



EMERGENCY MEDICAL TECHNICIAN

Purpose: To provide Health Science students with an opportunity to develop and demonstrate knowledge and skills as a team in emergency medical care.

Description of Event: This event will consist of two rounds of competition for a 2-person team. Round One is a written, multiple choice test of knowledge and understanding. The top scoring teams will advance to Round Two for the performance of selected skill procedure(s) identified in a written scenario. The scenario will require the use of critical thinking skills. The performance will be timed and evaluated according to the event guidelines.

Dress Code: Competitors shall wear proper business attire or official HOSA uniform, or attire appropriate to the occupational area, during the orientation and written test. Competitors will wear attire appropriate to the occupational area during the skill procedure(s). Bonus points will be awarded for proper dress.

- Rules and Procedures**
- Competitors in this event must be active members of HOSA in good standing in the category in which they are registered to compete (Secondary or Postsecondary/Collegiate). Competitors should compete in skill events at the highest level of their training.
 - The test shall be developed from the National HOSA test item bank. The written test will consist of fifty (50) multiple choice items. Competitors will be given one hour to complete the test. The scores of the two team members will be averaged for one composite score and will be used as a part of the final score for the event.

Round One: **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%

- All competitors shall report to the site of the event orientation at the time designated. The Round One test will immediately follow the orientation. **No proxies will be allowed for the orientation.** No study materials are allowed in the room.
- All official references are used in the development of the written test. The specific references selected for each procedure are the National Registry EMT skill sheets.
 - Beebe and Funk, *Fundamentals of Basic Emergency Care*, Delmar, Latest edition.
 - American Heart Association, *Basic Life Support for Healthcare Providers*, Latest edition. Distributed by Channing L. Bete Co., Inc. – 1-800-611-6083.
 - Limmer, Daniel. *Emergency Care*. published by Prentice Hall, a “Brady” book, Latest edition.
 - NREMT Basic Level Skill Sheets
http://www.nremt.org/nremt/about/psychomotor_exam_emt.asp

5. Each team must consist of two members. The composite test score from Round One will be used to qualify the team for the Round Two skill procedures. The skill procedures approved for this event are:

Procedure I:	Patient Assessment - Trauma
Procedure II:	Patient Assessment - Medical
Procedure III:	BVM Ventilation: Apneic Adult Patient
Procedure IV:	Immobilization/Splinting
	A. Spinal Immobilization: Seated Patient
	B. Spinal Immobilization: Supine Patient
	C. Joint Injury
	D. Long Bone Injury
Procedure V:	Bleeding Control/Shock Management
Procedure VI:	Cardiac Arrest Management/AED

6. The selected procedure(s) for Round Two, in the form of a written scenario, will be presented to the competitors at the start of the skill to be performed. The timing for the skill will begin when the scenario is presented. 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. Each scenario will include patient assessment and additional skill(s).
7. The scenario is a secret topic. Professional ethics demand that competitors DO NOT discuss or reveal the secret topic until after the event has concluded. Competitors who violate this ethical standard will be disqualified.
8. Competitors must complete all steps of the procedure listed in the guidelines even if the steps must be simulated/verbalized. (If the equipment is available, the competitors would complete all steps of the procedure as the scenario warrants. If the equipment is NOT available, the competitors would simulate/verbalize the steps.)
9. In performance of a skill scenario, competitors are required to follow the highest standard of care when treating victims. Competitors should follow the steps on the rating sheet unless the highest standard of care required differs from the steps on the rating sheet. Judges will know when the treatment of victims/patients differs slightly from the rating sheet and when the competitors provide medically acceptable care, and will award points accordingly.
10. A **twelve (12) minute maximum time limit** has been set for the team demonstration. Timing will begin when the team receives the scenario outside the demonstration room. Competitors will be stopped at the end of the time allowed.
11. Judges will provide information to competitors as directed by the rating sheets. Competitors may ask questions of the judges while performing procedures if the questions relate to victim physiology. 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?
12. The teams must earn a score of 70% or higher on the combined skill procedure(s) of the event (excluding the test) in order to be recognized as an award winner at the NLC.

13. In case of a tie, the highest test score will be used to determine the rank.
14. Competitors must bring all items noted with *** in the materials section of these guidelines to the event.
15. Competitors must be familiar with and adhere to the **"General Rules and Regulations of the National HOSA Competitive Events Program."**

Required Personnel

1. One Event Manager per event
2. One Section Leader per section
3. Two-three judges per section holding current EMT credentials
4. Proctors for testing
5. One-two event assistants per section
6. One-two patients as required by the scenario (per section)
7. Holding room attendants(s)
8. Timekeepers (if necessary)

Facilities, Equipment and Materials (Per Section)

1. Clinical and/or laboratory stations for selected procedures
2. Holding rooms or areas for competitors
3. Written scenario (one copy per team and judge)
4. Note pads, pencils for judges
5. Stopwatch
6. Assorted props, which may include pillows and/or blankets
7. Certificates for each competitor who completes Round One.
8. Event evaluations
9. Pens and pencils (for judges and event personnel)

Equipment/Supplies to be Brought by Team

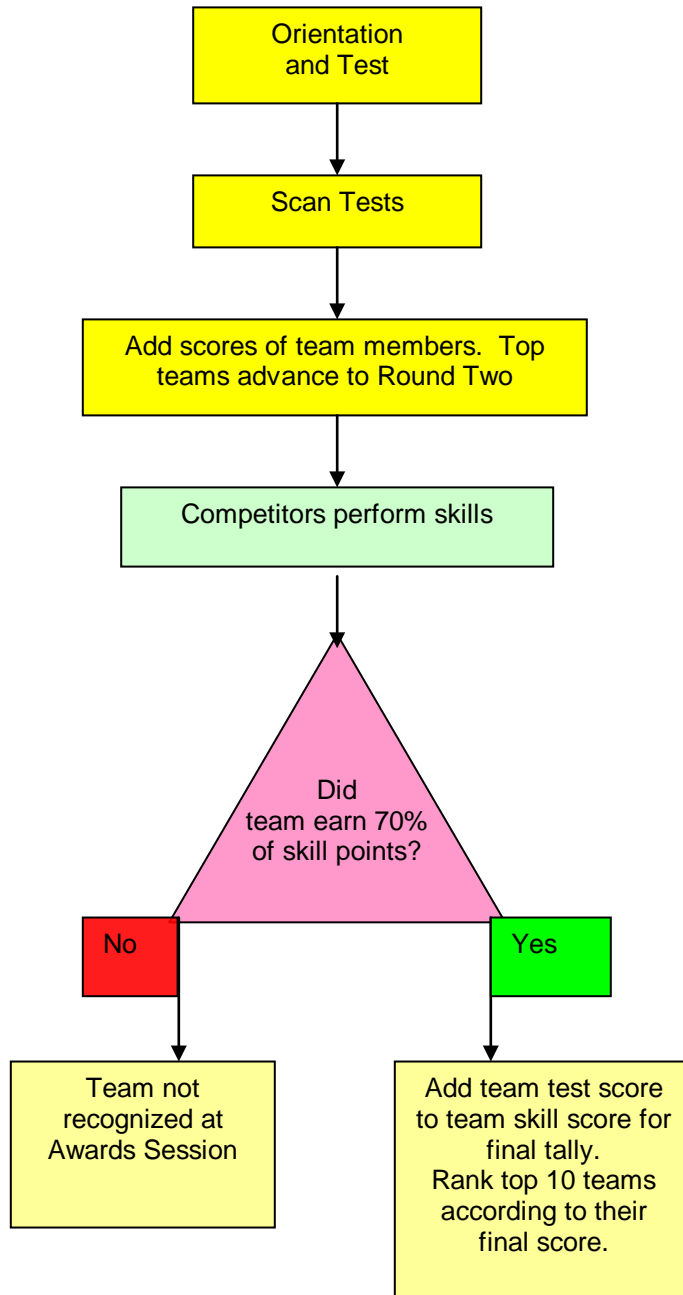
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|-----|-----|--|
| *** | 1. | Number 2 lead pencils and pens |
| *** | 2. | Barrier supplies for each competitor:
10 pairs of gloves
1 set of goggles or safety glasses per person
2 masks
2 gowns |
| *** | 3. | Watch with a second hand |
| *** | 4. | 10 "4x4" (packaged any way) |
| *** | 5. | 10 any size self-adhering roller bandages (i.e. Kling) |
| *** | 6. | 6 cravats (Defined as strips of cloth, triangular bandages folded into strips, roller gauze, or other similar material to tie or anchor splints in place.) |
| *** | 7. | Adhesive tape |
| *** | 8. | Scissors |
| *** | 9. | Penlight |
| *** | 10. | 3 occlusive dressing supplies |
| *** | 11. | 3 abdominal dressings |
| *** | 12. | Stethoscope/B/P cuff |
| *** | 13. | Trauma dressing (ABD) |
| *** | 14. | Oral airway kit (sizes 0-6) |
| *** | 15. | BVM |
| *** | 16. | Pocket mask and/or other appropriate barrier (face shield, mouth-to-mask device) |
| *** | 17. | Tourniquet |
| *** | 18. | Cell phone for simulating call for EMS assistance |
| *** | 19. | Print copy of the event guidelines for the event orientation (one per team). |

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

- Round One:** **Written Test** (Reference: all resources)
1. One pre-numbered test copy per competitor
 2. Scantron forms for each competitor.
- Round Two Skills:**
- Procedure I** **Patient Assessment – Trauma** (National Registry EMT Skill Sheets)
- Procedure II** **Patient Assessment – Medical** (National Registry EMT Skill Sheets)
- Procedure III** **BVM Ventilation: Apneic Adult Patient** (National Registry EMT Skill Sheets)
1. Oxygen cylinder (tank)
 2. O₂ regulator and attachments
 3. Airway management manikin
 4. Suction device
 5. Suction catheter
- Procedure IV-A** **Spinal Immobilization: Seated Patient** (National Registry EMT Skill Sheets)
1. KED
 2. 1 set - Extrication collars
- Procedure IV-B** **Spinal Immobilization: Supine Patient** (National Registry EMT Skill Sheets)
1. Long spinal immobilization board
 2. 1 set - Extrication collars
 3. Head immobilizer
 4. Straps
- Procedures IV-C & D** **Joint and Long Bone Immobilization** (National Registry EMT Skill Sheets)
1. Board splints (2 each size)
- Procedure V** **Bleeding Control/Shock Management** (National Registry EMT Skill Sheets)
- Procedure VI** **Cardiac Arrest Management/AED** (National Registry EMT Skill Sheets)
1. AED
 2. Cardiac manikin/airway manikin

*** Must be provided by student competitor

Event Flow Chart



EMERGENCY MEDICAL TECHNICIAN

Team #: _____ Section #: _____ Judge's Signature: _____

Procedure I: Patient Assessment - Trauma		Possible	Awarded
1.	Practiced body substance isolation precautions throughout procedure	1	
2.	Scene Size-up		
	a. Determines the scene/situation is safe	1	
	b. Determines the mechanism of injury/nature of illness	1	
	c. Determines the number of patients	1	
	d. Requests additional EMS assistance of necessary	1	
3.	If trauma suspected, competitor verbalizes/simulates, "Spinal Immobilization performed at this time"	1	
4.	Primary Survey/Resuscitation		
	a. Verbalizes general impression of patient	1	
	b. Determines responsiveness/level of consciousness	1	
	c. Determines chief complaint/apparent life threats	1	
5.	Airway		
	a. Opens and assess airway	1	
	b. Inserts adjunct as indicated	1	
6.	Breathing		
	a. Assesses breathing	1	
	b. Assures adequate ventilation	1	
	c. Initiates appropriate oxygen therapy	1	
	d. Manages any injury which may compromise breathing/ventilation	1	
7.	Circulation		
	a. Checks pulse	1	
	b. Assesses skin (either color, temperature or condition)	1	
	c. Assesses for and controls major bleeding (if present)	1	
	d. Initiates shock management (positions patient properly, conserves body heat)	1	
8.	Identifies patient priority and makes treatment/transport decision	1	
9.	History taking – attempts to obtain sample history.	1	
SECONDARY ASSESSMENT			
10.	Head		
	a. Assesses mouth*, nose*, and assesses facial area	1	
	b. Inspects and palpates the scalp and ears	1	
	c. Assesses eyes*	1	

Items Evaluated	Possible	Awarded
11. Neck*		
a. Checks position of trachea	1	
b. Checks jugular veins	1	
c. Palpates cervical spine	1	
12. Chest*		
a. Inspects chest	1	
b. Palpates chest	1	
c. Auscultates chest	1	
13. Abdomen/pelvis*		
a. Inspects and palpates abdomen	1	
b. Assesses pelvis	1	
c. Verbalizes assessment of genitalia/perineum as needed	1	
14. Lower Extremities*		
One (1) point per leg includes inspection, palpation, and assessment of motor, sensory and distal circulatory function	2	
15. Upper Extremities		
One (1) point per arm includes inspection, palpation, and assessment of motor, sensory and distal circulatory function	2	
16. Posterior thorax, lumbar and buttocks*		
a. Inspects and palpates posterior thorax	1	
b. Inspects and palpates lumbar and buttocks (verbalizes) area	1	
17. Obtains baseline vital signs (must include BP, P and R)	1	
18. Manages secondary injuries and wounds appropriately.	1	
19. Demonstrates how and when to reassess the patient	1	
20. Interventions (verbalizes proper intervention/treatment.)	1	
21. Exhibits acceptable affect with patient and other personnel	1	
22. Provides accurate verbal report to arriving EMS unit	1	
TOTAL POINTS -- PROCEDURE I	45	

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

**If a competitor jeopardizes the patient's or his/her own safety or fails to perform a critical technique and does not take immediate action to rectify the error, the total points for the procedure or specific subpart(s) will be deducted.

EMERGENCY MEDICAL TECHNICIAN

Team #: _____ Section #: _____

Judge's Signature: _____

Procedure II: Patient Assessment - Medical	Possible	Awarded
1. Practiced body substance isolation precautions throughout procedure	1	
2. Scene Size-up		
a. Determines the scene/situation is safe	1	
b. Determines the mechanism of injury/nature of illness	1	
c. Determines the number of patients	1	
d. Requests additional help if necessary	1	
3. If trauma suspected, competitor verbalizes/simulates, "Spinal immobilization performed at this time"	1	
4. Primary Survey/Resuscitation		
a. Verbalizes general impression of patient	1	
b. Determines responsiveness/level of consciousness (AVPU)	1	
c. Determines chief complaint/apparent life threats	1	
5. Assesses airway and breathing		
a. Assessment	1	
b. Assures adequate ventilation	1	
c. Initiates appropriate oxygen therapy	1	
6. Assesses Circulation		
a. Assesses for and controls major bleeding	1	
b. Checks pulse	1	
c. Assesses skin (either color, temperature, or condition)	1	
7. Identifies patient priority/makes transport decision	1	
History Taking		
8. History of the present illness		
• Onset	1	
• Quality	1	
• Severity	1	
• Provocation	1	
• Radiation	1	
• Time	1	
• Clarifying questions of associated signs and symptoms related to OPQRST	2	
9. Past medical history		
• Allergies	1	
• Past pertinent history	1	
• Events leading to present illness	1	
• Medications	1	
• Last oral intake	1	

Items Evaluated	Possible	Awarded
10. Secondary Assessment (Assesses affected body part/system) <ul style="list-style-type: none"> • Cardiovascular • Neurological • Integumentary • Reproductive • Pulmonary • Musculoskeletal • GI/GU • Psychological/Social 	5	
11. Vital Signs <ul style="list-style-type: none"> • Pulse • Blood pressure • Respiratory rate and quality 	1 1 2	
12. States field impression of patient.	1	
13. Interventions (verbalizes proper intervention/treatment.)	1	
14. Exhibits acceptable affect with patient and other personnel	1	
15. Reassessment <ul style="list-style-type: none"> a. Determines how and when to reassess the patient to determine changes in condition b. Provides accurate verbal report to arriving EMS unit 	1 1	
TOTAL POINTS -- PROCEDURE II	43	

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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 victim(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 the team's performance, including the use of oxygen therapy.

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Team #: _____ Section #: _____

Judge's Signature: _____

Procedure III: BVM Ventilation: Apneic Adult Patient	Possible	Awarded
1. Practiced body substance isolation precautions throughout procedure	1	
2. Checks responsiveness and breathing for at least 5 but no more than 10 seconds.	2	
<i>Judge states "The patient is unresponsive and apneic."</i>		
3. Requests additional EMS assistance	1	
4. Checks pulse for at least 5 but no more than 10 seconds	1	
<i>Judge states "You palpate a weak carotid pulse at a rate of 60."</i>		
5. Opens airway properly	1	
<i>Judge states "The mouth is full of secretions and vomitus."</i>		
6. Prepares rigid suction catheter	1	
7. Turns on power to suction device or retrieves manual suction device.	1	
8. Inserts rigid suction catheter without applying suction	1	
9. Suctions the mouth and oropharynx (quickly and adequately)	1	
<i>Judge states "The mouth and oropharynx are clear."</i>		
10. Opens the airway manually	1	
11. Inserts oropharyngeal airway	1	
<i>Judge states "No gag reflex is present and the patient accepts the airway adjunct."</i>		
12. Ventilates the patient immediately using a BVM device unattached to oxygen.	1	
<i>Judge states "Ventilation is being properly performed without difficulty."</i>		
13. Rechecks pulse for at least 5 but no more than 10 seconds.	1	
14. Attaches the BVM assembly to oxygen @ 15L/min	1	
15. Ventilates the patient adequately		
a. Proper volume to make chest rise	1	
b. Rate of 10-12/min, but not to exceed 12/min	1	
16. Initiates ventilation within 30 seconds after taking body substance isolation precautions and does not interrupt ventilations for greater than 30 seconds at any time.	1	
17. Exhibits acceptable affect with patient and other personnel	1	
TOTAL POINTS – PROCEDURE III	19	

**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.*

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EMERGENCY MEDICAL TECHNICIAN

Team #: _____ Section #: _____ Judge's Signature: _____

Procedure IV-A: Spinal Immobilization: Seated Patient		Possible	Awarded
1.	Practiced body substance isolation precautions throughout procedure	1	
2.	Directs assistant to place/maintain head in neutral in-line position	1	
3.	a. Directs assistant to maintain manual immobilization of the head	1	
	b. Assures manual stabilization until it is maintained mechanically	1	
4.	Reassesses motor, sensory and circulatory function in each extremity	1	
5.	Applies appropriately sized extrication collar	1	
6.	Positions the immobilization device behind the patient	1	
7.	Secures the device to the patient's torso	1	
8.	Evaluates torso fixation and adjusts as necessary	1	
9.	Evaluates and pads behind the patient's head as necessary	1	
10.	a. Secures the patient's head to the device	1	
	b. Completes immobilization with the head in a neutral, inline position.	1	
11.	Verbalizes moving the patient to a long backboard	1	
12.	Reassesses motor, sensory and circulatory function in each extremity	1	
13.	Minimally manipulates or moves patient throughout procedure, avoiding potential spinal compromise	1	
14.	Exhibits acceptable affect with patient and other personnel	1	
TOTAL POINTS -- PROCEDURE IV-A		16	

Note: The assistant in this procedure is the other competitor.

***If a competitor jeopardizes the patient's or his/her own safety or fails to perform a critical technique and does not take immediate action to rectify the error, the total points for the procedure or specific subpart(s) will be deducted.*

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Team #: _____ Section #: _____ Judge's Signature: _____

Procedure IV-B: Spinal Immobilization: Supine Patient		Possible	Awarded
1.	Practiced body substance isolation precautions throughout procedure	1	
2.	Directs assistant to place/maintain head in neutral in-line position	1	
3.	a. Directs assistant to maintain manual immobilization of the head	1	
	b. Assures manual stabilization until it is maintained mechanically	1	
4.	Reassesses motor, sensory and circulatory function in each extremity	1	
5.	Applies appropriately sized extrication collar	1	
6.	Positions the immobilization device appropriately	1	
7.	Directs movement of the patient onto the device without compromising the integrity of the spine	1	
8.	Applies padding to voids between the torso and the board as necessary	1	
9.	Immobilizes the patient's torso to the device	1	
10.	Evaluates and pads behind the patient's head as necessary	1	
11.	Immobilizes the patient's head to the device	1	
12.	Secures the patient's legs to the device	1	
13.	Secures the patient's arms to the device	1	
14.	Reassesses motor, sensory and circulatory function in each extremity	1	
15.	Completes immobilization with the head in a neutral, inline position.	1	
16.	Minimally manipulates or moves patient throughout procedure, avoiding potential spinal compromise	1	
17.	Exhibits acceptable affect with patient and other personnel	1	
TOTAL POINTS -- PROCEDURE IV-B		18	

***If a competitor jeopardizes the patient's or his/her own safety or fails to perform a critical technique and does not take immediate action to rectify the error, the total points for the procedure or specific subpart(s) will be deducted.*

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Team #: _____ Section #: _____ Judge's Signature: _____

Procedure IV-C: Joint Immobilization		Possible	Awarded
1.	Practiced body substance isolation precautions throughout procedure	1	
2.	a. Directs immediate application of manual stabilization of the injury.	1	
	b. Minimizes movement of the injured extremity	1	
3.	Assesses distal motor, sensory and circulatory function in the injured extremity	1	
<i>Judge states "Motor, sensory and circulatory functions are present and normal."</i>			
4.	Selects proper splinting material	1	
5.	Immobilizes the site of the injury	1	
6.	Immobilizes the bone above the injured joint	1	
7.	Immobilizes the bone below the injured joint	1	
8.	Secures the entire injured extremity	1	
9.	Reassesses distal motor, sensory and circulatory functions to the injured extremity	1	
<i>Judge states "Motor, sensory and circulatory functions are present and normal."</i>			
10.	Exhibits acceptable affect with patient and other personnel	1	
TOTAL POINTS -- PROCEDURE IV-C		11	

*****If a competitor jeopardizes the patient's or his/her own safety or fails to perform a critical technique and does not take immediate action to rectify the error, the total points for the procedure or specific subpart(s) will be deducted.***

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Team #: _____ Section #: _____ Judge's Signature: _____

Procedure IV-D: Long Bone Immobilization		Possible	Awarded
1.	Practiced body substance isolation precautions throughout procedure	1	
2.	a. Directs immediate application of manual stabilization of the injury.	1	
	b. Minimizes movement of the injured extremity	1	
3.	Assesses distal motor, sensory and circulatory function to the injured extremity	1	
<i>Judge states "Motor, sensory and circulatory functions are present and normal."</i>			
4.	Measures the splint	1	
5.	Applies the splint	1	
6.	Immobilizes the joint above the injury site	1	
7.	Immobilizes the joint below the injury site	1	
8.	Secures the entire injured extremity	1	
9.	Immobilizes hand/foot in the position of function.	1	
10.	Reassesses distal motor, sensory and circulatory functions to the injured extremity	1	
<i>Judge states "Motor, sensory and circulatory functions are present and normal."</i>			
11.	Exhibits acceptable affect with patient and other personnel	1	
TOTAL POINTS -- PROCEDURE IV-D		12	

*****If a competitor jeopardizes the patient's or his/her own safety or fails to perform a critical technique and does not take immediate action to rectify the error, the total points for the procedure or specific subpart(s) will be deducted.***

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Team #: _____ Section #: _____ Judge's Signature: _____

Procedure V: Bleeding Control/Shock Management	Possible	Awarded
1. Practiced body substance isolation precautions throughout procedure	1	
2. Applies direct pressure to the wound	1	
<i>Judge states "The wound continues to bleed."</i>		
3. Applies tourniquet.	1	
4. Controlled bleeding using correct procedures in a timely manner.	1	
<i>Judge states "The patient is exhibiting signs and symptoms of hypoperfusion."</i>		
5. Properly positions the patient	1	
6. Applies high concentration oxygen	1	
7. Initiates steps to prevent heat loss from the patient	1	
8. Indicates need for immediate transportation	1	
9. Exhibits acceptable affect with patient and other personnel	1	
TOTAL POINTS -- PROCEDURE V	9	

*****If a competitor jeopardizes the patient's or his/her own safety or fails to perform a critical technique and does not take immediate action to rectify the error, the total points for the procedure or specific subpart(s) will be deducted.***

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Team #: _____ Section #: _____ Judge's Signature: _____

Procedure VI Cardiac Arrest Management/AED	Possible	Awarded
1. Practiced body substance isolation precautions throughout procedure	1	
2. Determines the scene/situation is safe	1	
3. Attempts to question bystanders (judge) about arrest events	1	
4. Checks patient responsiveness	1	
<i>Judge states "The patient is unresponsive."</i>		
5. Observes the patient and determines the absence of breathing or abnormal breathing (agonal gasps)	1	
<i>Judge states "The patient is apneic." OR "The patient has gasping, agonal respirations."</i>		
6. Checks carotid pulse (for no more than 10 seconds).	1	
<i>Judge states "The patient is pulseless."</i>		
7. Immediately begins chest compressions of adequate depth and rate, allowing the chest to recoil completely.	1	
8. Requests additional EMS response.	1	
9. Performs approx. 2 minutes of high quality, 1 rescuer adult CPR		
a. Adequate depth and rate	1	
b. Correct compression-ventilation ratio	1	
c. Allows the chest to recoil completely	1	
d. Adequate volumes for each breath	1	
e. Minimal interruptions of less than 10 seconds throughout	1	
<i>Note: After approx. 2 minutes or 5 cycles, the 2nd rescuer enters and resumes compressions while first rescuer operates the AED.</i>		
10. Turns on AED power	1	
11. Follows prompts and correctly attaches AED to patient	1	
12. Directs rescuer to stop CPR and ensures all individuals are clear of the patient	1	
13. Initiates analysis of the rhythm	1	
14. a. Ensures that all individuals are clear of the patient and verbalizes "All clear."	1	
b. Delivers shock from AED	1	
c. Delivers shock in a timely manner	1	

Items Evaluated	Possible	Awarded
15. Immediately directs rescuer to resume chest compressions	1	
16. Does not interrupt CPR for more than 10 seconds at any point	1	
17. Exhibits acceptable affect with patient and other personnel	1	
18. Verbalizes transportation of patient	1	
TOTAL POINTS -- PROCEDURE VI	24	

***If a competitor jeopardizes the patient's or his/her own safety or fails to perform a critical technique and does not take immediate action to rectify the error, the total points for the procedure or specific subpart(s) will be deducted.*