

Appendix: A	PDN: 6000.12	Last Updated: April 20, 2006	Subject: Essential Competencies PCP	Page 1 of 12
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For each competency included in the profile, a degree of competency is listed, defined as follows:

N	Competency not applicable
Y	Practitioner is practising competency

Note: Please note that under the **medications section, Section A.1 is not an essential competency in the NS PCP template.** Sections **5.5.v, 5.5.z & 5.7c & 5.8.i** and under the medication section **K.1** are **not** NOCP degrees of competencies for an Primary Care Paramedic (PCP), these are **NS PCP competencies**.

1.0	PROFESSIONAL RESPONSIBILITIES	NS PCP Degrees of Competency
1.1	Function as a Professional	
1.1.a	Maintain patient dignity at all times.	Y
1.1.b	Reflect professionalism through use of appropriate language.	Y
1.1.c	Dress appropriately and maintain personal hygiene.	Y
1.1.d	Maintain appropriate personal interaction with patients.	Y
1.1.e	Maintain patient confidentiality.	Y
1.1.f	Participate in quality assurance and enhancement programs.	Y
1.1.g	Utilize community support agencies as appropriate.	Y
1.1.h	Promote awareness of EMS system and profession.	Y
1.1.i	Participate in professional association.	Y
1.1.j	Behave ethically.	Y
1.1.k	Function as patient advocate.	Y
1.2	Participate in Continuing Education	
1.2.a	Develop personal plan for continuing professional development.	Y
1.2.b	Self-evaluate and set goals for improvement, as related to professional practice.	Y
1.2.c	Interpret evidence in medical literature and assess relevance to practice.	Y
1.3	Possess An Understanding of the Medico legal Aspects of the Profession	
1.3.a	Comply with scope of practice.	Y
1.3.b	Recognize “patient rights” and the implications on the role of the provider.	Y
1.3.c	Include all pertinent and required information on ambulance call report forms.	Y
1.0	PROFESSIONAL RESPONSIBILITIES (Cont)	NS PCP Degrees of Competency

1.4	Recognize and Comply With Relevant Provincial and Federal Legislation	
1.4.a	Function within relevant legislation, policies and procedures.	Y
1.5	Function Effectively in a Team Environment	
1.5.a	Work collaboratively with a partner.	Y
1.5.b	Accept and deliver constructive feedback.	Y
1.5.c	Work collaboratively with other emergency response agencies.	Y
1.5.d	Work collaboratively with other members of health care team.	Y
1.6	Make Decisions Effectively	
1.6.a	Exhibit reasonable and prudent judgement.	Y
1.6.b	Practice effective problem-solving.	Y
1.6.c	Delegate tasks appropriately.	Y
2.0	COMMUNICATION	NS PCP Degrees of Competency
2.1	Practice Effective Oral Communication Skills	
2.1.a	Deliver an organized, accurate and relevant report utilizing telecommunication devices.	Y
2.1.b	Deliver an organized, accurate and relevant verbal report.	Y
2.1.c	Deliver an organized, accurate and relevant patient history.	Y
2.1.d	Provide information to patient about their situation and how they will be treated.	Y
2.1.e	Interact effectively with the patient, relatives and bystanders who are in stressful situations.	Y
2.1.f	Speak in language appropriate to the listener.	Y
2.1.g	Use appropriate terminology.	Y
2.2	Practice Effective Written Communication Skills	
2.2.a	Record organized, accurate and relevant patient information.	Y
2.2.b	Prepare professional correspondence.	Y
2.3	Practice Effective Non-verbal Communication Skills	
2.3.a	Exhibit effective non-verbal behaviour.	Y
2.3.b	Practice active listening techniques.	Y
2.3.c	Establish trust and rapport with patients and colleagues.	Y
2.3.d	Recognize and react appropriately to non-verbal behaviours.	Y
2.4	Practice Effective Interpersonal Relations	
2.4.a	Treat others with respect.	Y
2.0	COMMUNICATION (Cont)	NS PCP Degrees of Competency
2.4	Practice Effective Interpersonal Relations (Cont)	

2.4.b	Exhibit empathy and compassion while providing care.	Y
2.4.c	Recognize and react appropriately to individuals and groups manifesting coping mechanisms.	Y
2.4.d	Act in a confident manner.	Y
2.4.e	Act assertively as required.	Y
2.4.f	Manage and provide support to patients, bystanders and relatives manifesting emotional reactions.	Y
2.4.g	Exhibit diplomacy, tact and discretion.	Y
2.4.h	Exhibit conflict resolution skills.	Y
3.0	HEALTH AND SAFETY	NS PCP Degrees of Competency
3.1	Maintain Good Physical and Mental Health	
3.1.a	Maintain balance in personal lifestyle.	Y
3.1.b	Develop and maintain an appropriate support system.	Y
3.1.c	Manage personal stress.	Y
3.1.d	Practice effective strategies to improve physical and mental health related to shift work.	Y
3.1.e	Exhibit physical strength and fitness consistent with the requirements of professional practice.	Y
3.2	Practice Safe Lifting and Moving Techniques	
3.2.a	Practice safe biomechanics.	Y
3.2.b	Transfer patient from various positions using applicable equipment and / or techniques.	Y
3.2.c	Transfer patient using emergency evacuation techniques.	Y
3.2.d	Secure patient safely to applicable equipment.	Y
3.2.e	Lift patient and stretcher in and out of ambulance with partner.	Y
3.3	Create and Maintain a Safe Work Environment	
3.3.a	Assess scene for safety.	Y
3.3.b	Address potential occupational hazards.	Y
3.3.c	Conduct basic extrication.	Y
3.3.d	Exhibit defusing and self-protection behaviours appropriate for use with patients and bystanders.	Y
3.3.e	Conduct procedures and operations consistent with Workplace Hazardous Materials Information System (WHMIS) and hazardous materials management requirements.	Y
3.0	HEALTH AND SAFETY (Cont)	NS PCP Degrees of Competency
3.3	Create and Maintain a Safe Work Environment (Cont)	
3.3.f	Practice infection control techniques.	Y

3.3.g	Clean and disinfect equipment.	Y
3.3.h	Clean and disinfect emergency vehicle.	Y
4.0	ASSESSMENT AND DIAGNOSTICS	NS PCP Degrees of Competency
4.1	Conduct Triage	
4.1.a	Rapidly assess a scene based on the principles of a triage system.	Y
4.1.b	Assume different roles in a mass casualty incident.	Y
4.1.c	Manage a mass casualty incident.	Y
4.2	Obtain Patient History	
4.2.a	Obtain list of patient's allergies.	Y
4.2.b	Obtain list of patient's medications.	Y
4.2.c	Obtain chief complaint and / or incident history from patient, family members and / or bystanders.	Y
4.2.d	Obtain information regarding patient's past medical history.	Y
4.2.e	Obtain information about patient's last oral intake.	Y
4.2.f	Obtain information regarding incident through accurate and complete scene assessment.	Y
4.3	Conduct Complete Physical Assessment Demonstrating Appropriate Use of Inspection, Palpation, Percussion & Auscultation, and Interpret Findings	
4.3.a	Conduct primary patient assessment and interpret findings.	Y
4.3.b	Conduct secondary patient assessment and interpret findings.	Y
4.3.c	Conduct cardiovascular system assessment and interpret findings.	Y
4.3.d	Conduct neurological system assessment and interpret findings.	Y
4.3.e	Conduct respiratory system assessment and interpret findings.	Y
4.3.f	Conduct obstetrical assessment and interpret findings.	Y
4.3.g	Conduct gastrointestinal system assessment and interpret findings.	Y
4.3.h	Conduct genitourinary system assessment and interpret findings.	Y
4.3.i	Conduct integumentary system assessment and interpret findings.	Y
4.3.j	Conduct musculoskeletal assessment and interpret findings.	Y
4.3.k	Conduct assessment of the immune system and interpret findings.	Y
4.3.l	Conduct assessment of the endocrine system and interpret findings.	Y
4.3.m	Conduct assessment of the ears, eyes, nose & throat and interpret findings.	Y
4.0	ASSESSMENT AND DIAGNOSTICS (Cont)	NS PCP Degrees of Competency
4.3	Conduct Complete Physical Assessment Demonstrating Appropriate Use of Inspection, Palpation, Percussion & Auscultation, and Interpret Findings (Cont'd)	
4.3.n	Conduct multi-system assessment and interpret findings.	Y

4.3.o	Conduct neonatal assessment and interpret findings.	Y	
4.3.p	Conduct psychiatric assessment and interpret findings.	Y	
4.4	Assess Vital Signs		
4.4.a	Assess pulse.	Y	
4.4.b	Assess respiration.	Y	
4.4.c	Conduct non-invasive temperature monitoring.	Y	
4.4.d	Measure blood pressure (BP) by auscultation.	Y	
4.4.e	Measure BP by palpation.	Y	
4.4.f	Measure BP with non-invasive BP monitor.	Y	
4.4.g	Assess skin condition.	Y	
4.4.h	Assess pupils.	Y	
4.4.i	Assess level of mentation.	Y	
4.5	Utilize Diagnostic Tests		
4.5.a	Conduct oximetry testing and interpret findings.	Y	
4.5.b	Conduct end-tidal CO2 monitoring and interpret findings.	N	
4.5.c	Conduct glucometric testing and interpret findings.	Y	
4.5.d	Conduct peripheral venipuncture.	N	
4.5.e	Obtain arterial blood samples via radial artery puncture.	N	
4.5.f	Obtain arterial blood samples via arterial line access.	N	
4.5.g	Conduct invasive core temperature monitoring and interpret findings.	N	
4.5.h	Conduct pulmonary artery catheter monitoring and interpret findings.	N	
4.5.i	Conduct central venous pressure monitoring and interpret findings.	N	
4.5.j	Conduct arterial line monitoring and interpret findings.	N	
4.5.k	Interpret lab and radiological data.	N	
4.5.l	Conduct 3-lead electrocardiogram (ECG) and interpret findings.	N	
4.5.m	Obtain 12-lead ECG and interpret findings.	N	
5.0	THERAPEUTICS	NS PCP Degrees of Competency	
5.1	Maintain Patency of Upper Airway and Trachea		
5.1.a	Use manual manoeuvres and positioning to maintain airway patency.	Y	
5.0	THERAPEUTICS (Cont)	NS PCP Degrees of Competency	
5.1	Maintain Patency of Upper Airway and Trachea (Cont)		
5.1.b	Suction oropharynx.		Y
5.1.c	Suction beyond oropharynx.		N
5.1.d	Utilize oropharyngeal airway.	Y	

5.1.e	Utilize nasopharyngeal airway.	Y	
5.1.f	Utilize airway devices not requiring visualization of vocal cords and not introduced endotracheally.	N	
5.1.g	Utilize airway devices not requiring visualization of vocal cords and introduced endotracheally.	N	
5.1.h	Utilize airway devices requiring visualization of vocal cords and introduced endotracheally.	N	
5.1.i	Remove airway foreign bodies (AFB).	Y	
5.1.j	Remove foreign body by direct techniques.	N	
5.1.k	Conduct percutaneous cricothyroidotomy.	N	
5.1.l	Conduct surgical cricothyroidotomy.	N	
5.1.m	Rapid sequence intubation.	N	
5.2	Prepare Oxygen Delivery Devices		
5.2.a	Recognize indications for oxygen administration.	Y	
5.2.b	Take appropriate safety precautions.	Y	
5.2.c	Ensure adequacy of oxygen supply.	Y	
5.2.d	Recognize different types of oxygen delivery systems.	Y	
5.2.e	Utilize portable oxygen delivery systems.	Y	
5.3	Deliver Oxygen and Administer Manual Ventilation		
5.3.a	Administer oxygen using nasal cannula.	Y	
5.3.b	Administer oxygen using low concentration mask.	Y	
5.3.c	Administer oxygen using controlled concentration mask.	Y	
5.3.d	Administer oxygen using high concentration mask.	Y	
5.3.e	Administer oxygen using pocket mask.	Y	
5.4	Prepare Mechanical Ventilation Equipment		
5.4.a	Provide oxygenation and ventilation using bag-valve-mask.	Y	
5.4.b	Recognize indications for mechanical ventilation.	N	
5.4.c	Prepare mechanical ventilation equipment.	N	
5.4.d	Provide mechanical ventilation.	N	
5.0	THERAPEUTICS (Cont)	NS PCP Degrees of Competency	
5.5	Implement Measures to Maintain Hemodynamic Stability		
5.5.a	Conduct cardiopulmonary resuscitation (CPR).		Y
5.5.b	Control external hemorrhage through the use of direct pressure and patient positioning.		Y
5.5.c	Maintain peripheral intravenous (IV) access devices and infusions of crystalloid solutions without additives.	Y	

5.5.d	Conduct peripheral intravenous IV cannulation.	N
5.5.e	Conduct intraosseous needle insertion.	N
5.5.f	Utilize direct pressure infusion devices with intravenous infusions.	N
5.5.g	Administer volume expanders (colloid and non-crystalloid).	N
5.5.h	Administer blood and /or blood products.	N
5.5.i	Conduct automated external defibrillation	Y
5.5.j	Conduct manual defibrillation	N
5.5.k	Conduct cardioversion.	N
5.5.l	Conduct transcutaneous pacing.	N
5.5.m	Maintain transvenous pacing.	N
5.5.n	Maintain intra-aortic balloon pumps.	N
5.5.o	Provide routine care for patient with urinary catheter.	Y
5.5.p	Provide routine care for patient with ostomy drainage system.	Y
5.5.q	Provide routine care for patient with non-catheter urinary drainage system.	Y
5.5.r	Monitor chest tubes.	N
5.5.s	Conduct needle thoracostomy.	N
5.5.t	Conduct oral and nasal gastric tube insertion.	N
5.5.u	Conduct urinary catheterization.	N
5.5.v	Use of IV pumps.	Y
5.5.w	Access portacaths.	N
5.5.x	Insertion of chest needle decompression catheter.	N
5.5.x.1	Insertion of chest needle decompression catheter & heimlich valve.	N
5.5.y	Maintain and initiate peripheral IV infusions with Lidocaine, Heparin & Oxytocin only.	N
5.5.y.1	Maintain and initiate peripheral IV infusions without additives.	N
5.5.z.	Maintain central IV infusions without additives.	Y
5.5.z.1	Maintain IV infusions with Lidocaine or Heparin only & and access central lines.	N
5.5.z.2	Maintain and access central IV infusions with or without additives.	N
5.0	THERAPEUTICS (Cont)	NS PCP Degrees of Competency
5.5	Implement Measures to Maintain Hemodynamic Stability	
5.5.z.3	Conduct femoral IV cannulation.	N
5.6	Provide Basic Care for Soft Tissue Injuries	
5.6.a	Treat soft tissue injuries.	Y
5.6.b	Treat burn.	Y

5.6.c	Treat eye injury.	Y
5.6.d	Treat penetration wound.	Y
5.6.e	Treat local cold injury.	Y
5.7	Immobilize Actual and Suspected Fractures	
5.7.a	Immobilize suspected fractures involving appendicular skeleton.	Y
5.7.b	Immobilize suspected fractures involving axial skeleton.	Y
5.7.c	Realignment of limb threatening fractures and dislocations	Y
5.8	Administer Medications	
5.8.a	Recognize principles of pharmacology as applied to the medications listed in Medications Groups.	Y
5.8.b	Follow safe process for the responsible medication administration.	Y
5.8.c	Administer medication via subcutaneous route.	Y
5.8.d	Administer medication via intramuscular route.	Y
5.8.e	Administer medication via intravenous route.	N
5.8.f	Administer medication via intraosseous route.	N
5.8.g	Administer medication via endotracheal route.	N
5.8.h	Administer medication via sublingual route.	Y
5.8.i	Administer medication via topical route.	Y
5.8.j	Administer medication via oral route.	Y
5.8.k	Administer medication via rectal route.	N
5.8.l	Administer medication via inhalation.	Y
6.0	INTEGRATION	NS PCP Degrees of Competency
6.1	Utilize Differential Diagnosis Skills, Decision-making Skills and Psychomotor Skills in Providing Care to Patients.	
6.1.a	Provide care to patient experiencing illness or injury primarily involving cardiovascular system.	
6.1.b	Provide care to patient experiencing illness or injury primarily involving neurological system.	Y
6.0	INTEGRATION (Cont)	NS PCP Degrees of Competency
6.1	Utilize Differential Diagnosis Skills, Decision-making Skills and Psychomotor Skills in Providing Care to Patients.	
6.1.c	Provide care to patient experiencing illness or injury primarily involving respiratory system.	
6.1.d	Provide care to patient experiencing illness or injury primarily involving genitourinary / reproductive systems.	Y

6.1.e	Provide care to patient experiencing illness or injury primarily involving gastrointestinal system.	Y
6.1.f	Provide care to patient experiencing illness or injury primarily involving integumentary system.	Y
6.1.g	Provide care to patient experiencing illness or injury primarily involving musculoskeletal system.	Y
6.1.h	Provide care to patient experiencing illness primarily involving immune system.	Y
6.1.i	Provide care to patient experiencing illness primarily involving endocrine system.	Y
6.1.j	Provide care to patient experiencing illness or injury primarily involving the eyes, ears, nose and throat.	Y
6.1.k	Provide care to patient experiencing illness or injury due to poisoning or overdose.	Y
6.1.l	Provide care to patient experiencing non-urgent medical problem.	Y
6.1.m	Provide care to patient experiencing terminal illness.	Y
6.1.n	Provide care to patient experiencing illness or injury due to extremes of temperature or adverse environments.	Y
6.1.o	Provide care to patient based on understanding of common physiological, anatomical, incident and patient-specific field trauma criteria that determine appropriate decisions for triage, transport and destination.	Y
6.1.p	Provide care for patient experiencing psychiatric crisis.	Y
6.1.q	Provide care for patient in labour.	Y
6.1.r	Perform procedural sedation.	N
6.2	Provide Care to Meet the Needs of Special Patient Groups	
6.2.a	Provide care for neonatal patient.	Y
6.2.b	Provide care for pediatric patient.	Y
6.2.c	Provide care for geriatric patient.	Y
6.2.d	Provide care for physically-challenged patient.	Y
6.2.e	Provide care for mentally-challenged patient.	Y
6.0	INTEGRATION (Cont)	NS PCP Degrees of Competency
6.3	Conduct Ongoing Assessments and Provide Care	
6.3.a	Conduct ongoing assessments based on patient presentation and interpret findings.	Y
6.3.b	Re-direct priorities based on assessment findings.	Y
7.0	TRANSPORTATION	NS PCP Degrees of Competency
7.1	Prepare Ambulance for Service	

7.1.a	Conduct vehicle maintenance and safety check.	Y
7.1.b	Recognize conditions requiring removal of vehicle from service.	Y
7.1.c	Utilize all vehicle equipment and vehicle devices within ambulance.	Y
7.2	Drive Ambulance or Similar Type Vehicle	
7.2.a	Utilize defensive driving techniques.	Y
7.2.b	Utilize safe emergency driving techniques.	Y
7.2.c	Drive in a manner that ensures patient comfort and a safe environment for all passengers.	Y
7.3	Transfer Patient to Air Ambulance	
7.3.a	Create safe landing zone for rotary-wing aircraft.	Y
7.3.b	Safely approach stationary rotary-wing aircraft.	Y
7.3.c	Safely approach stationary fixed-wing aircraft.	Y
7.4	Transport Patient in Air Ambulance	
7.4.a	Prepare patient for air medical transport.	N
7.4.b	Recognize the stressors of flight on patient, crew and equipment, and the implications for patient care.	N

MEDICATIONS

The list below is marked with an “X” to indicate the groups of pharmacologic agents with which a NS PCP is familiar.

	MEDICATION GROUPS	NS PCP Medications
A.	Medications Affecting the Central Nervous System	
A.1	Opioid Antagonists (Naloxone)	
A.2	Anaesthetics	
A.3	Anticonvulsants (Diazepam)	
A.4	Antiparkinsonism Agents	
A.5	Anxiolytics, Hypnotics and Antagonists	
A.	MEDICATION GROUPS (Cont)	NS PCP Medications
	Medications Affecting the Central Nervous System (Cont)	
A.6	Neuroleptics	
A.7	Non-narcotic analgesics	X
A.8	Opioid Analgesics (Morphine)	
A.9	Paralytics	
B.	Medications Affecting the Autonomic Nervous System	

B.1	Adrenergic Agonists (Epinephrine)	X
B.2	Adrenergic Antagonists	
B.3	Cholinergic Agonists	
B.4	Cholinergic Antagonists (Atropine)	
B.5	Antihistamines	
C.	Medications Affecting the Respiratory System	
C.1	Bronchodilators (Salbutamol)	X
D.	Medications Affecting the Cardiovascular System	
D.1	Antihypertensive Agents	
D.2	Cardiac Glycosides	
D.3	Diuretics	
D.4	Class 1 Anti dysrhythmics (Lidocaine)	
D.5	Class 2 Anti dysrhythmics	
D.6	Class 3 Anti dysrhythmics	
D.7	Class 4 Anti dysrhythmics	
D.8	Antianginal Agents (Nitroglycerine)	X
D.9	Vasodilators	
E.	Medications Affecting Blood Clotting Mechanisms	
E.1	Anticoagulants (Heparin)	
E.2	Thrombolytics	
E.3	Platelet Inhibitors (ASA)	X
F.	Medications Affecting the Gastrointestinal System	
F.1	Antiemetics (Dimenhydrinate)	
G.	Medications Affecting Labour, Delivery and Postpartum Hemorrhage	
G.1	Uterotonics (Oxytocin)	
G.2	Tocolytics	
H.	MEDICATION GROUPS (Cont'd)	NS PCP Medications
	Medications Used to Treat Electrolyte and Substrate Imbalances (Cont'd)	
H.1	Vitamin and Electrolyte Supplements	
H.2	Antihypoglycemic Agents and Insulin (Glucagon)	X
H.3	Insulin	
I.	Medications Used to Treat/prevent Inflammatory Responses and Infections	
I.1	Corticosteroids	
I.2	NSAID	

I.3	Antibiotics	
I.4	Immunizations	
J.	Medications Used to Treat Poisoning and Overdose	
J.1	Antidotes or Neutralizing Agents (Sodium Bicarbonate)	
K.	Other	
K.1	Topical anaesthetic eye drops	X