

Wilderness Medicine Institute

Wilderness First Responder Recertification Course Outline

DAY 1

8:00-9:30am Introductions and Written Examination

9:30-11:00am Patient Assessment System

11:00-11:30am Shock

11:30-noon Chest Injuries

12:00-1:00pm Lunch

1:00-3:00pm Spinal Management/Head Injuries

3:00-4:00pm Wilderness Wound Management

4:00-5:00pm Athletic Injuries

DAY 2

8:00-9:00am Dislocations

9:00-10:00am Fracture Management

10:00-11:00am Traction Splinting

11:00am-noon Hypothermia

12:00-1:00pm Lunch

1:00-1:30pm Heat Illnesses

1:30-:00pm Altitude Illness

2:00-5:00pm Medical Scenarios Including: Cardiac Emergencies, Respiratory Emergencies, Neurological Emergencies, and Anaphylaxis

DAY 3

8:00-9:00am Scenario

9:00-10:30am Medical Scenarios Including: Acute Abdomen, Gender Medical Concerns

10:30-11:45am Closing Scenario

11:45am-Noon Closing/Evaluations

12:00-1:00pm Lunch

1:00-5:00pm CPR