

Virginia ALS Continuing Education Worksheet – All Levels

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Division of Educational Development
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AREA #	E	I	J		Hours You Have Now	Hours You Still Need
				Airway, Breathing and Cardiology		
71	2	1	1	Provide ventilatory support for a patient		
72	2	2	0	Attempt to resuscitate a patient in cardiac arrest		
73	2	1	0	Provide care to a patient experiencing cardiovascular compromise		
74	2	2	0	Provide post resuscitation care to a cardiac arrest patient		
-	8	6	1	TOTAL		
				Medical Emergencies		
75	1	1	1	Assess and provide care to a patient experiencing an allergic reaction		
76	1	0.5	0	Assess a patient with possible overdose		
77	1	0.5	0	Assess and provide care to a near-drowning patient		
-	3	2	1	TOTAL		
				Trauma		
78	0.5	0.5	0.5	Perform a rapid trauma assessment		
79	1	1	0	Assess a patient with head injury		
80	1	0.5	0	Assess and provide care to a patient with a suspected spinal injury		
81	1	1	0	Provide care to a patient with a chest injury		
82	0.5	0.5	0	Provide care to a patient with an open abdominal injury		
83	1	0.5	0.5	Provide care to a patient with shock/hypoperfusion		
-	5	4	1	TOTAL		
				Obstetrics and Pediatrics		
84	2	1	0	Assess and provide care to an infant or child with cardiac arrest		
85	2	2	0	Assess and provide care to an infant or child with respiratory distress		
86	2	1	0	Assess and provide care to an infant or child with shock/hypoperfusion		
87	2	2	0	Assess and provide care to an infant or child with trauma		
-	8	6	0	TOTAL		
	24	18	3	MANDATORY CORE CONTENT TOTAL		

	E	I	J		HAVE	NEED
				Flexible Core Content		
				Airway, Breathing and Cardiology		
88				Assess and provide care for respiratory distress in an adult patient		
88				Perform techniques to assure a patent airway		
88				Use oxygen delivery system components		
88				Assess and provide care to a patient experiencing non-traumatic chest pain/discomfort		
-	8	6	6	TOTAL		
				Medical Emergencies		
89				Assess and provide care to a patient with an altered mental status		
89				Assess and provide care to a patient with a history of diabetes		
89				Assess and provide care to a patient experiencing a seizure		
89				Assess and provide care to a patient exposed to heat or cold		
89				Assess and provide care to a patient experiencing a behavioral problem		
89				Assess and provide care to a patient with a suspected communicable disease		
-	5	4	0	TOTAL		
				Trauma		
90				Provide care of a patient with a painful, swollen, deformed extremity		
90				Assess and provide care to a patient with a burn injury		
-	1	1	0	TOTAL		
				Obstetrics and Pediatrics		
91				Assess and provide care to an infant or child with suspected abuse or neglect		
91				Assess and provide care to an infant or child with a fever		
91				Assess and provide care for the obstetric patient		
91				Provide care to the newborn		
91				Provide care to the mother immediately following delivery of a newborn		
-	8	6	0	TOTAL		
				Operational Tasks		
92				Use body mechanics when lifting and moving a patient		
92				Communicate with a patient while providing care		
-	2	1	1	TOTAL		
	24	18	7	FLEXIBLE CORE CONTENT TOTAL	HAVE	NEED
	48	36	10	CATEGORY 1 HOURS REQUIRED PER LEVEL		
	24	12*	26	CATEGORY 2 HOURS REQUIRED PER LEVEL (*NREMT REQS 36 HRS)		
	72	48	36	TOTAL HOURS REQUIRED PER LEVEL		

No more than 10 hours in Category 3 can be used to fulfill Category 2 requirements