

# Washington State Approved 16-Hour EMR 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 EMR course schedule for refresher courses to reflect current Washington State and NREMT recertification standards. This document will replace previously used EMR refresher documents approved in Washington State. Direct questions to [HSQA.EMS@doh.wa.gov](mailto:HSQA.EMS@doh.wa.gov) or 360-236-2842.

## Guidance:

- This 16-hour EMR refresher course will meet hours of the education requirements for Washington State continuing medical education (CME) recertification requirements [WAC 246-976-162](#) for EMTs who do not meet ongoing training and evaluation program (OTEP) requirements listed in [WAC 246-976-163](#).
- This 16-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 (it does include four required individual NCCP content hours).
- This 16-hour refresher course will meet the education requirements for state-approved refresher courses required for [lapsed NREMT certifications](#).
- When using this template for EMRs 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 EMR 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 10 hours of education (limit of three hours for NREMT NCCP national content, limit three hours state and local content, and all four hours of individual 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 EMT recertification per WAC 246-976-162, 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.

Washington State Approved 16-Hour EMR Refresher Course Schedule



Date	Clock Time	Minimum Required Hours	<b>National Content Topic</b> (Eight hours, three of which may be distributive) <ul style="list-style-type: none"> <li>• Identifies skills to be performed</li> </ul>
		1	<b>Airway-Respiratory-Ventilation (AVR):</b> ventilation 0.5-hour, oxygenation 0.5-hour to include: basic airway management, oxygen therapy and adjuncts, oxygenation and ventilation, pulse oximetry, and suctioning. <ul style="list-style-type: none"> <li>• Suction upper airway</li> <li>• Bag valve mask (BVM) ventilation of an apneic patient</li> <li>• Oxygen skills to include oxygen safe handling and administration by nasal cannula</li> </ul>
		2.5	<b>Cardiovascular:</b> post-resuscitation care 0.5-hour, stroke 0.5-hour, cardiac arrest adult patients 0.5-hour, pediatric cardiac arrest 1-hour. To include FAST, Washington State triage tool for cardiac and stroke, automated external defibrillators (AED). <ul style="list-style-type: none"> <li>• Cardiac arrest management and AED</li> </ul>
		3.5	<b>Medical/pharmacology:</b> e.g. to include OB emergencies 0.5-hour, infectious disease 0.5-hour, psychiatric and behavioral emergencies 0.5-hour, toxicological emergencies (opioids) 0.5-hour, neurological emergencies (seizures) 0.5-hour, endocrine emergencies (diabetes) 0.5-hour, immunological emergencies – allergic reaction and anaphylaxis 0.5-hour. <ul style="list-style-type: none"> <li>• Demonstrate verbal de-escalation</li> <li>• Narcan administration per local protocol</li> <li>• EPI-pen administration per local protocol</li> <li>• Patient assessment/management - medical</li> </ul>
		0.5	<b>Trauma:</b> e.g. to include central nervous system injury 0.5-hour, hemorrhage control (direct and tourniquet), trauma patient assessment, Washington State trauma triage tool. <ul style="list-style-type: none"> <li>• Bleeding control and shock management</li> <li>• Patient assessment and management - trauma</li> <li>• Spinal Immobilization</li> </ul>
		1.5	<b>Operations:</b> e.g. to include field triage, disasters / multi-casualty incidents (MCI) 0.5-hour, EMS provider hygiene, safety, and vaccinations 0.5-hour, EMS culture of safety 0.5-hour. START/JumpStart or similar per local protocol
			<ul style="list-style-type: none"> <li>• NREMT determines national content topics.</li> <li>• 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. Which provides instructor preparations, lesson objectives, and lesson content.</li> <li>• National content includes eight hours of education; NREMT allows three of those hours to be distributive.</li> <li>• All skills must be performed in person and evaluated by a state-approved EMS evaluator.</li> </ul>

Washington State Approved 16-Hour EMR Refresher Course Schedule



Date	Clock Time	Minimum Required Hours	State and Local Content Topics (Four hours, three of which may be distributive)
		<p>This content may be taught separately or worked into the above topic hours to meet the total 16-hour course requirement.</p>	<p><b>State and local content:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Patient Advocacy                             <ul style="list-style-type: none"> <li>○ Reporting obligations</li> <li>○ Provider orders for life-sustaining treatment (POLST)</li> <li>○ People with disabilities or functional needs</li> </ul> </li> <li><input type="checkbox"/> Provider Advocacy                             <ul style="list-style-type: none"> <li>○ Suicide awareness, mental and physical wellbeing, and workplace safety</li> </ul> </li> <li><input type="checkbox"/> Law and Regulations                             <ul style="list-style-type: none"> <li>○ Scope of practice and regulatory requirements</li> </ul> </li> <li><input type="checkbox"/> Protocols                             <ul style="list-style-type: none"> <li>○ State triage tools: stroke, cardiac, trauma</li> <li>○ County MPD patient care protocols (protocols)</li> <li>○ County operating procedures (COPs)</li> <li>○ Regional patient care procedures (PCPs)</li> </ul> </li> <li><input type="checkbox"/> Disaster Preparedness                             <ul style="list-style-type: none"> <li>○ Incident command system (ICS) and disaster preparedness</li> </ul> </li> <li><input type="checkbox"/> Documentation                             <ul style="list-style-type: none"> <li>○ Clinical patient care: data quality and documentation standards, key performance indicators (KPI), and research</li> </ul> </li> </ul>
		<p>Minimum skills to be included during the refresher course.</p>	<p><b>Skillslab and verification to include:</b></p> <ul style="list-style-type: none"> <li>● Bag valve mask (BVM) ventilation of an apneic patient</li> <li>● Oxygen administration by non-rebreather</li> <li>● Cardiac arrest management-AED</li> <li>● Patient assessment/management - medical</li> <li>● Patient assessment and management – trauma</li> </ul>
<ul style="list-style-type: none"> <li>● Washington State Department of Health in conjunction with state MPDs determined state and local content topics.</li> <li>● 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).</li> <li>● The document is <a href="#">here</a> on the DOH website.</li> <li>● State and local content includes four hours of education; NREMT allows three of those hours to be distributive.</li> </ul>			
<ul style="list-style-type: none"> <li>● Individual content of four hours is required for NREMT recertification. Because of the content and length of this course, individual content hours are to be included. All four (4) hours may be distributive.</li> </ul>			