## Refresher Requirements

You may complete state or CECBEMS (F1, F2, F3*, F5) approved 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 may be completed through Distributive Education (online, CECBEMS F3 video, magazine-based).

### Mandatory Core Content

<table>
<thead>
<tr>
<th>Category</th>
<th>Hours</th>
<th>Topics</th>
</tr>
</thead>
</table>
| Airway, Breathing and Cardiology  | 8     | - Provide ventilatory support for a patient  
- Attempt to resuscitate a patient in cardiac arrest  
- Provide care to a patient who is experiencing cardiovascular compromise  
- Provide post-resuscitation care for a cardiac arrest patient |
| Medical Emergencies               | 3     | - Assess and provide care to a patient who is experiencing an allergic reaction  
- Assess and provide care to a patient who has a possible overdose  
- Assess and provide care to a drowning patient |
| Trauma                            | 5     | - Perform a primary survey  
- Assess a patient who has a head injury  
- Assess and provide care to a patient who has a suspected spinal injury  
- Provide care to a patient who has a chest injury  
- Provide care to a patient who has an open abdominal injury  
- Provide care to a patient who has shock/hypoperfusion |
| Obstetrics and Pediatrics         | 8     | - Assess and provide care to an infant or child in cardiac arrest  
- Assess and provide care to an infant or child who has respiratory distress  
- Assess and provide care to an infant or child who has shock/hypoperfusion  
- Assess and provide care to an infant or child who has trauma |
|                                    |       | 24 hours                                                                                                                                 |

### Flexible Core Content

<table>
<thead>
<tr>
<th>Category</th>
<th>Hours</th>
<th>Topics</th>
</tr>
</thead>
</table>
| Airway, Breathing and Cardiology  | 8     | - Assess and provide care for an adult patient who has respiratory distress  
- Use oxygen delivery system components  
- Perform techniques to ensure a patient airway  
- Assess and provide care to a patient who is experiencing non-traumatic chest pain/discomfort |
| Medical Emergencies               | 5     | - Assess and provide care to a patient who has altered mental status  
- Assess and provide care to a patient who has a history of diabetes  
- Assess and provide care to a patient who is experiencing a seizure  
- Assess and provide care to a patient who was exposed to heat or cold  
- Assess and provide care to a patient who is experiencing a behavioral problem  
- Assess and provide care to a patient who has a suspected communicable disease |
| Trauma                            | 1     | - Provide care to a patient who has a painful, swollen, deformed extremity  
- Assess and provide care to a patient who has a burn injury |
| Obstetrics and Pediatrics         | 8     | - Assess and provide care to an infant or child who has suspected non-accidental trauma or neglect  
- Assess and provide care to an infant or child who has a fever  
- Assess and provide care to an obstetric patient  
- Provide care to a newborn  
- Provide care to a mother immediately following delivery of a newborn |
| Operational Tasks                 | 2     | - Use body mechanics when lifting and moving a patient  
- Communicate with a patient while providing care |
|                                    |       | 24 hours                                                                                                                                 |

**Notes:**
- 24 hours may be completed through Distributive Education (online, CECBEMS F3 video, magazine-based).
- 8 hours may be completed through Distributive Education (online, CECBEMS F3 video, magazine-based).
- 1 hour may be completed through a brief written or oral examination given by an employer or health care facility.

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The Nation's EMS Certification™

Nationally Registered Paramedic (NRP)

How to Maintain Your National EMS Certification

2015-2016 Recertification Requirements

National Registry of Emergency Medical Technicians®
6610 Busch Blvd.
Columbus, OH 43229
614-888-4484
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Revised 09/2015
Thank you for your commitment to recertification. National EMS 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.

### Recertification by Examination Option

This option enables you to demonstrate continued cognitive competency without documenting continuing education.

- **Login to your NREMT account.** Complete a recertification by examination application and pay the exam fee. **NOTE:** Be sure you complete the recertification application and not the initial entry application. After 24-48 hours, login to your NREMT account and print your Authorization to Test (ATT) letter. Follow the directions in the letter to schedule your exam.
- **You may make one attempt to take and pass the exam between October 1 and March 31, 2016.** A cognitive competency by exam form will become available through your NREMT account upon successful completion of the exam.
- **Return your completed cognitive competency by exam form by March 31, 2016** with signatures and supporting documentation.

### Continuing Education Option

- **Complete a total of 72 hours of continuing education including:**
  - A state or CECBEMS (F1, F2, F3*, F5) approved 48 hour Paramedic refresher or equivalent state or CECBEMS approved continuing education.
  - 24 hours of additional state or CECBEMS (F1, F2, F3*, F5) approved EMS-related continuing education.
  - Pay the $20 (US funds only) non-refundable processing fee at the time of submission of application. Effective 10/1/15: all paper recertification applications will require an additional $5.00 non-refundable processing fee in addition to your recertification fee.

All continuing education hours, to include the refresher, must be completed within the current certification cycle. Education completed during your previous certification cycle will not be accepted. If you failed your first time to recertify, only education completed after the date you became nationally certified will be accepted.

*See chart on page 1 of this brochure for detailed continuing education requirements and allowances regarding distributive education.

### Reinstatement

If you fail to submit your application by March 31, 2016, and all education requirements have been completed, you may request reinstatement of your National EMS Certification until April 30, 2016 for a $50 reinstatement fee in addition to your $20 processing fee ($70 total). Effective 10/1/15: all paper recertification applications will require an additional $5.00 paper processing fee in addition to your recertification and reinstatement fee.

### Terms of Recertification

In applying for recertification registrants agree to comply with all recertification requirements, rules and standards of the NREMT. The NREMT reserves the right to investigate recertification material at any time. You must retain verification of all education submitted. Failure to submit documentation when audited will result in denial of eligibility to recertify.

**Required Education**

- A maximum of 10 hours can be applied from Distributive Education (online, CECBEMS, F3, video, or magazine-based) towards this section and must be state or CECBEMS approved.
- Some states require the traditional refresher course and will not accept continuing education hours. Please refer to your state’s particular requirements.

**Additional Requirements**

- A maximum of 12 hours can be applied from each of the following courses:
  - Teaching CPR - Emergency Driving - Basic Life Support - Care of Special Populations
  - Credit can be applied for college courses that relate to your role as an EMS professional (1 college credit = 8 hours of continuing education, not to exceed 12 hours per topic). For example, but not limited to, anatomy, physiology, biology, chemistry, pharmacology, psychology, sociology, etc.

All additional EMS-related continuing education must be state or CECBEMS (F1, F2, F3*, F5) approved. If you failed your first time to recertify, only education completed after the date you became nationally certified will be accepted.

### To Obtain Locations for Continuing Education, contact your state EMS office or local EMS training center.

- **For paper applications, verification may be in the form of an instructor’s signature on your recertification application or a copy of both sides of the card or a statement of equivalent competency per the card or a state license or certification.**