

Paramedic Refresher Requirements

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

- 8 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
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Medical Emergencies

- 3 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
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Trauma

- 5 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

- 8 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
-

24 hours

Flexible Core Content

Airway, Breathing and Cardiology

- 8 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
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Medical Emergencies

- 5 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
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Trauma

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

- 8 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 the obstetric patient
 - Provide care to the newborn
 - Provide care to the mother immediately following delivery of a newborn
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Operational Tasks

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

24 hours

Paramedic

How to Maintain Your
National EMS Certification
Recertification Requirements



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

www.nremt.org



Accredited by the National Commission on Certifying Agencies

Paramedic Recertification Requirements

Thank you for your commitment to recertification. NREMT certification gives you recognized credibility across the nation and demonstrates your desire to serve the 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 recertification materials to the NREMT for processing by February 15 (of the year your certification expires.)

Recertification 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.

Recertification Application Options

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

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

To Recertify 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 recertification renewal and you wish to request Inactive Status, you must have worked at least six months.

2. Complete all recertification requirements.
3. Demonstrate continued cognitive competency through continuing education or examination.
4. Submit a complete recertification 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 Paramedic Refresher
 - Completion of 24 hours of **additional** continuing EMS related education as outlined in this document
 - Pay the \$20 (U.S. funds) 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 recertification cycle. Education completed prior to your previous March 31 expiration date will NOT be accepted. If this is your first recertification, only education completed after the date of the initial registration will be accepted. See reverse side for detailed recertification requirements.*

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

Exam Option

The recertification 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. Complete a recertification by examination application and pay the \$110 (U.S. funds) 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 recertification application upon successful completion of the exam.
- Return the abbreviated recertification application by March 31 (of the year your certification expires) with signatures and supporting documentation.

All other recertification 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 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 Recertification

In applying for recertification, registrants agree to comply with all recertification requirements, rules and standards of the NREMT. The registrant bears the burden of demonstrating and maintaining compliance at all times. The NREMT considers individuals to be solely responsible for their 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. Individuals must notify the NREMT, within 30 days, of any felony convictions.

Individuals must notify the NREMT, within 30 days, of any disciplinary action taken by any state that has resulted in the following:

- Suspension, revocation, or expiration of state registration/license
- Termination of right to practice
- Voluntary surrender of state registration/license while under investigation

Disciplinary Policy/Revocation of Certification

NREMT has disciplinary procedures, rights of appeals, and due process within its policies. Individuals applying for

certification or recertification who wish to exercise these rights may contact the NREMT for copies of the Disciplinary Procedures. Requests to appeal must be submitted within forty five (45) days of receipt of notice of a determination.

Audits

The National Registry reserves the right to investigate recertification material at any time. You must retain documentation of all continuing education. Failure to submit education when audited will result in denial of eligibility to recertify.

REQUIREMENTS	NOTE: A total of 72 hours of EMS education is required to recertify.	
1. Refresher Complete an approved DOT National Standard EMT-Paramedic Refresher (48 hours)	The Paramedic refresher course can be completed through two different options: (1) Traditional refresher course Completion of an approved 48 hour DOT National Standard Paramedic Refresher or CECBEMS approved refresher course. <i>*Some states require the traditional refresher course and will not accept continuing education hours. Please refer to your state's particular requirements.**A maximum number of 10 hours can be applied from Distributive Education towards this section and must be state or CECBEMS approved.</i>	(2) Continuing education topical hours Paramedic refresher may be completed by continuing education* and must include both mandatory and flexible content. See the reverse side for more information.**
2. Additional EMS Related Continuing Education (24 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"> ■ A maximum number of 12 hours can be applied from any one topic area. ■ Hour for hour credit can be applied for standardized courses (including, but not limited to, ABLS, ACLS, AMLS, PHTLS, PALS, PEPP, etc.) and teaching EMS courses. ■ A maximum number of 12 hours can be applied from each of the following courses: Teaching CPR <ul style="list-style-type: none"> • Emergency Driving • Dispatch Training. 	<ul style="list-style-type: none"> ■ A maximum number of 12 hours can be applied from Distributive Education towards this section and must be state or CECBEMS approved. College Courses Hour for hour credit can be applied for college courses that relate to your role as an EMS professional (for example, but not limited to, anatomy, physiology, biology, chemistry, pharmacology, psychology, sociology, statistics, etc.)
3. ACLS	Submission of approved ACLS equivalent to current AHA Guidelines for CPR and ECC. Credential must be current through March 31. Verification may be in the form of a card or certificate.	
4. CPR Certification	Submission of approved CPR credential for the professional rescuer. Credential must be current through the March 31. Verification may be in the form of an instructor's signature on the recertification form or copies of both sides of a current card.	

To obtain locations for continuing education, contact your state EMS office or local EMS training center.

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.

Courses That Cannot Be Applied Towards Additional Continuing Education Hours: Clinical Rotations, CPR, First Responder Course, home study programs, instructor courses, management/leadership courses, performance of duty, preceptor hours, serving as a skill examiner, and volunteer time with agencies.