



**Competency/Skills Self-Appraisal: Paramedic/EMT**

Name \_\_\_\_\_ Date \_\_\_\_\_

Please check the column that applies to your skill level:  
 3= Very Competent > 1yr Exp.      2=Some Help needed <1 yr. Exp.      1=Need Direction <6 months Exp.      0=Never Done

SKILLS	3	2	1	0	SKILLS	3	2	1	0
▪ BCLS Expires:					▪ Military				
▪ ACLS Expires:					<b>4. GENERAL SKILLS:</b>				
▪ PALS Expires:					▪ Universal Precautions/Infection Control Procedures				
▪ NRP Expires:					▪ Advance Directives				
▪ BTLS Expires:					▪ JCAHO – National Patient Safety Guidelines				
▪ ATLS Expires:					▪ Lab work – ordering				
▪ PEPP Expires:					▪ Specimen Collection				
▪ PHTLS Expires:					▪ Vital Signs				
▪ EMT-B Expires:					▪ Use of transfer/lift devices				
▪ EMT – I Expires:					▪ Pain management				
▪ EMT - Paramedic Expires:					▪ Patient/Caregiver Education				
▪ Other Certification (specify): _____					▪ Charting/Documentation/Consents/Care Plans				
<b>1. AGE SPECIFIC PRACTICE CRITERIA:</b>					▪ Confidentiality of Information/HIPAA				
▪ Newborn/Neonate (birth to 30 days)					▪ Ordering Supplies				
▪ Infant ( 30 days to 1 year)					<b>5. EQUIPMENT:</b>				
▪ Toddler (1 -3 years)					▪ AED				
▪ Preschooler (3-5 years)					▪ Defibrillator – manual				
▪ School Age Children ( 5-12 years)					▪ Pulse oximeter				
▪ Adolescent (12-18 years)					▪ Infusion pumps				
▪ Young Adults (18-39 years)					▪ Accucheck – blood glucose monitor				
▪ Middle Adults (39-64 years)					▪ 12 lead EKG				
▪ Geriatric (64 +)					▪ BP Cuff				
<b>2. EXPERIENCE WITH AGE GROUPS:</b>					▪ Stretchers				
▪ Able to adapt care to incorporate normal growth and development					▪ Ventilators				
▪ Able to adapt method and terminology of patient instructions to their age, comprehension and maturity level					<b>6. EXTRICATION EQUIPMENT:</b>				
▪ Ensures safe environment reflecting specific needs of various age groups					▪ Wrecking bar				
<b>3. EXPERIENCE IN SETTINGS:</b>					▪ Bolt cutters				
▪ Public hospital system					▪ Hacksaw and blades				
▪ Municipal EMS					▪ Screwdrivers				
▪ Fire Department					▪ Wrench				
▪ Private ambulance service					▪ Fire extinguishers				
▪ Hospital ED					▪ Vise pliers				
▪ Hospital inpatient unit					▪ Trauma shears				
▪ Medical clinic					<b>7. IMMOBILIZATION/EXTRICATION EQUIPMENT:</b>				
▪ Doctor's office					▪ Long board				
▪ Oil rig					▪ Short board				
▪ Industry					▪ Cervical collar (soft/rigid)				

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<b>7. IMMOBILIZATION/EXTRICATION EQUIPMENT/CONTINUED:</b>					▪ Heat Stroke				
▪ Head blocks and straps					▪ Hypothermia				
▪ KED (Kendrick extrication device)					▪ Major trauma				
▪ Traction splint					▪ Minor trauma				
▪ Leg splints					▪ Radiation exposure				
▪ Arm splints					▪ Anaphylactic shock				
<b>8. SCENE MANAGEMENT:</b>					▪ Cardiogenic shock				
▪ Body substance isolation procedures					▪ Hypovolemic shock				
▪ Determines scene is safe					▪ Neurogenic shock				
▪ Determines mechanism of injury					▪ Septic shock				
▪ Spine stabilization					▪ Traumatic amputation				
▪ Determine level of consciousness/responsiveness					▪ Disaster Protocols				
▪ Determine apparent life threats					▪ End of life care				
▪ Assess airway/breathing					▪ Organ donor protocols				
▪ Assess circulation					<b>9. MEDICAL:</b>				
▪ Conducts rapid trauma assessment/physical assessment					▪ Respiratory				
▪ JVD					▪ Cardiac				
▪ Tracheal deviation					▪ Altered mental status – description of episode				
▪ Baseline vital signs/reassessment of VS					▪ Evidence of trauma				
▪ Identifies priority patients					▪ Seizures				
▪ Transport decision					▪ Fever				
<b>9. TRAUMA:</b>					▪ Allergic reaction				
▪ Sucking chest wound					▪ Poisoning/overdose				
▪ Head injury					▪ Source of exposure				
▪ MVC – motor vehicle collision					▪ Estimated weight				
▪ Amputation					▪ Allergic reaction				
▪ Champion trauma score					▪ Environmental emergency				
▪ Poison index					▪ Obstetrics				
▪ Air transport of trauma patient					▪ LPM				
▪ Application of mast suit					▪ Bleeding/Discharge				
▪ Care of patient with animal bites					▪ Pain/contractions				
▪ Human bites					▪ Behavioral				
▪ Venomous snake bites					▪ Suicidal tendencies				
▪ Venomous spider bites					▪ Patient threat to self or others				
▪ Burns – rule of nines					History				
▪ First degree burns					▪ Allergies				
▪ Second degree burns					▪ Medications				
▪ Third degree burns					▪ Past pertinent history				
▪ Dehydration					▪ Last oral intake				
▪ Electrocutation					▪ Acute abdomen				
▪ Gunshot wounds					▪ Aneurysm				
▪ Stab wounds					▪ AMI (acute myocardial infarction)				
▪ Hazardous material exposure					▪ Lung contusions				
▪ Heat exhaustion					▪ CHF				

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<b>9. MEDICAL CONTINUED:</b>					▪ Second Degree AV Block				
▪ Hypertension					▪ Third Degree Heart Block				
▪ Inhalation injuries					▪ Premature Ventricular Contractions				
▪ Pulmonary edema					▪ Premature Atrial Contractions				
▪ Seizure					▪ Bigeminy, Trigeminy				
▪ Tension pneumothorax					<b>12. BASIC AND ADANCED AIRWAY MANAGEMENT:</b>				
▪ Needle decompression of tension pneumothorax					▪ Oxygen administration				
▪ Open chest wounds					▪ Head/chin tilt				
▪ Fractures – closed					▪ Nasal cannula				
▪ Fractures – open					▪ BVM				
▪ Sepsis					▪ Oral/nasal airway				
▪ Overdose					▪ Venture mask				
▪ Gastroenteritis					▪ Simple face mask				
▪ Obstetrical emergencies – impending delivery					▪ Demand valve O2 powered				
▪ Placenta previa					▪ Non-rebreather				
▪ Obstetrical trauma					▪ Partial rebreather				
▪ Eclampsia/pre-eclampsia					▪ Perform Intubations				
▪ CVA					▪ Orotracheal				
▪ Unstable angina					▪ Nasotracheal				
▪ GI bleed					▪ Critoid pressure				
▪ COPD					▪ Needle cricthyroidotomy				
▪ Epiglottis					▪ End tidal CO2 monitoring				
▪ Croup					▪ Modified jaw thrust (trauma)				
▪ Esophageal bleeding					▪ Visual airway using laryngoscope				
▪ Asthma					▪ Removal of foreign bodies using Magill forceps				
▪ Hypoglycemia					▪ Eschmann catheter				
▪ Hyperglycemia					▪ Comitube				
▪ Eye injuries					▪ Rapid sequence intubation (RSI)				
▪ Cardiac arrest					<b>13. VASCULAR ACCESS/PHEBOTOMY:</b>				
<b>10: CARDIAC ARREST MANAGEMENT:</b>					▪ Drawing venous blood				
▪ CPR					▪ IV Starts				
▪ Perform and interpret EKG					▪ Angiocath				
▪ Transcutaneous pacing					▪ Butterfly				
▪ Defibrillator/Cardioversion					▪ Heparin Lock				
▪ Insertion of simple airway					▪ Peripheral lines				
▪ Ventilation of patient					▪ Intraosseus				
▪ O2 management					▪ Internal/external jugular				
<b>11. SPECIFIC CARDIAC RHYTHM KNOWLEDGE, DYSRHTHMIA INTERPRETATION:</b>					▪ Subclavian				
▪ Asystole					▪ Iv push				
▪ Ventricular Tachycardia, Fibrillation					▪ Iv piggyback				
▪ Bradycardia					▪ Continuous drips				
▪ Atrial Fibrillation					<b>14. MEDICATION ADMINISTRATION:</b>				
▪ Junctional Rhythm					▪ Oral administration				
▪ Idioventricular Rhythm					▪ Sublingual				
▪ Supraventricular Tachycardia					▪ Intramuscular				
▪ First Degree AV Block					▪ Subcutaneous				

