

STATE OF ALASKA

Sean Parnell, Governor

DEPARTMENT OF HEALTH AND SOCIAL SERVICES
Section of Emergency Programs: Preparedness, EMS & Trauma

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Memo

To: Regional Coordinators, Training Committee Members

From: Quinn Sharkey – Acting Training Coordinator EMS Unit

Date: October 10, 2011

Re: CME Guidelines Update

Please use this document as the updated guidelines for Continuing Medical Education (CME) for EMT recertification in the State of Alaska. It reflects changes recommended by the training committee at their most recent meeting and is effective immediately. It will be updated on the State website at the first available opportunity.

Continuing Medical Education for EMTs in Alaska

The purpose of this page is to provide the reader with information concerning the applicability of time spent studying certain subjects towards the continuing medical education (CME) requirements for recertification as an Emergency Medical Technician in Alaska. **Other certifying agencies such as the National Registry may have different or more stringent requirements for verification and number of hours.** In addition, the page includes information on the process for "pre-approving" continuing medical education programs. The requirements for EMT-I, EMT-2 and EMT-3 recertification can be found on the downloadable [application for recertification](#).

"Continuing Medical Education" (CME) is defined in Alaska EMS Regulations. Policies regarding the approval of continuing medical education are normally developed by the State EMS Training Committee, a subcommittee of the Governor's Alaska Council on Emergency Medical Services. The policies are based on the definition of continuing medical education found in 7 AAC 26.999 (12). The Physician Medical Director for a certified EMS service, EMT-2's, or EMT-3's, is responsible for a plan of continuing medical education for each of the persons he or she sponsors, and should be consulted early in the CME planning process.

Definition of Continuing Medical Education:

7 AAC 26.999 (12) "continuing medical education" means instruction in topics included in the training course curriculum for EMT-I's, EMT-II's, or EMT-III's, that may be presented using critiques, didactic sessions, practical drills, workshops, seminars, or other department-approved means; additional topics for continuing medical education include: air medical emergency care, athletic injuries, battered spouses, child abuse, communications, crime scene response, disabled adults, electrical hazards,

explosion injuries, extrication, medical terminology, farm machinery injuries, hazardous materials, incident management industrial injuries, infectious diseases, injury prevention, medico-legal aspects, neonatal care/sudden infant death syndrome (SIDS), protective breathing apparatus, radioactive materials, rape intervention, rappelling, sea survival, hyperbaric medicine, or special rescue (e.g. aerial, diving, mountain, search).

Limitations:

This page is intended to provide information to emergency medical services personnel and those who offer continuing medical education (CME) about the policies in Alaska regarding CME and the processes for voluntary pre-approval of CME. Note that this policy applies to EMT-I, EMT-2 and EMT-3 personnel in Alaska only. **Other certifying agencies such as National Registry may have different or more stringent requirements for verification and number of hours.** Continuing Medical Education policies for Mobile Intensive Care Paramedics are the responsibility of the [Alaska State Medical Board](#).

Documentation of Continuing Medical Education:

The number of hours, for each offering, must be verified by the Fire or EMS Chief, Service EMS Coordinator, Medical Director, Training Officer, Instructor, or Agency providing the CME credits. Documentation should be submitted with the appropriate application for recertification and should include the following information:

- Name of the Participant;
- Subject of the CME;
- Level of the CME Provided (EMT-1, EMT-2, etc.);
- Number of Hours Awarded
- Accreditation authority (if applicable)

Cardiopulmonary Resuscitation:

A valid CPR credential is required for recertification. The following CPR credentials are currently acceptable for EMT recertification:

- **American Heart Association** BLS for Health Care Providers
http://www.heart.org/HEARTORG/CPRAndECC/CPR_UCM_001118_SubHomePage.jsp
- **American Red Cross** CPR for the Professional Rescuer
<http://www.redcross.org/portal/site/en/menuitem.d8aaecf214c576bf971e4cfe43181aa0/?vgnextoid=aea70c45f663b110VgnVCM10000089f0870aRCRD&vgnnextfmt=default>

- **Health Safety Institute (HSI)** CPR Pro for the Professional Rescuer

<http://www.hsi.com/about-hsi/our-brands/medic-first-aid/>

- American Safety & Health Institute
- Medic First Aid-Advanced
- Emergency First Response CPR & AED

<http://www.emergencyfirstresponse.com/>

- Military Training Network

<http://www.usuhs.mil/mtn/>

- CPRT Today BLS Adult, Child, Infant CPR Cognitive AED Training

<http://www.cprtoday.com/index.php>

- Emergency Care an Safety Institute (AAOS Endorsed)

<http://www.ecsinstitute.org/>

- Professional Rescuer CPR
- Advanced Cardiac Life Support
- Automated External Defibrillation
- CPR for Health Care
- Emergency Medical Responder (formerly known as First Responder)

Requirements for CPR certification and training are specified in 7 AAC 26.985 (d) of the Alaska EMS Regulations.

Policy on "Self-Study" CME:

Self-study CME includes *accredited* online CME Training, as well as EMS related DVDs and magazines.

Continuing Medical Education credit for approved self-study programs may be applied towards recertification as an Alaska EMT- 1, 2, or 3. The number of hours, for each offering, must be verified by the Fire or EMS Chief, Service EMS Coordinator, Medical Director, Training Officer, or agency providing the CME credits. Forty-eight hours may be applied towards EMT-1, EMT-2, or EMT-3 recertification.

Examples of accredited online/web based CME include the Continuing Education Coordinating Board for Emergency Medical Services (CECBEMS), American Medical Association (AMA), American Nurses Credentialing Center (AACN), The International Association for Continuing Education and Training (IACET), etc.

CME for Serving as an Examination Proctor, Simulated Patient or Certifying Officer:

An individual who has served as an EMT examination proctor, simulated patient and/or Certifying Officer may receive up to 12 hours of CME per certification period for these activities. Credit is awarded on an hour for hour basis and is determined by adding the number of hours served each in these roles and applying the total or 12, whichever is lower, to the CME requirement. Questions regarding CME can be directed to your nearest Regional EMS Office or the State EMS Unit.

Instructor Activity:

Each recertification period, an EMT-1 Instructor, EMT-2 Instructor or EMT-3 Instructor may apply up to 24 hours of instruction the instructor has provided at the EMT-1, 2, or 3 level to his or her EMT-1, 2, or 3 recertification requirements. The instructor may not, however, check off his or her own skills. This must be done by another department approved instructor.

Preceptorship Programs:

Up to 12 hours of continuing medical education per certification period may be awarded for clinical or EMS-based preceptorship programs including health aide or CHP preceptorship programs. Credit may be awarded to either the precept or preceptor.

Physician-Moderated Run Reviews:

Participation in physician conducted run reviews can be used toward the continuing medical education requirements for EMTs. You may claim one hour for every hour actually spent in run reviews, up to 48 hours in a two year certification cycle.

Specific CME Training Programs:

The following courses have been pre-approved for continuing medical education on an hour for hour basis up to the assigned maximum. Courses which are not on this list may still be approved by the Section of Emergency Programs provided that the course is job related and proper documentation is provided. If you take the same course twice, such as a CPR provider course, it can be applied only once to your CME requirements.

Except for courses specified below, a single continuing medical education course may not be applied to satisfy more than 16 hours for the CME requirement for recertification. The department will permit a single CME course to be applied to satisfy more than 16 hours on a course-by-course basis if the department determines that the nature and extent of the course content warrants a greater number of hours [7AAC 26.110 (k)].

As a general rule, successfully completed college courses such as anatomy and physiology and others which are peripherally related to EMS can be counted to a maximum of 12 hours/course with a 2 course/cycle maximum.

Course	Maximum Hours	Notes
Programs approved by the Continuing Education Board for Emergency Medical Services (CECBEMS) or other department recognized third-party accrediting agency	No Maximum	
Programs approved by Regional EMS Offices in Alaska	No Maximum	
State and Regional EMS Symposia	No Maximum	
ABLS (Advanced Burn Life Support)	8	
ACLS (Advanced Cardiac Life Support)	16	<u>8 hrs maximum for refresher</u>
AMSEA (Alaska Marine Safety Education Association) Survival Class	16	
APLS (Advanced Pediatric Life Support)	16	
Basic Public Fire Education - AK Fire Service Training	3	
International Trauma Life Support (ITLS)	16	
International Trauma Life Support (ITLS) Access	8	
International Trauma Life Support (ITLS) Pediatric	16	

Cancer: Risks, Diagnosis and Treatment (Community Health Aide Program)	6	
Certified Nurse's Aide Training	12	
Community Health Aide Program - Session 1	48	
Community Health Aide Program - Session 2	48	
Community Health Aide Program - Session 3	36	
Community Health Aide Program - Session 4	48	
CPR (Initial Course for Health Care Providers)	4.5	
CPR (Renewal Course)	4	
Diabetes, Agenda for (Advanced CHA/P Course)	4	
Emergency Medical Dispatcher	24	
EMT-1 Instructor Course	24	To obtain CME credit for participation in an EMS instructor training program (e.g. CPR Instructor, ETT Instructor, EMT Instructor, etc.) you must document each separate section of the medical education. Training in course organization and methods of instruction may NOT be applied toward CME requirements at the ETT, EMT-I, EMT-2 or EMT-3 levels. As with all CME offerings, credit will be given on an hour for hour basis.
FEMA Courses	Per IACET Formula	http://training.fema.gov/is/ceus.asp http://www.iacet.org/content/continuing-education-

		units.html#3
Gatekeeper Training: Recognizing and Intervening with the Suicidal Patient	up to 3 hours	
Geriatric Education for Emergency Medical Services (GEMS) - Basic Life Support	8	
Geriatric Education for Emergency Medical Services (GEMS) - Advanced Life Support	12	
Hazardous Materials Awareness Training	8	
Learn to Return - Aviation Land and Water Survival School	16	
Learn to Return - Helicopter Underwater Escape Training	8	
Learn to Return - Survival Medicine	16	
Medevac Escort	16	
NHTSA Child Passenger Safety Technician Certification Course	14.5	
Office for Domestic Preparedness (US Dept. HS) - WMD Hands-on-Training	16	
Office for Domestic Preparedness (US Dept. HS) - WMD Hazardous Materials Technician	24	
Office for Domestic Preparedness (US Dept. HS) - WMD Incident IC	24	

Office for Domestic Preparedness (US Dept. HS) - WMD Technical Emergency Response Training	32	
Pediatric Disaster Life Support - PDLS (based on the Program developed by UMass Medical School)	12	
PEPP – Basic	8	
PEPP - Advanced	16	
Prehospital Trauma Life Support (PHTLS)	16	http://www.naemt.org/education/PHTLS/phtls_a.aspx
USDOT Emergency Vehicle Operations	40	

CME for Air Medical Services Personnel:

Alaska regulation 7 AAC 26.370 (c) requires that applicants for air medical service recertification "show evidence that all medical attendants employed or used on the medevac service, critical care air ambulance service, or specialty air medical transport team have current certificates or licenses, as well as have at least 16 hours per certification period of continuing medical education in specialized air medical patient transport topics."

The following are examples of valid CME for air medical personnel under this regulation:

- In-services on equipment;
- "Run reviews" of air medical responses;
- Training listed in as part of an air medical training program as defined in 7 AAC 26.999; and
- Lecture, demonstrations, and skills sessions related specifically to medical care in the air medical environment.

Typical continuing medical opportunities, such as BTLs and ACLS, do not count towards the CME requirement of 7 AAC 26.370 (c) unless the content is geared specifically for use in the air medical environment.

Pre-Approval of CME Programs:

Although there is no requirement for continuing medical education to be pre-approved by the Section of Emergency Programs, it is often in the best interests of the person or organization offering the CME to do so. Pre-approval allows the individual or organization offering to have a clear idea of the number of CME hours which will be accepted by the Section for EMT-1, EMT-2 and EMT-3 certification. This information is valuable when marketing the CME program. Requests for pre-approval of CME programs should be directed to:

- [CME Program Approval](#)
Section of Emergency Programs
Department of Health and Social Services
Box 110616
Juneau, AK 99811-0616

Requests for pre-approval of CME programs can take from several days to several weeks depending on the complexity of the offering.

Approval requests should include:

- An overview of the program and its relationship to the role of emergency medical services personnel;
- a schedule which breaks the course down into blocks of no more than four hours;
- an agreement to issue verification of participation/course completion which includes the information listed in the [documentation section](#) above; and
- evidence that the instructor is a subject matter expert in the program's content.

The Section of Emergency Programs may seek recommendations from Regional EMS Office staff, and others, regarding the CME approval request. In addition, the Section may request additional information, such as learning objectives, to assist in its review.