



PARAMEDIC SKILLS EVALUATION - SELF ASSESSMENT

Date _____

Name _____

Signature _____

Level of Proficiency

- A = Never Performed. You have never performed the stated task and have no experience with this type of skill.
- B = Familiar with. You are familiar with the stated task; but you would need more experience and practice to feel comfortable and proficient in this type of skill.
- C = Experienced in. You have performed this task several times; you feel moderately comfortable functioning independently, but you would require a resource person to be nearby.
- D = Expert. You have performed this task frequently; you feel comfortable and proficient in this skill; you would not require supervision or practice.

Please select the column that most accurately describes your proficiency level:

Paramedic	A	B	C	D		A	B	C	D
Airway assessment/ Management					Care of Patients with cont.				
Oxygen administration					Seizure				
Head tilt/chin lift					Tension pneumothorax				
Nasal cannula					Open chest wounds				
BVM (bag valve mask)					Fractures				
Oral/ Nasal airway					Closed				
Venturi mask					Open				
Simple face mask					Gunshot wound				
Demand valve-O2 powered					Sucking chest wound				
Non-rebreather					Sepsis				
Partial rebreather					Overdose				
					Head injury				
Endotracheal Intubations					Stabbing				
Orotracheal					Burns				
Nasotracheal					Gastroenteritis				
Cricoid pressure					Obstetric emergencies				
Needle cricothyroidotomy					Impending delivery				
End tidal CO2 monitoring					Placenta previa				
Modified jaw thrust (trauma)					Trauma				
					Eclampsia/ Pre-Eclampsia				
Care of Patients with					Needle decompression of tension pneumothorax				
Acute abdomen					CVA (cerebral vascular accident)				
Aneurysms					Unstable angina				
AMI (Acute myocardial infarction)					GI (gastrointestinal) bleed				
Lung contusions					MVC (motor vehicle collision)				
CHF (congestive heart failure)					COPD (chronic obstructive pulmonary disease)				
Hypertension					Epiglottitis				
Inhalation injuries					Croup				
Pulmonary edema					Hypovolemic shock				



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	A	B	C	D			A	B	C	D	
Care of patients with cont.						Medications cont.					
Esophageal bleeding						Dobutamine					
Amputations						Oral glucose					
Asthma						Normal saline					
Hypo/Hyperglycemia						Epinephrine					
Eye injuries						Procanimide					
Cardiac arrest						Sodium bicarbonate					
						Vasopressin					
Dysrhythmias						Epi-Pen					
PEA (pulseless electrical activity)						Oxygen					
Asystole						Aspirin					
VF (ventricular fibrillation)						Calcium chloride					
3 rd degree heart block						Diazepam					
Ventricular tachycardia						Adenosine					
Atrial fibrillation						Amiodarone					
Atrial flutter						Verapamil					
Junctional escape rhythm						Dopamine					
2 nd degree heart block						Diltiazem					
						Medication Administration					
Medications						IV Therapy					
Activated charcoal						Intraosseus					
Narcan						Peripheral					
Dextrose 50%						Internal/ external jugular					
Furosemide						Subclavian					
Lidocaine						IV push					
Magnesium sulfate						Piggyback					
Nitroglycerin						Continuous drips					
						Oral administration					



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	A	B	C	D			A	B	C	D	
Medication Administration cont.						Emergency Equipment					
Sublingual						AED (automatic external defibrillator)					
Intramuscular						Defibrillator (manual)					
Subcutaneous						Pulse oximeter					
Endotracheal						Infusion pumps					
Nasogastric						Accucheck (blood glucose)					
Rectal						12 lead EKG					
Nebulizer/ Aerosol						BP (blood pressure) cuffs					
						Stretchers					
Immobilization/ Extrinsication						Ventilators					
Long board/ short board											
Cervical collar (soft/ rigid)						Patient population					
Head blocks and straps						Neo-natal					
KED (Kendrick extrication device)						Pediatric					
Traction splint						Adolescent					
Leg/ arm splints						Adult					
						Geriatric					
Extrinsication Equipment/ Vehicle Equipment											
Wrecking bar											
Bolt cutters											
Hacksaw and blades											
Screwdrivers (Philips and Flathead)											
Wrench											
Fire extinguisher											
Vice pliers											
Trauma shears											

Reviewed by: _____

Date: _____