

# 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, EMPACT, 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

### 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

### 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

### 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

### 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

- 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 an obstetric patient
  - Provide care to a newborn
  - Provide care to a mother immediately following delivery of a newborn

### Operational Tasks

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

**24 hours**

National Registry of Emergency Medical Technicians®  
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HOW TO MAINTAIN YOUR  
NATIONAL EMS CERTIFICATION  
*Recertification Requirements*

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



Supporting the National EMS Education Standards

# 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.

If your employer requires you to maintain National Registry certification you 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. Completed applications must be postmarked no later than March 31 of the year your certification expires.

## Recertification Application Options

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

1. Log in to your NREMT account and use the online recertification process OR
2. Complete the recertification form you will receive in the mail OR
3. Download and complete a recertification form from the NREMT website.

## To Apply for Recertification You Need to:

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

If you wish to request Inactive Status and this is your first recertification, you must provide documentation that you have worked in a patient care setting for at least six months.

2. Complete all recertification requirements.
3. Demonstrate continued cognitive competency through continuing education or examination.
4. Submit your completed 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 a state or CECBEMS (F1, F2, F5) approved 48 hour refresher or continuing education covering the mandatory and flexible topics
- Completion of 24 hours of additional continuing EMS related education as outlined in this document
- Pay the \$20 (U.S. funds) non-refundable 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 chart for detailed recertification requirements.

5. Maintain skills as verified by your Physician Medical Director. (Requires original or electronic signature on your recertification application validating competency of skills).

6. Obtain CPR certification at the appropriate level.

### Exam Option

Recertification by examination option enables you to demonstrate continued cognitive competence without requiring you to document your continuing education.

- Log in to your NREMT account. Complete a recertification by examination application and pay the exam fee. Be sure you are completing the *recertification* application (and not the initial certification application)
- After 24-48 hours, go to the NREMT website, log in 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 by March 31 (of the year your certification expires). You may make one attempt to demonstrate cognitive competency by taking an exam (in lieu of documenting continuing education). 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 be met and verified.

## Lapsed Certification

If your National EMS Certification has lapsed within a two-year period, or you are currently state licensed as an Paramedic you must:

1. Document successful completion of 48 hour State or CECBEMS (F1, F2, F5) approved refresher
2. Complete an online application and pay the application fee and
3. Successfully complete the Paramedic cognitive and psychomotor examinations.

If your National EMS Certification has lapsed beyond a two-year period and your state licensure/certification has also expired, you must apply to re-enter the National Registry via the Paramedic Re-entry Policy (available at [www.nremt.org](http://www.nremt.org)).

## 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 the 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 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

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

Requirements	NOTE: A total of 72 hours of EMS education is required to recertify.
<b>1. Refresher</b> Completion of a State or CECBEMS (F1, F2, F5) approved 48 hour Refresher Course OR Continuing Education (48 hours)	The Paramedic refresher course can be completed through two different options: (1) Traditional refresher course Completion of a State or CECBEMS (F1, F2, F5) approved 48 hour refresher course.* (2) Continuing education topic hours Paramedic refresher may be completed by continuing education** and must include both mandatory and flexible content. See the reverse side for more information. <i>*A maximum number of 10 hours can be applied from Distributive Education (online, video, or magazine-based) towards this section and must be state or CECBEMS approved.</i> <i>**Some states require the traditional refresher course and will not accept continuing education hours. Please refer to your state's particular requirements.</i>
<b>2. Additional EMS Related Continuing Education</b> (24 hours)	The following are maximum hours per course that can be applied towards Additional EMS Related Continuing Education hours: • A maximum number of 12 hours can be applied from any one topic area • Hour for hour credit can be applied from each of the following courses: ABLS, ACLS, AMLS, EMPACT, EPC, PEPP, PALS, PHTLS, ITLS, etc. • A maximum number of 12 hours can be applied from each of the following courses: Teaching CPR • Emergency Driving • Dispatch Training • A maximum number of 12 hours can be applied from Distributive Education (online, video, or magazine-based) towards this section and must be state or CECBEMS approved College Courses (1 college credit = 8 CEU) 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, microbiology, pharmacology, psychology, sociology, statistics, etc.)
<b>3. CPR Certification</b>	Submission of approved CPR credential for the professional rescuer. Credential must be current and valid. Verification may be in the form of an instructor's signature on the recertification application or copies of both sides of a current card.
<b>4. ACLS</b>	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.

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, Emergency Medical 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.