

# BLS Recertification CE Worksheet

Virginia Office of EMS  
 Division of Educational Development  
 1041 Technology Park Drive  
 Glen Allen, VA 23059

804-888-9120

National Continued Competency Requirements (NCCR) Cat. 1	Area #	Hours Required		Hours you have now	Hours Still Required
		EMR/FR	EMT		
Airway, Oxygenation and Ventilation	11	2	4		
Cardiovascular	12	2	6		
Trauma	13	1	2		
Medical	14	3	6		
Operations	15	0	2		
<b>Total Category 1 (NCCR) Hours</b>		<b>8</b>	<b>20</b>		
<b>Category 2 Hours</b>	<b>( Local continued competency Requirements (LCCR)                      (Individual continued Competency Requirements (ICCR)</b>				
<b>LCCR/ICCR Hours</b>		<b>8</b>	<b>20</b>		
<b>Total Hours</b>		<b>16</b>	<b>40</b>		

## New Terminology:

- NCCR** National Continued Competency Requirements (Virginia - Category 1)  
 Educational content that reflects current trends in evidence-based medicine, scope of practice changes and position papers from numerous associations involved with EMS research. It will also serve to focus on those patient presentations that have a low frequency but high criticality.
- LCCR** Local Continued Competency Requirements (Virginia – Category 2)
- ICCR** Individual Continued Competency Requirements (Virginia – Category 2)  
 LCCR and ICCR requirements will be combined to reflect the Category 2 requirements. Educational content for these hours will include EMS-related education that can be defined by the state, region or agency.