

Paramedic Refresher Requirements

Mandatory Core Content

DIVISIONS

Hours Required	Airway, Breathing and Cardiology	
8	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	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	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	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 total	You must ensure that you have received education covering all topics within the Mandatory Core Content along with the specified hours for the divisions. You may obtain these topics through a variety of formats, including, lecture, simulated skill presentations, case or run review discussions, conference attendance or via a formal state-approved course. Distributive education may be used as a part of the Mandatory or Flexible Core Content for up to 10 hours. Please refer to NREMT website www.nremt.org for more information pertaining to distributive education.	

Flexible Core Content

DIVISIONS

Hours Required	Airway, Breathing and Cardiology	
8	Assess and provide care for respiratory distress in an adult patient	Perform techniques to assure a patent airway
	Use oxygen delivery system components	Assess and provide care to a patient experiencing non-traumatic chest pain/discomfort
Medical Emergencies		
5	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	Provide care of patient with a painful, swollen, deformed extremity	Assess and provide care to a patient with burn injury
Obstetrics and Pediatrics		
8	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	
Operational Tasks		
2	Use body mechanics when lifting and moving a patient	Communicate with a patient while providing care
24 hours total	You must ensure that you have received education covering the topics within the Flexible Core Content. You are not required to receive education on all topics within that division. You must meet the number of hours that are listed for that division. You may obtain these topics in the same method as listed for the Mandatory Core section. You must complete the requirements of both Mandatory Core Content and Flexible Core Content to fulfill the refresher requirements.	

**The National Registry
of
Emergency
Medical
Technicians**

**Reregistration
Requirements
for
NREMT Paramedic**



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