

BLS CE Recertification Worksheet

National Continued Competency Requirements (NCCR) Cat. 1	Area #	Hours Required		Hours you have now	Hours Still Required
		EMR/F R	EMT		
Airway, Oxygenation and Ventilation	11	1.0	1.5		
Cardiovascular	12	2.5	6.0		
Trauma	13	.5	1.5		
Medical	14	3.0	6.0		
Operations	15	1.0	5.0		
Total Category 1 (NCCR) Hours		8	20		
Category 2 Hours	(Local continued competency Requirements (LCCR) (Individual continued Competency Requirements (ICCR)				
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.