Pearls from the street

- Begin accumulating continuing education credits (CEUs) now. Don't wait 2-1/2 years!
- Although knowledge and technical skills cannot be overlooked, they are useless without compassion.
- Your medical director is there to help you, guide you, teach you.
- Despite all our many Advances, technology, professionalization, vocabulary and tools, the fundamentals remain the same – keep the air moving, plug the leaks, keep it pumping and think.
- Be nice to everyone you meet. Most patients don't need much beyond a gentle smile, a warm hand to hold and a quiet, comforting presence.
- Used correctly, a good sense of humor will make many situations go from bad to notso-bad.

EMS Continuing Education Record For

Date	Topic	Source



I'm an EMT!

What Do I Do Now?

Congratulations on completing your EMT training, which is no small task as you are well

aware. This brochure will help you learn the nuances of certification, continuing education and



recertification as a Colorado EMT.

People enter EMS for many reasons. Most will tell you it is their desire to help their fellow man, which is of course true, but they often fail to mention the adrenalin rush, driving fast, being seen as hero, actually being a hero and saving lives. Being a professional in EMS has nothing to do with being paid or volunteer, nothing to do with working in a big city EMS operation or the most remote part of the state, nothing to do with advanced or basic life support, and certainly nothing to do with working for a fire department, a governmental 3rd service or a private for-profit ambulance service.

Being a professional has everything to do with how you treat your patient, whether they are in cardiac arrest or are bedfast and need transport from the doctor's office. It has everything to do with how you treat the patient's family, regardless of how caring or intolerant they are being with the patient at the time. Being professional has everything to do with how you treat your fellow emergency responders, regardless of their level of professionalism at the time. Being a professional is what you have chosen to be, and it is exactly what your patients need you

You have entered an absolutely inviolable relationship with your patient. They have no choice but to trust you, to have absolute faith in your medical abilities and in your moral and ethical standards. They must know that your treatment is safe and, hopefully, effective. When they regain consciousness in the ambulance with only you in attendance and realize that they no longer have clothes on, there should be no doubt that nothing inappropriate occurred while they were completely vulnerable.

Since your patient has no direct knowledge of you, they must instead have faith in the EMS profession. They must know that y becoming part of this honorable professionyou can be trusted with their possessions, lives and the lives of their loved ones. You have an obligation to the patient, to your peers and to the EMS profession to be above reproach in all things EMS.

Initial certification

If you have not already done so, remember to create a National Registry of EMTs account at http://www.nremt.org. You must pass the NREMT test, after which you use your NREMT certification to apply for initial Colorado certification.

Begin at https://colorado.emsbridge.com/licensure/public/colorado/Login.

Only after you have passed a background check and received your Colorado EMT certification are you legally able to function as an EMT.

NREMT certification is for two years, Colorado's is for three. You needn't retain your NREMT certification past your initial Colorado certification, but it's a good idea to do so, especially if you might go to another state.

Useful links

- www.emsac.org/join
- www.coems.info
- www.naemt.org
- www.nremt.org
- www.itrauma.org
- www.jems.com
- www.emsworld.com
- www.coruralhealth.org/ create-gated-content/create

EMS Advocacy, Communication and Education

 ${\it Join more than 3,000 colleagues in the only Colorado organization for you, your patients and the {\it EMS system} \dots }$

Emergency Medical Services Association of Colorado

Join Online at emsac.org/join.

Earn discounts on the EMSAC's annual EMS Conference, receive the EMSAC Star newsletter, monthly member e-mail updates and member-only urgent notices; stay abreast of EMS at the State Capitol and in Washington, DC.

And—Have An Impact On EMS in Colorado!

Once you have your Colorado Certification "in hand" (meaning that you have logged in to the CDPHE's OATH website and printed it out on your best printer paper) you can legally peddle your wares as a professional Emergency Medical Services responder.

Recertification

Colorado requires 36 hours of approved EMS continuing education in eight topics in three years. If you maintain your NREMT certification, too, 48 hours of "CE" is needed in seven topics in two years. Both Colorado and NREMT specify what topics you need, and in which category they fall.

Continuing education

How do you earn NREMT CE credits? You can attend CE classes (preferred) or take a refresher course. You can also challenge the NREMT exam if you wish. The NREMT has a series of recertification brochures at NREMT.org. Click on Resources>Brochures>Recertification.

Colorado's CE is accomplished by ongoing classes (usually of one to two hours) or a refresher course. The categories and hours required can be found at www.coems.info; click on EMS>EMS providers> EMS provider certification> continuing education requirements for renewal EMS provider certification.

Both Colorado and NREMT CE categories are confusing. Your agency will have an affiliation with a training group for CE. Always defer to your agency training director or training group for assistance in placing CE in categories. If unaffiliated, most CE

training groups will accept you individually. Thery are typically hospitals or community colleges.

To find a training group with which you might affiliate individually, go to www.coems.info.

Click on EMS> EMS providers> EMS provider certfication> EMS provider education and training> Find a recognized EMS education program. Review the column labeled "Group" under EMT or AEMT.

Several stand-alone courses earn substantial CE hours, too. These include:

- IV for EMTs,
- EKG for EMTs.
- Prehospital Trauma Life Support (PHTLS),
- Tactical Emergency Casualty Care (TECC),
- Geriatric Education for Emergency Medical Services (GEMS) and
- International Trauma Life Support (ITLS).
- EMSAC's Colorado State EMS Conference, held in the autumn, is by far the best source of CE, with 50 class sessions over three days, for one price. Learn more about our conference at www.emsac.org/conference

To find regularly-offered CE offerings and other courses, check our EMS calendar, at http://emsac.org/ce-calendar-2/.

The back page of this brochure can help track your CE hours—you are responsible for it. Lastly, don't wait to the last minute to apply for recertification. There are too many instances in which something has occurred and your certification lapses; your job could be on the line.