



# Emergency Medical Technician

<b>Dress Code</b>	Attire appropriate to the occupational area
<b>SLC Orientation</b>	Event explained to the competitors and individual timecards handed out. Students will return to the event room at least 5 minutes before their allotted time. <b>Students will have a secret scenario to solve when it is their turn to compete. Students not share the secret scenario when they leave the event as it is an automatic disqualification.</b>
<b>Round # 1</b>	Competitors must submit technical skill video to Montana HOSA by deadline. Additionally, competitors will take an online test during the testing window. Advisors will be informed of which competitors have moved on from Round 1 to qualify to participate in Round 2 at SLC. *Note: As a teamwork event, both members must take the online test and both must be in the videos although just one member will submit the video.
<b>Round # 2</b>	Skill procedures from rubric guidelines will be performed by competitors. Competitors may be asked to do one or multiple of the performance skills.
<b>Scoring</b>	Round 1 online testing scores will be combined with Round 2 skill procedures for a total score.

## Official References

1. All official references are used in the development of the written test. The specific references selected for each skill are the National Registry EMT skill sheets.
  - [Emergency Care and Transportation of the Sick and Injured. Series Editor: Andrew N. Pollak, MD, FAAOS. Published by Jones & Bartlett Learning. Latest edition.](#)
  - [American Heart Association, Basic Life Support, Latest edition.](#)
  - [Limmer, Daniel. Emergency Care. Published by Prentice Hall, a “Brady” book, Latest edition.](#)
  - [NREMT](#)  
See Skill Sheets [HERE](#)

## Round One Test

Test Instructions: The written test will consist of 50 multiple choice items in a maximum of 60 minutes taken during the online testing window. Competitors will each take the test for a combined test score.

### Written Test Plan

Patient Assessment .....	20%
Basic Life Support .....	20%
Trauma .....	15%
Medical Emergencies.....	15%
Pediatrics and Childbirth .....	15%
Environmental Emergencies .....	10%
Special Situations .....	5%

## Round Two Skills

Round Two is the performance of a selected skill(s). The Round Two skills approved for this event are:

Skill I:	Patient Assessment - Trauma
Skill II:	Patient Assessment - Medical
Skill III:	BVM Ventilation: Apneic Adult Patient
Skill IV-A:	Joint Immobilization
Skill IV-B:	Long Bone Immobilization
Skill V:	Bleeding Control/Shock Management
Skill VI:	Cardiac Arrest Management/AED
Skill VII:	Oxygen Administration by Non-Rebreather Mask

A **twelve (12) minute maximum time limit** has been set for the team demonstration. The selected skill(s) will be presented to competitors as a written scenario at the beginning of the round. The scenario will be the same for each team and will include a challenging component that will require the competitors to apply critical thinking skills. A sample scenario can be found [here](#).

Timing will begin when the scenario is presented to the team and competitors will be stopped at the end of the time allowed.

*Oxygen Administration:* Oxygen tank assembly is not included in the HOSA EMT event. HOWEVER, an oxygen tank that is ready to use may be available. If the application of oxygen is indicated by the scenario and condition of the patient(s) the competitors should follow proper EMS protocol in initiating and maintaining oxygen therapy.

If a tank is NOT available and oxygen is indicated, the competitors should verbalize the necessary steps that involve the application of oxygen. Points will be awarded as indicated on the rating sheet used to evaluate all aspects of team's performance, including the use of oxygen therapy.

Judges will provide information to competitors as directed by the rating sheets. Competitors may ask questions of the judges while performing skills if the questions relate to patient physiology and will be included in the scenario.

For example:

- What are the vital signs?
- Do I hear breath sounds?
- Do I have a distal pulse?
- Is the patient breathing?
- Are the patient's lips blue?

**Competitor Must Provide:**

- Watch with second hand (optional-Round Two only)

**\* Teams have the option of bringing one kit per person or one kit per team**

- Barrier supplies for each competitor:
  - 5 pairs of non-latex gloves AND 2 masks AND 2 gowns
  - 1 set of goggles or safety glasses per person
- 6 - 10 "4x4" dressings (team's choice)
- self-adhering or roller gauze bandages (team's choice.)
- 4 cravats (used to tie or anchor splints in place – team's choice.)
- Adhesive tape
- Scissors
- Penlight
- 2 occlusive dressing supplies
- 4 abdominal / trauma dressings
- Stethoscope/B/P cuff
- Oral airway kit (sizes 0-6)
- BVM
- Pocket mask and/or other appropriate barrier (face shield, mouth-to-mask device)
- Tourniquet
- Cell phone for simulating call for EMS assistance

# EMERGENCY MEDICAL TECHNICIAN

Team #: \_\_\_\_\_ Section #: \_\_\_\_\_ Judge's Signature: \_\_\_\_\_

<b>Skill I: Patient Assessment – Trauma</b>		<b>Possible</b>		<b>Awarded</b>
1.	Practiced body substance isolation precautions throughout skill.	2	0	
2.	Scene Size-up			
	a. Determined the scene/situation is safe.	2	0	
	b. Determined the mechanism of injury/nature of illness.	2	0	
	c. Determined the number of patients.	2	0	
	d. Requested additional EMS assistance if needed.	2	0	
3.	If trauma suspected, competitor verbalized/simulated, "Spinal Immobilization performed at this time".	2	0	
4.	Primary Survey/Resuscitation			
	a. Verbalized general impression of patient.	2	0	
	b. Determined responsiveness/level of consciousness.	2	0	
	c. Determined chief complaint/apparent life threats.	2	0	
5.	Airway			
	a. Opened and assessed airway.	2	0	
	b. Inserted adjunct as indicated.	2	0	
6.	Breathing			
	a. Assessed breathing.	2	0	
	b. Assured adequate ventilation.	2	0	
	c. Initiated appropriate oxygen therapy.	2	0	
	d. Managed any injury which may compromise breathing/ventilation.	2	0	
7.	Circulation			
	a. Checked pulse.	2	0	
	b. Assessed skin (either color, temperature or condition).	2	0	
	c. Assessed for and controlled major bleeding (if present).	2	0	
	d. Initiated shock management (positioned patient properly, conserved body heat).	2	0	
8.	Identified patient priority and made treatment/transport decision (based upon calculated GCS).	2	0	
9.	Obtained baseline vital signs (must include BP, P and R).	2	0	

Items Evaluated	Possible	Awarded
10. Past medical history	2	0
a. Signs and Symptoms		
b. Allergies	2	0
c. Medications	2	0
d. Pertinent Medical History	2	0
e. Last Oral Intake	2	0
f. Events Leading to Present Illness	2	0
<b>SECONDARY ASSESSMENT</b>		
11. Head		
a. Inspects and palpates scalp and ears.	1	0
b. Inspects mouth*, nose* and assesses facial area.	1	0
c. Assesses eyes.	1	0
12. Neck*		
a. Checks position of trachea.	1	0
b. Checks jugular veins.	1	0
c. Palpates cervical spine.	1	0
13. Chest*		
a. Inspects chest.	1	0
b. Palpates chest.	1	0
c. Auscultates chest.	1	0
14. Abdomen/pelvis*		
a. Inspects and palpates abdomen.	1	0
b. Assesses pelvis.	1	0
c. Verbalizes assessment of genitalia/perineum as needed.	1	0
15. Lower Extremities*		
Right leg includes inspection, palpation, and assessment of motor, sensory and distal circulatory function.	1	0
16. Left leg includes inspection, palpation, and assessment of motor, sensory and distal circulatory function.	1	0
17. Upper Extremities*		
Right arm includes inspection, palpation, and assessment of motor, sensory and distal circulatory function.	1	0
18. Left arm includes inspection, palpation, and assessment of motor, sensory and distal circulatory function.	1	0
19. Posterior thorax, lumbar and buttocks*		
a. Inspects and palpates posterior thorax.	1	0

Items Evaluated	Possible	Awarded
b. Inspects and palpates lumbar and buttock (verbalizes) area.	1	0
20. Manages secondary injuries and wounds appropriately.	2	0
21. Demonstrates how and when to reassess the patient.	2	0
22. Interventions (verbalizes proper intervention/treatment.)	2	0
23. Appropriate verbal and nonverbal communication with patient and other personnel.	2	0
24. Provided report to Emergency Department including:	2	0
a. Unit identification		
b. Patient's age and sex	2	0
c. Chief complaint	2	0
d. Brief history of current problem	2	0
e. Physical findings including: general appearance, vital signs & level of consciousness	2	0
f. Treatment in progress	2	0
g. brief description of response to treatment	2	0
h. Estimated time of arrival	2	0
<b>TOTAL POINTS -- SKILL I</b>	<b>96</b>	
<b>70% Mastery for Skill I = 67.2</b>		

*\* Award points in areas denoted by \* if done, OR if integrated within sequence of Primary Survey/Resuscitation.*

# EMERGENCY MEDICAL TECHNICIAN

Team #: \_\_\_\_\_ Section #: \_\_\_\_\_

Judge's Signature: \_\_\_\_\_

<b>Skill II: Patient Assessment - Medical</b>	<b>Possible</b>	<b>Awarded</b>
1. Practiced body substance isolation precautions throughout skill.	2	0
2. Scene Size-up		
a. Determined the scene/situation is safe.	2	0
b. Determined the mechanism of injury/nature of illness.	2	0
c. Requested additional EMS assistance if necessary.	2	0
d. Determine the number of patients.	2	0
3. If trauma suspected, competitor verbalizes/simulates, "Spinal immobilization performed at this time".	2	0
4. Primary Survey/Resuscitation		
a. Verbalized general impression of patient.	2	0
b. Determined responsiveness/level of consciousness (AVPU).	2	0
c. Determine chief complaint/apparent life threats.	2	0
5. Assessed airway and breathing		
a. Assessment.	2	0
b. Assured adequate ventilation.	2	0
c. Initiated appropriate oxygen therapy.	2	0
6. Assesses Circulation		
a. Assessed for and controls major bleeding.	2	0
b. Checked pulse.	2	0
c. Assessed skin (either color, temperature, or condition).	2	0
7. Identified patient priority/makes treatment/ transport decision.	2	0
<b>History Taking</b>		
8. History of the present illness		
a. Onset	2	0
b. Provokes	2	0
c. Quality	2	0
d. Radiation	2	0
e. Severity	2	0

Items Evaluated-SKILL II	Possible	Awarded
f. Time	2 0	
g. Clarifying questions of associated signs and symptoms related to OPQRST	2 0	
9. Past Medical History	2 0	
a. Allergies		
b. Medications	2 0	
c. Pertinent Medical History	2 0	
d. Last Oral Intake	2 0	
e. Events Leading to Present Illness	2 0	
10. Secondary Assessment ( <i>Assesses <b>affected</b> body part/system</i> )		
a. Cardiovascular		
b. Neurological		
c. Integumentary		
d. Reproductive		
e. Pulmonary		
f. Musculoskeletal		
g. GI/GU	8 0	
h. Psychological/Social		
11. Vital Signs	2 0	
a. Pulse		
b. Blood pressure	2 0	
c. Respiratory rate and quality	2 0	
12. Stated field impression of patient.	4 0	
13. Interventions (verbalized proper intervention/treatment).	4 0	
14. Appropriate verbal and nonverbal communication with patient and other personnel.	2 0	
15. Reassessment		
a. Determined how and when to reassess the patient to determine changes in condition.	2 0	
16. Provided report to Emergency Department including:	2 0	
a. Unit identification		
b. Patient's age and sex	2 0	
c. Chief complaint	2 0	
d. Brief history of current problem	2 0	
e. Physical findings including: general appearance, vital signs & level of consciousness	2 0	
f. Treatment in progress	2 0	



Items Evaluated-SKILL II	Possible	Awarded
g. Brief description of response to treatment	2 0	
h. Estimated time of arrival	2 0	
<b>TOTAL POINTS—SKILL II</b> <b>70% Mastery for Skill II = 68.6</b>	<b>98</b>	

# EMERGENCY MEDICAL TECHNICIAN

Team #: \_\_\_\_\_ Section #: \_\_\_\_\_

Judge's Signature: \_\_\_\_\_

<b>Skill III: BVM Ventilation: Apneic Adult Patient</b>	<b>Possible</b>	<b>Awarded</b>
1. Practiced body substance isolation precautions throughout skill.	2 0	
2. Checked responsiveness.	2 0	
3. Requested additional EMS assistance.	2 0	
4. Checked breathing and pulse simultaneously for no more than 10 seconds.	2 0	
<b><i>Judge states "The patient is unresponsive, apneic and has a weak pulse of 60."</i></b>		
5. Opened airway properly.	2 0	
<b><i>Judge states "The mouth is full of secretions and vomitus."</i></b>		
6. Prepared rigid suction catheter.	1 0	
7. Turned on power to suction device or retrieves manual suction device.	1 0	
8. Inserted rigid suction catheter without applying suction.	1 0	
9. Suctioned the mouth and oropharynx (quickly and adequately).	2 0	
<b><i>Judge states "The mouth and oropharynx are clear."</i></b>		
10. Opened the airway manually.	2 0	
11. Verbalized inserted oropharyngeal airway.	2 0	
<b><i>Judge states "No gag reflex is present and the patient accepts the airway adjunct."</i></b>		
12. Ventilated the patient immediately using a BVM device unattached to oxygen* <i>*Award this point if competitor elects to ventilate initially with BVM attached to reservoir and oxygen, as long as first ventilation is delivered within 30 seconds.</i>	2 0	
<b><i>Judge states "Ventilation is being properly performed without difficulty."</i></b>		
13. Rechecked pulse for no more than 10 seconds.	2 0	
14. Attached the BVM assembly to oxygen @ 15L/min.	2 0	
15. Ventilated the patient adequately:		
a. Proper volume to make chest rise.	2 0	
b. Rate of 10-12/min, but not to exceed 12/min(ventilates 1 x every 5-6 seconds).	2 0	
16. Initiated ventilation within 30 seconds after taking body substance isolation precautions and does not interrupt ventilations for greater than 30 seconds at any time.	2 0	
17. Appropriate verbal and nonverbal communication with patient and other personnel.	2 0	
<b>TOTAL POINTS – SKILL III</b> <b>70% Mastery for Skill III = 23.1</b>	<b>33</b>	

# EMERGENCY MEDICAL TECHNICIAN

Team #: \_\_\_\_\_ Section #: \_\_\_\_\_

Judge's Signature: \_\_\_\_\_

<b>Skill IV-A: Joint Immobilization</b>	<b>Possible</b>	<b>Awarded</b>
1. Practiced body substance isolation precautions throughout skill.	2	0
2. Directed application of manual stabilization of the injury.	2	0
3. Assessed distal motor, sensory and circulatory functions in injured extremity.	2	0
<i>Judge states, "Motor, sensory and circulatory functions are present and normal."</i>		
4. Selected the proper splinting material.	2	0
5. Immobilized the site of the injury.	2	0
6. Immobilized the bone above the injury site.	2	0
7. Immobilized the bone below the injury site.	2	0
8. Secured the entire injured extremity.	2	0
9. Reassessed distal motor, sensory and circulatory functions in the injured extremity.	2	0
<i>Judge states "Motor, sensory and circulatory functions are present and normal."</i>		
10. Appropriate verbal and nonverbal communication with patient and other personnel.	2	0
<b>TOTAL POINTS -- SKILL IV-A</b> <b>70% Mastery for Skill IV-A = 14</b>	<b>20</b>	

# EMERGENCY MEDICAL TECHNICIAN

Team #: \_\_\_\_\_ Section #: \_\_\_\_\_

Judge's Signature: \_\_\_\_\_

<b>Skill IV-B: Long Bone Immobilization</b>		<b>Possible</b>	<b>Awarded</b>
1.	Practiced body substance isolation precautions throughout skill.	2	0
2.	Directed immediate application of manual stabilization of the injury.	2	0
3.	Assessed distal motor, sensory and circulatory function in the injured extremity.	2	0
<b><i>Judge states "Motor, sensory and circulatory functions are present and normal."</i></b>			
4.	Selected proper splinting material.	2	0
5.	Applied the splint.	2	0
6.	Immobilized the joint above the injured site.	2	0
7.	Immobilized the joint below the injured site.	2	0
8.	Secured the entire injured extremity.	2	0
9.	Immobilized the hand/foot in the position of function.	2	0
10.	Reassessed distal motor, sensory and circulatory functions to the injured extremity.	2	0
<b><i>Judge states "Motor, sensory and circulatory functions are present and normal."</i></b>			
11.	Appropriate verbal and nonverbal communication with patient and other personnel.	2	0
<b>TOTAL POINTS - SKILL IV-B</b>		<b>22</b>	
<b>70% Mastery for Skill IV-B = 15.4</b>			

# EMERGENCY MEDICAL TECHNICIAN

Team #: \_\_\_\_\_ Section #: \_\_\_\_\_ Judge's Signature: \_\_\_\_\_

<b>Skill V: Bleeding Control/Shock Management</b>	<b>Possible</b>	<b>Awarded</b>
1. Practiced body substance isolation precautions throughout skill.	2 0	
2. Applied direct pressure to the wound.	2 0	
<b><i>Judge states "The wound continues to bleed."</i></b>		
3. Applied tourniquet.	2 0	
<b><i>Judge states "The patient is exhibiting signs and symptoms of hypo-perfusion."</i></b>		
4. Properly positioned the patient.	2 0	
5. Administered high concentration oxygen.	2 0	
6. Initiated steps to prevent heat loss from the patient.	2 0	
7. Indicated need for immediate transportation.	2 0	
8. Appropriate verbal and nonverbal communication with patient and other personnel.	2 0	
<b>TOTAL POINTS - SKILL V</b> <b>Mastery for Skill V – 11.2</b>	<b>16</b>	

# EMERGENCY MEDICAL TECHNICIAN

Team #: \_\_\_\_\_ Section #: \_\_\_\_\_

Judge's Signature: \_\_\_\_\_

<b>Skill VI Cardiac Arrest Management/AED</b>		<b>Possible</b>		<b>Awarded</b>
1.	Practiced body substance isolation precautions throughout skill.	2	0	
2.	Determined the scene/situation is safe.	2	0	
3.	Checked patient responsiveness.	2	0	
4.	Directed assistant (2 <sup>nd</sup> competitor) to retrieve AED.	2	0	
5.	Requested additional EMS assistance.	2	0	
6.	Checked for breathing and pulse simultaneously for no more than 10 seconds.	2	0	
<b><i>Judge states "The patient is unresponsive, apneic and pulseless."</i></b>				
7.	Immediately started chest compressions of adequate depth and rate, allowing the chest to recoil completely.	2	0	
8.	Performed approx. 2 minutes of high quality, 1 rescuer adult CPR	2	0	
	a. Adequate depth and rate.	2	0	
	b. Correct compression-ventilation ratio.	2	0	
	c. Allowed the chest to recoil completely.	2	0	
	d. Adequate volumes for each breath.	2	0	
	e. Minimal interruption of no more than 10 seconds throughout.	2	0	
<b><i>Note: After approx. 2 minutes or 5 cycles, assess patient and the 2<sup>nd</sup> rescuer resumes compressions while first rescuer operates the AED.</i></b>				
9.	Turned on AED power.	2	0	
10.	Followed prompts and correctly attached AED to patient.	2	0	
11.	Directed rescuer to stop CPR and ensured all individuals are clear of the patient during analysis of the rhythm.	2	0	
12.	a. Ensured that all individuals are clear of the patient and verbalizes "All clear."	2	0	
	b. Delivered shock from AED.	2	0	
13.	Immediately directed rescuer to resume chest compressions.	2	0	
14.	Appropriate verbal and nonverbal communication with patient and other personnel.	2	0	

Items Evaluated	Possible	Awarded
15. Verbalized transportation of patient when one of the following are met: 6-9 shocks delivered, 3 consecutive NSI or regains pulse.	2 0	
<b>TOTAL POINTS -- SKILL VI</b> <b>70% Mastery for Skill VI – 28</b>	<b>40</b>	

# EMERGENCY MEDICAL TECHNICIAN

Team #: \_\_\_\_\_ Section #: \_\_\_\_\_ Judge's Signature: \_\_\_\_\_

**Note: The tank used for the skill will be empty and steps will be simulated as appropriate.**

<b>Skill VII: Oxygen Administration by Non-Rebreather Mask</b>		<b>Possible</b>		<b>Awarded</b>
1.	Practiced body substance isolation precautions throughout skill.	2	0	
2.	Gathered appropriate equipment.	1	0	
3.	Verbalized cracked valve on the oxygen tank.	2	0	
4.	Assembled the regulator to the oxygen tank.	2	0	
5.	Verbalized and simulated opening the oxygen tank valve.	2	0	
6.	Verbalized and simulated checking the oxygen tank pressure.	2	0	
7.	Verbalized and simulated checking for leaks.	2	0	
8.	Attached non-rebreather mask to correct port of regulator.	2	0	
9.	Verbalized and simulated turning on oxygen flow to pre-fill reservoir bag.	2	0	
10.	Verbalized and simulated adjusting regulator to assure oxygen flow rate of at least 10L per minute.	2	0	
11.	Attached mask to patient's face and adjusts to fit snugly.	2	0	
12.	Appropriate verbal and nonverbal communication with patient and other personnel.	2	0	
<b>TOTAL POINTS - SKILL VII</b>		<b>23</b>		
<b>70% Mastery for Skill VII – 16.1</b>				