



# State of New Hampshire

## Department of Safety



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March 29, 2019

Dear New Hampshire EMS Provider,

Over the last several months the Division of Fire Standards and Training & Emergency Medical Services has been working in coordination with the New Hampshire Medical and Trauma Coordinating Board on revising the Local Continued Competency Requirements (LCCR) for the National Registry's National Continued Competency Program (NCCP). The current LCCR requirements have been in place since the 2015 recertification cycle and didn't reflect the most current medical practices outlined in the State of New Hampshire Patient Care Protocols. The new LCCR requirements are intended to allow for diversity when selecting the courses while satisfying the content that the State of New Hampshire feels is important for the overall health of our providers as well as their patients.

**Moving forward and beginning on April 1<sup>st</sup> of 2019**, the LCCR content will change to an objective based approach. Previously the State requirements reflected specific classes that were to be taken to meet the requirements. This did not allow for providers to complete other training that may have met the intended objectives. In the new objective based format, providers will have the flexibility to use any training that they see fit as long as it satisfies the subject areas. An example would be in order to meet the LCCR subject area of "EMS IN THE WARM ZONE", the provider could attend any of the following courses, as well as others:

- State of New Hampshire EMS in the Warm Zone Program (Awareness and Operations)
- Tactical Combat Casualty Care (Medical Professionals and All Combatants)
- Tactical Emergency Casualty Care
- Texas State University - ALERRT (AAIR and MASC)
- Counter Narcotics and Terrorism Operational Support – CONTOMS (Tactical and Advanced)

On behalf of all of us at the Division of Fire Standards and Training & Emergency Medical Services, thank you for all that you do for the State of New Hampshire. Your dedication, compassion and professionalism ensure the highest level of care to our residents and visitors.

Sincerely,

Justin Romanello  
 Bureau Chief  
 NHDOS - Division of Fire Standards and Training & EMS

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State of New Hampshire  
Department of Safety  
Division of Fire Standards and Training & EMS

In Collaboration with:

National Registry of EMTs

National Continued Competency Program (NCCP)  
(NREMT Recertification Requirements)

**LOCAL Continued Competency Requirements  
(LCCR)**

**EDUCATION GUIDE  
2019**

## **LOCAL Continued Competency Requirements (LCCR)**

Local Continued Competency Requirements are developed and delivered at the local EMS level. LCCR represents 25% of the necessary requirements for all provider levels. The LCCR topics are chosen by state and local authorities. These topics may include changes in local protocols, tasks which require remediation based upon a quality assurance system, and/or topics noted to be of importance based upon run data reported to the National EMS Information Systems from the local level. These topics are locally chosen and will likely be different for every EMS system in the nation.

Implementation of local competencies can occur via a variety of methods. Meetings of local EMS system authorities such as the Chief of Operations, Medical Director, Training Officers and other officials can occur where topics can be identified based upon known data regarding local care. Following these meetings, educational methodologies can be utilized to determine how and when to deliver education to all affected providers in an EMS system.

In areas such as New Hampshire, protocols are state initiated. When these are implemented education regarding changes can be used to meet the local competency requirements.

Below is an example of how one local EMS system implemented the local competency requirement:

- A meeting of the EMS Operations Chief, Medical Director, Training Officer and some EMS supervisors occurred
- Data regarding runs that were reviewed to improve local delivery of care was gathered and reviewed by these officers
- Data that was obtained based upon local EMS system runs over the past year was presented to these officers
- The Medical Director suggested changes in local protocols and/or suggested enhanced interventions within the state scope of practice
- EMS supervisors suggested topics based upon feedback they had received from EMS providers regarding their desires or weaknesses
- The committee reviewed all of the data and input and determines top priorities and corresponding topics to be placed in the upcoming years local competencies.
- The Training Officer contacted local medical authorities who had expertise over the topic, requested the Medical Director to participate and/or assigned a willing supervisor to develop education delivery models based upon the identified topics.

During monthly in-services topics were presented by either, the local Medical Director, supervisor, educator, Training Officer or subject matter expert to present the topic.

A roster of who attended the lectures was maintained by the Training Officer who then entered the information on the NREMT website so that all who attended received credit for the hours toward meeting the local competency requirements.

# LCCR (Local Continued Competency Requirements)

Emergency Medical Responder	Emergency Medical Technician
<p>Required: 4 hours</p> <p>1.) Protocol Rollout: <u>~½ hour</u></p> <p>2.) Documentation: <u>1 hour</u></p> <p>3.) EMS in the Warm Zone (RTF Concepts): <u>1 hour</u></p> <p>4a.) First Responder Mental Health: <u>1 hour</u></p> <p>And/Or</p> <p>4b.) First Responder Fatigue: <u>1 hour</u></p> <p>Remaining hours:</p> <p>Contact your Training Officer and/or local Medical Director for service/regional topics</p>	<p>Required: 10 hours</p> <p>1.) Protocol Rollout: <u>~1 hour</u></p> <p>2.) Documentation: <u>1 hour</u></p> <p>3.) EMS in the Warm Zone (RTF Concepts): <u>1 hour</u></p> <p>4a.) First Responder Mental Health: <u>1 hour</u></p> <p>And/Or</p> <p>4b.) First Responder Fatigue: <u>1 hour</u></p> <p>Remaining hours:</p> <p>Contact your Training Officer and/or local Medical Director for service/regional topics</p>
Advanced Emergency Medical Technician	Paramedic
<p>Required: 12.5 hours</p> <p>1.) Protocol Rollout: <u>~1 hour</u></p> <p>2.) Documentation: <u>1 hour</u></p> <p>3.) EMS in the Warm Zone (RTF Concepts): <u>1 hour</u></p> <p>4a.) First Responder Mental Health: <u>1 hour</u></p> <p>And/Or</p> <p>4b.) First Responder Fatigue: <u>1 hour</u></p> <p>Remaining hours:</p> <p>Contact your Training Officer and/or local Medical Director for service/regional topics</p>	<p>Required: 15 hours</p> <p>1.) Protocol Rollout: <u>~1 hour</u></p> <p>2.) Documentation: <u>1 hour</u></p> <p>3.) EMS in the Warm Zone (RTF Concepts): <u>1 hour</u></p> <p>4a.) First Responder Mental Health: <u>1 hour</u></p> <p>And/Or</p> <p>4b.) First Responder Fatigue: <u>1 hour</u></p> <p>Remaining hours:</p> <p>Contact your Training Officer and/or local Medical Director for service/regional topics</p>

<b>LCCR Topic</b>	<b>DOCUMENTATION</b>
<b>Learning Objectives</b>	<p><i>After receiving training in this LCCR content based education, the student should:</i></p> <ul style="list-style-type: none"> <li>• Understand how good documentation of EMS patient care fits into the overall continuum of a patient’s healthcare.</li> <li>• Describe how EMS professionalism is reflected by the quality of a complete EMS Incident Report.</li> <li>• Define best practices to avoid litigation related to documentation.</li> </ul>
<b>Duration</b>	~1.0 Hour
<b>LCCR Topic</b>	<b>EMS IN THE WARM ZONE (RESCUE TASK FORCE CONCEPTS)</b>
<b>Learning Objectives</b>	<p><i>After receiving training in this LCCR content based education, the student should:</i></p> <ul style="list-style-type: none"> <li>• Comprehend the difference between traditional EMS care and the care rendered within the Warm Zone.</li> <li>• Understand the concept of the Rescue Task Force and the priorities of such.</li> <li>• Demonstrate techniques for addressing massive hemorrhaging, airway compromise, respiratory problems, circulation compromise and hypothermia in the trauma patient.</li> </ul>
<b>Hours</b>	~1.0 Hour
<b>LCCR Topic</b>	<b>FIRST RESPONDER MENTAL HEALTH</b>
<b>Learning Objectives</b>	<p><i>By the end of this course, the student should:</i></p> <ul style="list-style-type: none"> <li>• Understand stress and compassion fatigue.</li> <li>• Identify the signs and symptoms of stress and compassion fatigue.</li> <li>• Define strategies to mitigate stress and reduce compassion fatigue in the provider.</li> </ul>
<b>Hours</b>	~1.0 Hour
<b>LCCR Topic</b>	<b>FIRST RESPONDER FATIGUE</b>
<b>Learning Objectives</b>	<p><i>By the end of this course, the student should:</i></p> <ul style="list-style-type: none"> <li>• Define sleep deprivation and fatigue.</li> <li>• List causes of sleep fatigue amongst first responders.</li> <li>• Understand the effects that sleep deprivation and fatigue has on the first responders.</li> <li>• Define best practices to reduce fatigue and the effects of sleep deprivation.</li> </ul>
<b>Hours</b>	~1.0 Hour