCR Maximum Allowable DE
NREMR	3 hours
NREMT	7 hours
NRAEMT	8 hours

NRP 10 hours	
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**NOTE: CECBEMS uses the F3 designation for distributive education. Other CECBEMS designations F1 (one-time events), F2 (multiple-event activities), and F5 (Virtual Instructor Led Training-VILT) are not classified as distributive education.

Practice performance (skills) competency

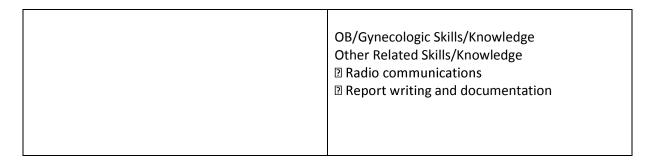
As with the traditional recertification model, verification of skill competence is required at the local level. Training Officers are responsible for the attestation of skill competency for NREMTs. Off Line Medical Directors are responsible for the attestation of skill competency for NRPs. A detailed description of the skills requiring verification of continued competence may be found in **Table 4.** The expectation of validation of this part of the local requirements is that the EMS professional has been verified as competent over every required skill and any necessary remediation has been undertaken.

Competency may be verified through any of the following methods:

Quality assurance or quality improvement programs
Direct observation of the skills being performed in an actual setting
Other means of skill evaluation (practical testing, etc.)

Table 4. Required Continued Competency Skills for NREMTs and NRPs

NREMT	NRP
Patient Assessment/Management	Patient Assessment/Management
Medical and trauma	2 Medical and trauma
Ventilatory Management Skills/Knowledge	Ventilatory Management Skills/Knowledge
② Simple adjuncts	Simple adjuncts
Supplemental oxygen delivery	Supplemental oxygen delivery
Bag-valve-mask	☑ Supraglottic airways (PTL, Combitube, King LT)
o One-rescuer	Endotracheal intubation
o Two-rescuer	2 Chest decompression
	② Transtracheal Jet Ventilation/Cricothyrotomy
Cardiac Arrest Management	
② Automatic External Defibrillator (AED)	Cardiac Arrest Management
	② Megacode & ECG recognition
Hemorrhage Control & Splinting Procedures	Therapeutic modalities
Spinal Immobilization	② Monitor/defibrillator knowledge (setup,
Seated and lying patients	routine maintenance, pacing)
OB/Gynecologic Skills/Knowledge	Hemorrhage Control & Splinting Procedures
Other Related Skills/Knowledge	IV Therapy & IO Therapy
Radio communications	Medication administration
Report writing and documentation	
	Spinal Immobilization
	Seated and lying patients



INDIVIDUAL Continued Competency Requirements

The Individual Continued Competency Requirements (ICCR) represent 25% of the required continuing education. To satisfy these requirements, an individual may select any EMS-related education.

There are no limitations on the number of hours in a specific topic, however, an individual may not use the same course more than once in a registration cycle. Individuals may complete all of the ICCR as Distributive Education (DE; i.e., CECBEMS Designation F3**, video review, directed studies, etc.). The maximum number of DE hours allowed for each level of certification for the individual component can be found in **Table 5**.

Table 5. Maximum Number of DE Allowed for the ICCR

	ICCR Maximum Allowable DE	
NREMR	4 hours	
NREMT	10 hours	
NRAEMT	12.5 hours	
NRP	15 hours	

^{**}NOTE: CECBEMS uses the F3 designation for distributive education. Other CECBEMS designations F1 (one-time events), F2 (multiple-event activities), and F5 (Virtual Instructor Led Training-VILT) do are not classified as distributive education.

Recertification

To recertify with the NCCP Method, there are two options:

- **1. Recertification by Examination:** The recertification by examination option enables you to demonstrate continued cognitive competence without requiring you to document continuing education. This option is available during the last six months of your recertification cycle.
- 2. Continuing Education Method: The continuing education option allows you to demonstrate continued cognitive competency by documenting the hours of continuing education you completed during your certification cycle. The NREMT online recertification process to may be used to track your continuing education hours, affiliate with your agency and submit your application online for faster processing.

Compe	etency Program (NCCR, LCCR and ICCR):
	Hour-for-hour credit can be applied for standardized courses (including, but not limited to, ABLS, ACLS, AMLS, EMPACT, EPC, ITLS, PHTLS, PALS, PEPP, etc.)
	Credit can be applied for college courses that relate to your role as an EMS professional (1 college credit = 8 hours of continuing education). Examples include, but not limited to, anatomy, physiology, biology, chemistry, pharmacology, psychology, sociology, statistics, etc.
	Hours from the following courses can be applied hour-for-hour with no maximum: Advanced Trauma Life Support, EMS Course Instruction, and Wilderness EMS Training.
	lowing cannot be applied towards the new National Continued Competency Program (NCCR, nd ICCR):
	Performance of duty or volunteer time with agencies
	Clinical rotations
	Instructor methodology courses
	Management/leadership courses
	Preceptor hours
	Serving as a skills examiner

The following are maximum hours per course that can be applied towards the new National Continued

NOTE: Course hours may be split between two or more topic areas of the NCCR or between components (NCCR, LCCR and ICCR). Registrants may use a course only once toward the total number of hours required in the NCCR. Local (LCCR) hours are defined by the Medical Director/Training Officer, the State, or both. There are no limitations on the number of hours in a specific topic are for the ICCR, however, registrants may not use the same course more than once in a registration cycle.

Excess hours from a course can be carried over to another requirement area. For example, if an eight hour class meets the requirements for use in 6 hours of the NCCR the remaining 2 hours can be used to satisfy hour requirements of the LCCR or ICCR.

ACCEPTABLE CONTINUING EDUCATION METHODOLOGIES

APPROVAL OF CONTINUING EDUCATION (CE)

The National Registry of Emergency Medical Technicians does not approve or endorse initial or continuing EMS Education.

The Continuing Education Coordinating Board for Emergency Medical Services (CECBEMS) and state EMS offices approve and accredit continuing education offerings.

CONTINUING EDUCATION

Continuing Education may occur at the EMS system level with multiple EMS providers present or by individuals seeking to meet the recertification requirements. This guide includes types of education individuals or systems may use to deliver the education requirements.

When an EMS system hosts education for groups of EMS providers, multiple provider levels may receive the education. Education does not have to be offered separately at each level. When groups of different levels of providers are present, the Training Officer may structure the course so that fundamental information is offered to all providers and then advanced level information regarding interventions can be offered to advanced providers toward the end of the educational offering as an example. When topics are unique to a level only those providers need to be present.

Individuals seeking to meet the requirements may do so via offerings within their EMS systems or via other methods. Other methods may include:

Structured Continuing Education
Formal Training Programs
Conferences and Symposia
Globally Recognized Continuing Education Courses (such as ACLS, PHTLS, ITLS, etc.)
Distributive Education (NCCR=no more than 1/3; LCCR=no more than 2/3; ICCR=unlimited)
Case Reviews
Grand Rounds
Directed Studies
Teaching

An explanation of acceptable education methodologies can be found in the *National Continued Competency Program: Training Officer Guide.*

NREMT – National Component	20 Hours
Airway, Respiration & Ventilation	
Ventilation	[3 hours]
☐ Minute ventilation	
☐ Effect on cardiac output	
☐ Assisted Ventilation	
 Respiratory failure versus distress 	
 Adjuncts 	
Automatic Transport	
Ventilator	
 Positioning 	
Oxygenation	[1 hour]
	4 total hours
	Airway, Respiration and Ventilation
Cardiovascular	1

NREMT – National Component	20 Hours
Post-Resuscitation Care Recognition of Return of Spontaneous Circulation (ROSC) Oxygenation Induced hypothermia (only limited depth and breadth)	[0.5 hours]
Stroke Assessment (stroke scale) Oxygen administration Time of onset (duration) Transport destination	[1 hour]
Cardiac Arrest & Ventricular Assist Devices	[0.5 hours]
Cardiac Rate Disturbance (Pediatric) Tachycardia Bradycardia Irregular pulse	[1 hour]
Pediatric Cardiac Arrest Optimal chest compressions Techniques Ventilation/Compression ratio Single and 2-Rescuer CPR AED use	[2 hours]
Chest Pain from Cardiovascular Cause (Adult) Medication administration Nitroglycerin Aspirin (ASA) Oxygen Transportation destination	[1 hour]
	6 total hours Cardiovascular
Trauma	
CNS Injury Concussion	[0.5 hours]
Tourniquets	[0.5 hours]
Field Triage Model Uniform Core Criteria (MUCC) CDC Trauma Triage Decision Scheme Sort, Assess, Lifesaving Interventions, Treatment/Transport (SALT)	[1 hour]
	2 total hours Trauma

NREMT – National Component	20 Hours
Medical	
Special Healthcare Needs Tracheostomy care Dialysis shunts How to deal with patient and equipment Feeding tubes, VP shunts, etc. Cognitive issues	[1 hour]
OB Emergency Abnormal presentations Nuchal cord Neonatal resuscitation Routine suctioning of the neonate	[1 hour]
Psychiatric Emergencies Mental health Patient restraint Agitated delirium (only limited depth and breadth) Suicide/Depression	[1.5 hours]
Endocrine Diabetes Metabolic Syndrome (only limited depth and breadth) Insulin resistance, DKA/HHNS Medication pumps (only limited depth and breadth) Insulin Glucometer (only limited depth and breadth)	[1 hour]
Immunological Diseases Allergic reaction Anaphylaxis	[1 hour]
Communicable Diseases Hygiene (hand washing, etc.) Vaccines Antibiotic resistant infections Influenza Public health – epidemics, pandemics, reporting, etc. Systematic inflammatory response syndrome (SIRS) versus sepsis versus septic shock Fluid resuscitation	[0.5 hours]

NREMT – National Component	20 Hour
	6 total hours Medical
Operations	
At-Risk Populations Pediatric Geriatric Economically disadvantaged Domestic violence Human trafficking Pediatric Transport	[0.5 hours]
Affective Characteristics Professionalism Cultural competency Changing demographics	[0.5 hours]
Role of Research	[0.5 hours] 2 total hours Operations

NRP – National Component	30 Hours
Airway, Respiration & Ventilation	
Ventilation	[2 hours]
Capnography	[1 hour]
Advanced Airway Management in the Perfusing	[1 hour]
Patient	[]
	4 total hours
	Airway, Resp & Vent
Cardiovascular	
Post-Resuscitation Care	[2 hours]
☐ Recognition of Return of Spontaneous	
Circulation	
□ Oxygenation	
☐ Induced hypothermia (only limited depth	
and breadth)	
Ventricular Assist Devices	[0.5 hours]
Stroke	[1.5 hours]
☐ Assessment	
 Oxygen administration 	
☐ Time of onset (duration)	
☐ Transport destination	
☐ Fibrinolytics check sheet	

NRP – National Component	30 Hours
Cardiac Arrest	[2 hours]
☐ Chain of survival	
☐ Optimal chest compressions	
 Depth, rate, recoil & pause 	
☐ Airway issues in cardiac arrest	
 Halting CPR to intubate 	
 Hyperventilation 	
 Supraglottic vs ETT vs BVM 	
 Termination decision criteria 	
 NAEMSP/AHA Position 	
☐ ETCO₂ changes during arrest and ROSC	
Congestive Heart Failure	[0.5 hours]
☐ Recognition	
☐ Treatment	
Pediatric Cardiac Arrest	[2.5 hours]
☐ Optimal chest compressions	
o Techniques	
□ Ventilation/Compression ratio	
o Single and 2-Rescuer	
ALS Management	
Unique causes of pediatric cardiac arrest	
(only limited depth and breadth) O HOCM	
Commotio cordis	
o Long QT	
AHA Channelopathy	
ACS	[1 hour]
☐ 12 Lead Review	[Thous
STEMI imposters	
	10 total Hours
	Cardiovascular
Trauma	
CNS Injury	[2 hours]
© Concussion	[
☐ ETCO₂ monitoring	
Tourniquets	[0.5 hours]
Field Triage	[1 hour]
Model Uniform Core Criteria (MUCC)	
☑ CDC Trauma Triage Decision Scheme	
☑ Sort, Assess, Lifesaving Interventions,	
Treatment/Transport (SALT)	
Fluid Resuscitation	[0.5 hours]
2 Physiology	
Effects of over-loading	

NRP – National Component	30 Hours
Tradional component	4 total hours
	Trauma
Medical	
Special Healthcare Needs	[2 hours]
☐ Tracheostomy care	[2 Hours]
☐ Dialysis shunts	
☐ How to deal with patient and equipment	
 Feeding tubes, CSF shunts, etc. 	
☐ Cognitive issues	
OB Emergency	[1 hour]
☐ Abnormal presentation	[211001]
Nuchal cord	
☐ Neonatal resuscitation	
 Routine suctioning of the 	
neonate	
Communicable Diseases	[1 hour]
☐ Hygiene (hand washing, etc.)	
□ Vaccines	
 Antibiotic resistant infections 	
□ Influenza	
☐ Public health — epidemics, pandemics,	
reporting, etc.	
☐ SIRS versus sepsis versus septic shock	
 Fluid resuscitation 	
☐ Appropriate precautions	
Medication Delivery	[1 hour]
☐ IM vs SC (e.g., epi)	
o Atomized/Nasal	
Pain Management	[1 hour]
□ NAEMSP recommendations	
AAP pediatric pain management	Maria di
Psychiatric Emergencies	[1 hour]
☐ Mental health	
Patient restraint Asitated deligium (aply limited)	
 Agitated delirium (only limited depth and breadth) 	
Suicide/Depression	
Operations	
•	[1 hour]
At-Risk Populations Pediatric	[1 hour]
Geriatric	
Economically disadvantagedDomestic violence	
☐ Human Trafficking	
unian namuking	

NRP – National Component	30 Hours
Pediatric Transport	[0.5 hours]
Culture of Safety	[0.5 hours]
☐ Adverse event reporting	
☐ Medication safety	
Affective Characteristics	[1 hour]
Professionalism	
Cultural competency	
 Changing demographics 	
Crew Resource Management	[1 hour]
Role of Research	[1 hour]
	5 total hours
	Operations