

Washington State Approved 45-Hour Paramedic Refresher Course Schedule



Introduction:

The Washington State Department of Health EMS and Trauma Section, in consultation with the state EMS Education and Training Program Director Workgroup, has updated the guidance and course schedule for refresher courses to reflect current Washington State and National Registry of Emergency Medical Technicians (NREMT) recertification standards. This document will replace previously used refresher documents approved in Washington State. Direct questions to HSQA.EMS@doh.wa.gov or 360-236-2842.

Guidance:

- This 45-hour refresher course may be applied toward the education requirements for Washington State continuing medical education (CME) recertification requirements [WAC 246-976-162](#) for paramedics who do not meet ongoing training and evaluation program (OTEP) requirements listed in [WAC 246-976-163](#).
- This 45-hour refresher course will meet the national and state content education requirements for [National Registry of Emergency Medical Technicians \(NREMT\) recertification via](#) the National Continued Competency Program (NCCP) model at the paramedic level (does not include 15 hours of required individual NCCP content).
- This 45-hour refresher course will meet the education requirements for state-approved refresher courses required for [lapsed NREMT certifications](#).
- When using this template for paramedics who need retraining based on [WAC 246-976-141](#), state and local content hours may be modified to meet the hourly requirement listed in WAC.
- Local and state content should be taken from the current *National Model EMS Clinical Guidelines*, *National EMS Education Standards*, *NREMT NCCP EMT Training Guide*, *Washington State Approved Procedures and Skills for Certified EMS Providers*, nationally recognized training programs, and local state and medical program director-approved protocols.
- All skills must be performed in person and evaluated by a state-approved EMS evaluator.
- Pediatric topics are to be included in airway-respiratory-ventilation, cardiovascular, medical-pharmacology, trauma, and operations topics.
- Distributive education may be used for up to 20 hours of education (limit of 10 hours for national core NCCP content and 10 hours of state and local content).
- Distributive education is defined as instruction where students and instructor do not interact in real time.
- If this course is taken for part of the education requirements for Washington paramedic recertification per WAC 246-976-162, the CME method, providers will still need to pass the Washington cognitive assessment examination through NREMT/Pearson Vue.
- This document will be updated at a minimum of every four years and as needed to align with the NREMT NCCP training guide, with the next update in 2020 or as needed to align with other national or Washington State requirements.

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Date	Clock Time	Minimum Required Hours	National Content Topic (30 hours, 10 of which may be distributive) <ul style="list-style-type: none"> • Identifies skills to be performed
		3.5	Airway-Respiratory-Ventilation (ARV) to include: ventilation 2-hours, capnography 1-hour, and oxygenation 0.5-hour <ul style="list-style-type: none"> • Bag valve mask (BVM) ventilation of an apneic patient • Suction, SGA for Ped, Intubation • Interpret ETCO2 Waveforms
		8.5	Cardiovascular to include: post-resuscitation care 0.5-hour, ventricular assist devices 0.5-hour, stroke 1.5-hour, cardiac arrest 2-hour, pediatric cardiac arrest 2.5-hours, congestive heart failure 0.5-hour, and acute coronary syndrome 1-hour. <ul style="list-style-type: none"> • Cardiac arrest management • EKG skills • Pediatric cardiac arrest management
		8.5	Medical/pharmacology to include: Special healthcare needs 2-hours, OB emergencies 0.5-hour, infectious diseases 0.5-hour, medication delivery 1-hour, pain management 1-hour, psychiatric and behavioral emergencies 1-hour, toxicological emergencies 0.5-hour, neurological emergencies 0.5-hour, endocrine emergencies 1-hour, and immunological emergencies 0.5-hour. <ul style="list-style-type: none"> • Patient assessment/management - medical • De-escalation techniques • Narcan admin via mucosal atomization device • Dextrose admin / insulin pump awareness • Auto inject medication administration
		3	Trauma to include: trauma triage 1-hour, central nervous system (CNS) injury 1-hour, hemorrhage control 0.5-hour, and fluid resuscitation 0.5-hour. <ul style="list-style-type: none"> • Patient assessment and management - trauma • Spinal immobilization • Trauma triage tool • Tourniquet placement / management
		6.5	Operations to include: at-risk populations 1-hour, ambulance safety 0.5-hour, field triage – disasters/MCI 1-hour, EMS provider hygiene, safety, and vaccinations 0.5-hour, EMS culture of safety 0.5-hour, pediatric transport 0.5-hour, crew resource management 1-hour, EMS research 1-hour, and evidence-based guidelines 0.5-hour <ul style="list-style-type: none"> • Evidence-based guideline development • Jump / Jump Start or SALT for MCI
			<ul style="list-style-type: none"> • NREMT determines national content topics. • Specific information related to the instruction of these topics should be taken from the National Continued Competency Program document, which is on the NREMT website. • This document provides instructor preparations, lesson objectives, and lesson content. • National content includes 30 hours of education; NREMT allows 10 of those hours to be distributive. • All skills must be performed in person and evaluated by an approved EMS evaluator.

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Date	Clock Time	Minimum Required Hours	State and Local Content Topics (15 hours, 10 of which may be distributive)
		<p>This content may be taught separately or worked into the above topic hours to meet the total 45-hour course requirement.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Patient Advocacy <ul style="list-style-type: none"> ○ Reporting obligations ○ Provider orders for life-sustaining treatment (POLST) ○ People with disabilities or functional needs (such as Travis Alert curriculum) <input type="checkbox"/> Provider Advocacy <ul style="list-style-type: none"> ○ Suicide awareness, mental and physical wellbeing, and workplace safety <input type="checkbox"/> Law and Regulations <ul style="list-style-type: none"> ○ Scope of practice and regulatory requirements <input type="checkbox"/> Protocols <ul style="list-style-type: none"> ○ State triage tools: stroke, cardiac, trauma ○ County MPD patient care protocols (protocols) ○ County operating procedures (COPs) ○ Regional patient care procedures (PCPs) <input type="checkbox"/> Disaster Preparedness <ul style="list-style-type: none"> ○ Incident command system (ICS) and disaster preparedness <input type="checkbox"/> Documentation <ul style="list-style-type: none"> ○ Clinical patient care: data quality and documentation standards, key performance indicators (KPI), and research
<ul style="list-style-type: none"> • Washington State Department of Health in conjunction with state MPDs determined state and local content topics. • Guidance on these topics should be taken from the Washington State Department of Health Guideline for State and Local Topic Areas for NREMT NCCP Recertification (DOH 530-206 December 2017). • The document is located here on the DOH website. • State and local content includes 15 hours of education; NREMT allows 10 of those hours to be distributive. 			
<ul style="list-style-type: none"> • Individual content of 15-hours is required for NREMT recertification; this does not include 15 hours of required individual NCCP content. 			