

# Vermont Emergency Medical Services Educational Standards

---

## Vermont EMS Emergency First Responder



## EMS Education

### Educational Standards

The State of Vermont requires that Emergency Medical Services (EMS) personnel adhere to the strictest standards of quality as it relates to education, training, testing, and service. To obtain an EMS Certification or License, in Vermont, individuals desiring to obtain an EMS License are required to complete an educational program approved by the Department of Health. The EMS Office currently approves initial educational training courses at the following levels:

- Vermont EMS Emergency Medical First Responder (VEFMR)
- Emergency Medical Responder (EMR) – [Click here for the National Standards for EMR](#)
- Emergency Medical Technician (EMT) – [Click here for the National Standards for EMT](#).
- Advanced EMT (A-EMT) – [Click here for the National Standards for A-EMT](#).
- Paramedic – [Click here for the National Standards for Paramedic](#)
- 

## Scope of Practice

### VEFMR Scope of Practice

For the Vermont EMS Emergency First Responder (VEFR) certification, the Vermont EMS scope of practice is based upon the American Heart Association Heartsaver First Aid, CPR & AED course or comparable. The primary focus of the Vermont EMS First Responder is to initiate immediate lifesaving care to critical patients. This individual possesses the basic knowledge and skills necessary to provide lifesaving interventions while awaiting additional EMS response and to assist higher level personnel at the scene and during transport. Vermont EMS First Responders function as part of a comprehensive EMS response, under medical oversight. Vermont EMS First Responders perform basic interventions with minimal equipment.

## Conducting Initial EMS Training

### VEFMR Educational Standards Training Course

Educational training courses leading to VEFR certification may be offered by an EMS district, an EMS service, a medical facility, facility, facility, facility, another educational program. Each individual course must be approved in advance by the Department. For a course to be approved, it must meet and all the following:

- Be reviewed by the EMS district board. The Department shall consider the comments and recommendations of the district board in determining whether the course meets the requirements of these rules.
- Physician medical oversight must be obtained for each course for the purpose of ensuring medical accuracy of the course content.
- All courses required for EMS certification or licensure shall be coordinated by a person licensed at or above the level of the course and licensed by the Department as an EMS

Instructor Coordinator or above.

- Course completion requires AHA Heartsaver, Red Cross, or ASHI First Aid, CPR, and AED certification.

To apply for EMS course program approval, [complete application on forms provided by the department.](#)

## Initial Licensure Certification

### VEFMR Initial Certification

To be eligible for the first time for a Vermont EMS certification at the VEFMR level, a person must:

- Be sponsored by a licensed ambulance or first responder service at or above the level the applicant is seeking, or seeking or be affiliated with a medical facility that requires the person to hold this level of Vermont EMS Certification.
  - The Vermont National Guard shall be treated as an EMS agency solely for purposes of affiliating emergency medical personnel seeking Vermont EMS licensure at all levels.
  - Any regionally accredited educational institution which provides EMS education shall be treated as an EMS affiliation for the purpose of licensing their educational staff but not otherwise to provide emergency medical treatment.
- Meet the provisions for crime conviction background screening, screening, screening tax liabilities, child support payments, or similar requirements described in this rule or relevant Vermont statutes.
- For a VEFR certification, complete coursework from an approved VEFR course and hold a current certification in First Aid, CPR, and AED at the Heartsaver level through the American Heart Association, Red Cross or ASHI, as approved by the Department and hold an American Heart Association Heartsaver First Aid CPR AED certification, or comparable as part of the VEFR course equivalent.
- 

To apply for certification on forms [complete an application on forms provided by the Department](#).

- available from the Department.

## Re-Licensure

### VEFMR Re-Certification

To be eligible for Vermont EMS re-certification at the VEFR level, a person must:

- Renew his or her ASHI, Red Cross, or American Heart Association Heartsaver First Aid, CPR & AED certification or equivalent, and complete the following continuing education every two years:
  - Workforce safety and wellness – 2 hours
  - EMS system communication – 1 hour
  - Medical/legal and ethics – 1 hour
  -

To apply for re-certification [complete an application on forms provided by the Department](#).

- on forms available from the Department.

## Medical Terminology

### VEFR Educational Standards

VEFR Education Standard: Uses simple knowledge of the Emergency Medical Services (EMS) system, safety/well-being of the Vermont Emergency First Responder (VEFR), medical/legal issues at the scene of an emergency while awaiting a higher level of care.

## VEFR-Level Instructional Guidelines

### Executive Summary

#### VEFR-Level Instructional Guidelines

The Vermont EMS First Responder Instructional Guidelines outline the minimal terminal objectives for entry-level EMS personnel to achieve within the parameters outlined. Although educational programs must adhere to the Standards, its format will allow diverse implementation methods to meet local needs and evolving educational practices.

The less prescriptive format of the Standards will also allow for ongoing revision of content consistent with scientific evidence and community standards of care. In implementing the Standards, EMS instructors and educational programs will have the freedom to develop their own curricula or use any of the wide variety of publishers' lesson plans and instructional resources that are available.

The Department will use the Guidelines as the framework for evaluation of program curricula. The Vermont EMS First Responder Instructional Guidelines are not a stand-alone document. EMS education programs will incorporate each element of the guidelines.

These elements include: • EMS Core Content • EMS Scope of Practice • EMS Education Standards • American Heart Association, Red Cross, or ASHI curricula leading to a Heartsaver First Aid, CPR & AED Certification.

This integrated system is essential to achieving the goals of program efficiency, consistency of instructional quality, and student competence as outlined.

## Clinical Behavior/Judgement

### VEFMR Educational Standards

- I. Professionalism
  - a. demonstrate professional behavior including but not limited to, integrity, empathy, self-motivations, appearance/personal hygiene, self-confidence, communications, time-management, teamwork/diplomacy, respect patient advocacy, and careful delivery of service
  - b. Decision Making
    - i. Initiates simple interventions based on assessment findings of life threats
  - c. Scene Leadership
    - i. Manages the scene until care is transferred to an EMS team member licensed at a higher level arrives and takes over care
  - d. Scene Safety
    - i. Ensure the safety of the rescuer and others during and emergency

### VEFR Educational Standards

Uses simple knowledge of the EMS system, safety/well-being of the VEFR, medical/legal issues at the scene of an emergency while awaiting a higher level of care.

### VEFR-Level Instructional Guidelines

#### I. Educational Standards

### VEFR Educational Standards

- I. Preparatory
  - a. Uses simple knowledge of the EMS system, safety/well-being of the EMR, medical/legal issues at the scene of an emergency while awaiting a higher level of care
- II. EMS Systems VEMR-Level Instructional Guideline
  - a. EMS systems
  - b. Roles, responsibilities, professionalism of EMS personnel
  - c. Quality improvement
- III. Workforce Safety and Wellness
  - a. Standard safety precautions
  - b. Personal protective equipment
  - c. Prevention of response related injuries
  - d. Stress Management
    - i. Dealing with death and dying

- e. Lifting and moving patients
- f. Scene Safety
- g. Healthy Lifestyle
- h. Water Safety
- IV. EMS System Communication
  - a. Roles/responsibility of the VEFR
  - b. Call for resources
  - c. Transfer of care of the patient
  - d. Interact within the team structure
- V. Therapeutic Communication
  - a. Principles of communicating with patients, team members, public in a manner that achieves a positive relationship
  - b. Interviewing techniques
- VI. Medical/Legal and Ethics
  - a. Consent
  - b. Confidentiality
  - c. Advanced directives/COLST
  - d. Tort and criminal actions
  - e. Evidence preservation
  - f. Statutory responsibilities
  - g. Mandatory reporting
  - h. Ethical principles/moral obligations
- VII. Anatomy and Physiology
  - a. Uses simple knowledge of the anatomy and function
    - i. Upper airway
    - ii. Heart vessels
    - iii. Blood
    - iv. Lungs
- VIII. Medical terminology
  - a. Uses simple medical and anatomical terms
- IX. Pathophysiology
  - a. Uses simple knowledge of shock and respiratory compromise to respond to life threats
- X. Pharmacology
  - a. Uses simple knowledge of the medications that the VEMR may assist with in an emergency
- XI. Emergency Medications
  - a. Simple depth, simple breadth Within the scope of practice of the EMR
    - i. Names
    - ii. Indications
    - iii. Routes of administration
  - b. Epinephrine (Epi Pen)
  - c. Naloxone
- XII. Airway Management
  - a. Airway anatomy
  - b. Signs of inadequate airway
  - c. Techniques for assuring a patient airway
  - d. Signs of and treatment for a choking adult, child, and infant

- e. Artificial ventilation with barrier device
- XIII. Respiratory
  - a. Recognizing signs and symptoms of difficulty breathing
  - b. Asthma
- XIV. Assessment
  - a. Use of scene information and simple patient assessment findings to identify and manage immediate life threats and injuries within the scope of practice of the VEMR
- XV. Scene Size-Up
  - a. Scene safety
  - b. Addressing hazards
  - c. Violence
  - d. Need for additional or specialized resources
  - e. Standard precautions
- XVI. Primary Assessment
  - a. Level of consciousness
  - b. Identifying life threats
  - c. Begin interventions needed to preserve life
- XVII. Neurology
  - a. Seizure
  - b. Stroke
  - c. Fainting
- XVIII. Immunology
  - a. Allergic reactions
  - b. Anaphylactic reactions
    - i. Epinephrine pen
- XIX. Endocrine Disorders
  - a. Recognize and treatment of hypoglycemic event
- XX. Cardiovascular
  - a. Heart attack
  - b. Cardiac arrest
- XXI. Toxicology
  - a. Opioid overdose
    - i. Naloxone
  - b. How and when to contact poison control center
- XXII. Shock and Resuscitation
  - a. Uses assessment information to recognize shock, respiratory failure or arrest, and cardiac arrest based on assessment findings and manages the emergency while awaiting additional emergency response.
    - i. Adult
    - ii. Child
    - iii. Infant
  - b. AED application and use
  - c. Explain the chain of survival
  - d. Pregnant patients
- XXIII. Recognition and management of bleeding
  - a. Pressure



- b. Tourniquets
- c. Hemostatic dressings
- d. Dressing
- e. Bandaging
- f. Nosebleeds
- XXIV. Orthopedic Trauma
  - a. Manual stabilization
  - b. Stabilization
  - c. Amputations
- XXV. Soft Tissue Trauma
  - a. Wounds
  - b. Penetrating and puncture injuries
  - c. Burns
    - i. Electrical
    - ii. Thermal
    - iii. Chemical
  - d. Chemicals in the eye and on skin
  - e. Internal Bleeding
- XXVI. Head, Neck, and Spine Trauma
  - a. Life threats
  - b. Concussions
  - c. Manual stabilization
- XXVII. Environmental Emergencies
  - a. Temperature-related illness
  - b. Bites and stings
- XXVIII. EMS Operations
  - a. Principles of Safely Operating a Ground Ambulance
- XXIX. Establishing First Aid Kit and Resources for Response

## Psychomotor Skills

### VEFMR Educational Standards

- I. Airway and Breathing
  - a. Basic airway maneuvers
    - i. Head-tilt chin lift
    - ii. Jaw thrust
  - b. FBAO relief
    - i. Adult
    - ii. Infant
    - iii. Child
  - c. Barrier Devices
    - i. Pocket mask
    - ii. Other barrier devices
- II. Cardiac Care
  - a. Manual CPR
    - i. Adult
    - ii. Infant
    - iii. Child

- b. AED
  - i. Adult
  - ii. Child
- III. Trauma Care
  - a. Manual stabilization
    - i. C-spine
    - ii. Extremities
  - b. Bleeding control
    - i. Tourniquet
    - ii. Hemostatic dressing
  - c. Emergency moves
- IV. Medication administration
  - a. Assist with Epinephrine pen
  - b. Naloxone