

## Cape Fear Community College | Ways-to-Recertify-in-NC

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Welcome to another edition of *Cape Fear EMS Podcast*. I'm Bob Rajskey, EMS coordinator here at Cape Fear Community College. I'm glad you're joining us today.

We're going to be discussing how to re-certify your North Carolina EMS certification. There are a lot of ways to do that. At all levels, your North Carolina certification is good for four years. Whether you are an Emergency Medical Responder, EMT, Advanced EMT, or Paramedic, they all-- the length of those are four years. The difference is each level has their own number of certification hours-- CME hours if you will. So each level has their own.

For instance, the Emergency Medical Responder, to re-certify you need to have 32 hours of CMEs. The EMT needs 80, the Advanced EMT is 100, and at the Paramedic level it's 120 hours. Now it's not just hours-- they have to be in specific categories. So that's good that we have to have these hours, but what is it that-- how do we get those?

Well there's lots of different ways. It may be that your EMS agency has an in-house program where you take a monthly class. You come in, do your class, and get credit for it. Then after the four years, you accumulate enough credits to make you eligible for re-certification.

Remember, each agency may have their own additional requirements above and beyond North Carolina requirements. So your agency may do it. That's very difficult currently because of all of the COVID-19 issues, so face-to-face classes aren't as popular at the moment. So that's one way.

You can also take a re-certification program, a re-certification course, where in the course that gives you all the CME hours you need. So the course is structured to meet your level's requirements, and that would take care of all the needs for re-certification. So you could take a re-certification course-- we offer those here at Cape Fear Community College-- which gives you all of your standard courses that you need. Again, there's local standards that may also have to be met.

You can also take CME courses that reoccur once every month. At Cape Fear Community College, we offer a class that's three hours in length. It's online every month, and the topics range from area management to EMS systems to cardiac to respiratory. Again, in the four-year cycle, if you took those every month, you would meet the re-certification requirements, all of the standard requirements for North Carolina. Again, there may be local requirements above and beyond that.

Another way to do it is there are courses online from private companies. They can sometimes be

costly, but the main thing with those is if you choose that way, always be mindful that you want to do it from an accredited program. So the company needs to be recognized in North Carolina as being an accredited sponsor for EMS education.

That just about concludes what we have today. If there are any questions that you have about your re-certification in North Carolina, please feel free to contact me. My telephone number here at Cape Fear Community College is 910-362-7751, or you can always reach me by email at [rrajsky@cfcc.edu](mailto:rrajsky@cfcc.edu).

Thanks for joining this podcast today, and hope you have a great and safe and wonderful day. Thank you.