

BLS Recertification CE Worksheet

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

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Category 1: National Continued Competency Requirements (NCCR)	Area #	Hours 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		2
Total Category 1 (NCCR) Hours		8	20
Category 2 Hours: Local and Individualized Continued Competency Hours (LCCR/ICCR)			
Total Category 2 (LCCR/ICCR) Hours		8	20
Total Hours		16	40

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.