



Regional 2020-2021 Contest Catalog

EMERGENCY MEDICAL TECHNICIAN (EMT) (Virtual)

Contest Description

The contest evaluates the contestants' ability to perform skills needed as an EMT. The contest uses simulated clinical scenarios mirroring the National Registry of EMTs (NREMT) psychomotor examinations and American Heart Association (AHA) basic life support CPR.

Live Virtual Contest Schedule

Contestants will complete their online exam on **January 30, 2021** and complete the skill portion live over Zoom on **February 6, 2021**. Students should be ready to compete at their scheduled time. Team scheduled time slots will be emailed to the advisor/contestants by Friday, December 11, 2020. Changes cannot be made to scheduled time slots. Resumes for all Team members must be submitted to SkillsUSA California (details to follow).

Knowledge Performance

- The contest will include a 50 question multiple-choice written exam.
- Contestants will be given 60 minutes to complete the exam.
- Exam questions are based on the National EMS Education Standards as interpreted and published by the American Academy of Orthopaedic Surgeons (AAOS) Emergency Care and Transportation of the Sick and Injured (latest edition), and the most current American Heart Association CPR/ECC guidelines.
- The scores of the two team members will be combined and averaged to create a composite score.
- Composite scores are used as a part of the final score for the contest.

Skill Performance

The skill performance will consist of 1-2 scenarios given to students on the day of the event over the zoom platform allowing demonstration of emergency medical care.

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Scenarios are considered secret and professional ethics demands that competitors do not discuss scenarios until after the event has concluded.

To manage the competition in the virtual environment, contestant teams will be shown a video that corresponds to the scenario. After the video completes, the team will be asked by the judge to address the patient's medical condition, outlining what they would do for the patient at the scene, en route to the hospital, and at the destination.

Teams should describe their work in detail, highlighting the assistance, equipment, and materials that they will need. Treatments and therapies should be specific to the patient's condition and focus solely within the EMT scope of practice.

Scenarios may include the following:

1. *Patient Assessment – Trauma*

This station is designed to test the team's ability to perform an assessment of a patient with a chief complaint of a traumatic problem and treat all conditions discovered. Contestant teams must conduct their assessment as they would in the field including communicating with the patient. As the assessment is conducted, contestants should verbalize everything they are assessing. Clinical information not obtainable by visual or physical inspection will be given to by the proctor after a contestant demonstrates how they would normally gain that information. Contestants will describe appropriate interventions, treatments, and reassessments of the patient. Contestants will then verbalize an appropriate transfer of patient care reports.

2. *Patient Assessment - Medical*

This station is designed to test the team's ability to perform an assessment of a patient with a chief complaint if a medical problem and treat all conditions discovered. Contestant teams must conduct their assessment as they would in the field including communication with the patient. As the assessment is conducted, contestants should verbalize everything they are assessing. Clinical information not obtainable by visual or physical inspection will be given to by the proctor after a contestant demonstrates how they would normally gain that information. Contestants will describe appropriate interventions, treatments, and

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reassessments of the patient. Contestants will then verbalize an appropriate transfer of patient care reports.

3. Bleeding Control / Shock Management

This skill is designed to evaluate the team's ability to treat a life-threatening arterial hemorrhage from an extremity and subsequent hypoperfusion. As teams progress through the scenario, they will be given various signs and symptoms appropriate for the patient's condition. Contestants will describe appropriate interventions and treatments and then verbalize when and how often they will do a reassessment of the patient.

4. Cardiac Arrest Management with AED Use

Teams will observe a scene of a patient experiencing a cardiac arrest. Contestant teams must conduct their assessment as they would in the field to establish control of the scene and care of a patient. Contestants will detail appropriate interventions and treatments they will perform for the patient. At the appropriate time, the teams will verbalize control of the patient's airway and maintenance of rescue breaths using adjunctive equipment. When prompted, the team will detail the use of an AED, reassessment of the patient, and an appropriate transfer of patient care report.

5. Patient Spinal Immobilization – Supine

This skill is designed to evaluate the team's ability to immediately protect and immobilize the simulated patient's spine. Competitors will view a scenario which will require spinal immobilization of a patient. Competitors will describe the step-by-step proper application of a long spinal immobilization device. Teams will be advised that the scene survey and primary survey have been completed and no condition requiring further resuscitation efforts or urgent transportation is present.

6. Extremity Injury / Joint Injury Immobilization

This skill is designed to test the ability to properly immobilize an extremity. The scene size-up and initial assessment have been completed and during the focused assessment, a closed, non-angulated injury of a bone or joint-related to the shoulder, arm, or lower leg was detected. Teams are required to treat only

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the specific, isolated extremity injury. Ongoing assessment of the patient's airway, breathing, and central circulation is not necessary. Contestants will perform appropriate interventions and treatments and then verbalize when and how often they will do a reassessment of the patient.

7. Incident Management

This station is designed to evaluate the participants' ability to conduct primary triage of victims of a mass casualty emergency. **Note: The term "mass casualty" is used to describe numbers of patients, and not a system response level.** This station is intended to evaluate the team's ability to work together sorting victims of a mass casualty incident rather than evaluating patient care. Thus, only very basic information about the conditions of patients is provided.

This station can be performed either with volunteers acting as simulated patients or as a tabletop exercise.

Teams will be given a scenario with an unknown number of victims. Using the principles of START Triage, teams will evaluate victims and assign them to one of the following four categories:

Walking wounded/minor (green)

Delayed (yellow)

Immediate (red)

Deceased/expectant (black)

Virtual MCI

- Pictures of casualties will be displayed on the video screen with information about the patient's vital signs. **** NOTE – These photographs may be graphic and may show signs of severe traumatic injury or death.** Each picture will have limited information about the victim and their injury(s). There will be enough information to allow team members to triage each patient. The judge may not provide any additional information than what is noted on the casualty card.
- As the teams progress through the event, they will work together to indicate the triage color category. Once a casualty card is recorded, it may not be switched.

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- After four minutes, time is called and the scenario will be complete. Teams then have two minutes to complete a paper report, accounting for the number of victims determined for each category.

Student Materials List

- Resume (SkillsUSA Format)
- Computer with high-speed internet capability and camera to use applications such as Zoom. The minimum recommended internet bandwidth speeds for joining Zoom meetings, accessing on-demand curriculum and other online operations is 2.0 Mbps up and down. You can test your current internet speeds by following this link: <https://www.speedtest.net/>. Allow the page to load and click on GO.

Clothing Requirements

Official Dress is NOT required for Regionals. Clothing must be unbranded with no words, images, or logos. SkillsUSA or SkillsUSA California attire is recommended.

Note: Check the Contest Guidelines and/or the updates page on the SkillsUSA website:
www.skillsusa.org/compete/updates.shtml

<https://www.skillsusa.org/competitions/skillsusa-championships/contest-descriptions/>

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