



ALS CE Recertification Worksheet

National Continued Competency Requirements (NCCR) Cat. 1	Area #	Hours Required			Hours you have now	Hours Still Required
		E Paramedic	I I-99	C AEMT		
Airway, Oxygenation and Ventilation	16	3.5	3.5	2.5		
Cardiovascular	17	8.5	7.5	7		
Trauma	18	3	3	3		
Medical	19	8.5	7.5	7.5		
Operations	20	6.5	6.5	5		
Total Category 1 (NCCR) Hours		30	28	25		
Category 2 Hours	(Local continued competency Requirements (LCCR) (Individual continued Competency Requirements (ICCR)					
Total Category 2 (LCCR/ICCR) Hours		30	27	25		
Total Hours		60	55	50		

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.