

You may complete continuing education equivalent to a Refresher Course if one is not required by your state. You may count education received in lectures, standardized courses (such as ABLS, ACLS, PEPP, PALS, PHTLS, ITLS, etc.), college courses, in service training, case reviews, conferences, etc. Up to 10 hours of the refresher training can be by Distributive Education (online, video or magazine-based).

You must ensure that you cover every topic within the four divisions of the mandatory core content. You must also cover each of the five divisions of the flexible core content; however, you are **not** required to cover each topic.

Mandatory Core Content

Airway, Breathing and Cardiology

- 6 hours
- Provide ventilatory support for a patient
  - Attempt to resuscitate a patient in cardiac arrest
  - Provide care to a patient experiencing cardiovascular compromise
  - Provide post resuscitation care to a cardiac arrest patient

Medical Emergencies

- 2 hours
- Assess and provide care to a patient experiencing an allergic reaction
  - Assess a patient with possible overdose
  - Assess and provide care to a near-drowning patient

Trauma

- 4 hours
- Perform a rapid trauma assessment
  - Assess a patient with a head injury
  - Assess and provide care to a patient with suspected spinal injury
  - Provide care to a patient with a chest injury
  - Provide care to a patient with an open abdominal injury
  - Provide care to a patient with shock/hypoperfusion

Obstetrics and Pediatrics

- 6 hours
- Assess and provide care to an infant or child with cardiac arrest
  - Assess and provide care to an infant or child with respiratory distress
  - Assess and provide care to an infant or child with shock/hypoperfusion
  - Assess and provide care to an infant or child with trauma

18 hours

Flexible Core Content

Airway, Breathing and Cardiology

- 6 hours
- Assess and provide care for respiratory distress in an adult patient
  - Use oxygen delivery system components
  - Perform techniques to assure a patent airway
  - Assess and provide care to a patient experiencing non-traumatic chest pain/discomfort

Medical Emergencies

- 4 hours
- Assess and provide care to a patient with an altered mental status
  - Assess and provide care to a patient with a history of diabetes
  - Assess and provide care to a patient experiencing a seizure
  - Assess and provide care to a patient exposed to heat or cold
  - Assess and provide care to a patient experiencing a behavioral problem
  - Assess and provide care to a patient with suspected communicable disease

Trauma

- 1 hour
- Provide care to a patient with a painful, swollen, deformed extremity
  - Assess and provide care to a patient with burn injury

Obstetrics and Pediatrics

- 6 hours
- Assess and provide care to an infant or child with suspected abuse or neglect
  - Assess and provide care to an infant or child with a fever
  - Assess and provide care for an obstetric patient
  - Provide care to a newborn
  - Provide care to a mother immediately following delivery of a newborn

Operational Tasks

- 1 hour
- Use body mechanics when lifting and moving a patient
  - Communicate with a patient while providing care

18 hours

85  
Intermediate

How to Maintain Your  
National EMS Certification  
Re-certification Requirements



...certification gives you  
...recognized credibility across the nation and demonstrates your desire to serve  
public with the highest standards. Your certification will continue to serve you well  
during the course of your EMS career.

National Registry of  
Emergency Medical Technicians®  
THE NATION'S EMS CERTIFICATION

Individuals requiring a National Registry card to work must submit re-certification materials to the NREMT for processing by February 15 (of the year your certification expires.)

Re-certification applications are mailed in November, prior to your expiration date. Returned applications must be postmarked no later than March 31 of the year your certification expires.

## Re-certification Application Options

Once you've completed the continuing education requirements indicated in this brochure, you can re-certify in the following ways:

1. Complete the re-certification form you will receive in the mail **OR**
2. Download and complete a re-certification form from the NREMT website **OR**
3. Go to **www.nremt.org**, fill out the on-line re-certification form, print it and mail it with signatures.

### To Re-certify You Need to:

1. Be actively working within an emergency medical service, rescue service, or patient health care facility using your ALS skills.

If this is your first re-certification renewal and you wish to request Inactive Status, you must have worked at least six months.

2. Complete all re-certification requirements.
3. Demonstrate continued cognitive competency through continuing education or examination.
4. Submit a complete re-certification application prior to March 31 (of the year your certification expires).

#### Continuing Education Option

Complete a total of 72 hours of education including:

- Completion of an approved DOT National Standard Intermediate 85 Refresher
- Completion of 36 hours of **additional** continuing EMS related education as outlined in this document
- Pay the \$15 non-refundable application processing fee at the time of submission of documentation

All continuing education hours, to include the refresher, must be completed within the current re-certification cycle. Education completed prior to your previous March 31 expiration date will NOT be accepted. If this is your first re-certification, only education completed after the date of the initial registration will be accepted. See reverse side for detailed re-certification requirements.

5. Maintain skills as verified by your Physician Medical Director. (Requires signature on your re-certification application validating competency of skills).
6. Obtain CPR certification at the appropriate level current to March 31.

#### Exam Option

The re-certification by examination option enables you to demonstrate continued cognitive competence without requiring you to document your continuing education.

- Establish an account on the NREMT website at [www.nremt.org](http://www.nremt.org) and complete a re-certification by examination application and pay the \$100 exam fee.
- After 24-48 hours, go the NREMT website, login to your account and print your Authorization to Test (ATT) letter. Follow the directions on the letter to schedule your exam.
- Take and pass the exam between October 1 and March 15 (of the year your certification expires.) You will receive an abbreviated re-certification application upon successful completion of the exam.
- Return the abbreviated re-certification application by March 31 (of the year your certification expires) with signatures and supporting documentation.

**All other re-certification requirements (including felony statement, CPR/ACLS certification, active affiliation/practice, verification of skills, Physician Medical Director signature, etc.) must still be met and verified.**

You will receive an abbreviated re-certification application upon successful completion of the exam.

You may make one attempt to demonstrate continued cognitive competency by taking an examination (in lieu of documenting continuing education) within six months of your expiration date (October 1 through March 31).

## Terms of Re-certification

In applying for re-certification, registrants agree to comply with all re-certification requirements, rules and standards of the NREMT. The registrant bears the burden of demonstrating and maintaining compliance at all times. The NREMT considers the individual to be solely responsible for his/her certification. Individuals must notify NREMT, within 30 days, of change of mailing address. Change of mailing address can be made via our website: [www.nremt.org](http://www.nremt.org). Individuals must notify the NREMT,

REQUIREMENTS	NOTE: A total of 72 hours of EMS education is required to re-certify.	
<b>1. Refresher</b>  Completion of an approved DOT National Standard EMT-Intermediate 85 Refresher Course  (36 hours)	<b>(1) Traditional refresher course</b>  Completion of an approved 36 hour DOT National Standard Intermediate 85 Refresher or CECBEMS approved refresher courses.*  *A maximum number of 10 hours can be applied from Distributive Education section and must be state or CECBEMS approved. **Some states require the traditional refresher course and will not accept other approved courses.  **Some states require the traditional refresher course and will not accept other approved courses.	<b>(2) Continuing education</b>  Intermediate 85 refresher course or CECBEMS approved refresher course. Continuing education hours must be state or CECBEMS approved. Continuing education hours must be state or CECBEMS approved. Continuing education hours must be state or CECBEMS approved.
<b>2. Additional EMS Related Continuing Education</b>  (36 hours)	The following are maximum hours per course that can be applied towards Additional EMS Related Continuing Education hours: <ul style="list-style-type: none"><li>■ A maximum number of 18 hours can be applied from any one topic area.</li><li>■ A maximum number of 16 hours can be applied from each of the following: AMLS, BTLS, ITLS, NREMT, etc. and teaching.</li><li>■ A maximum number of 16 hours can be applied from each of the following: AMLS, BTLS, ITLS, NREMT, etc. and teaching.</li></ul>	
<b>3. CPR Certification</b>	Submit proof of CPR certification through the NREMT website or by mail.	
<b>To obtain local EMS training, contact your local EMS training center.</b>		

Hours from the following can be applied towards Additional Continuing Education:  
Advanced Trauma Course, Advanced Life Support Course, home study programs, etc.

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