

Wilderness First Responder Information

Course Description

Essential for anyone who spends significant time in remote places or who has a professional career in the outdoors, the Wilderness First Responder (WFR) course will prepare you to make difficult medical decisions. This course is fast-paced and engaging. You'll spend half your time outside of the classroom doing hands-on skills and realistic scenarios. In addition to scenarios, you'll participate in a full-scale night mock rescue. WMI's curriculum encompasses a wide range of topics including long-term patient care, wound management, straightening angulated fractures, reducing dislocations, litter packaging and administering medications. You'll complete this course with the tools and confidence to manage patients in the backcountry for multiple days. The intensive 80-hour curriculum is nationally recognized and supported by the Wilderness Medicine Institute's Medical Advisory Panel. You'll be taught by dynamic educators who have practiced both wilderness and urban medicine. This 10-day course is ideal for all professionals operating in remote environments. Adult/child CPR certification is included. The WFR course is pre-approved for 70 hours of EMT CEU's by CECBEMS.

Attendance

Students are required to attend all class sessions and field exercises. Review of missed curriculum or examinations is the student's responsibility. Absences may result in a student not receiving a certification. Limited absences for family or medical concerns can sometimes be accommodated. Contact the WMI office for more information or speak with the WMI instructors on site.

Class Format & Equipment

Check in is at 7:45 AM on the first day of the course. Course days run from 8:00am – 5:00pm. Two evening sessions will be scheduled. The format for this 80-hour WFR is classroom lectures integrated with practical scenarios, skills practice sessions, case studies, role-playing and simulated rescues. Attendance is required for all scheduled classes. Scenarios, and practice sessions will take place both inside and outside. Please bring outdoor clothing appropriate for laying on the potentially wet, muddy or snowy, cold ground playing the role of both rescuer and patient. Frequently stage (moulage) blood and make-up will be used to emphasize the reality of a scenario. Generally the classroom environment lends itself to a pair of comfy shoes/slipper and a crazy creek-type chair. You will need: a large day pack with multiple layers, water bottle, waterproof tops and bottoms, sturdy boots, head lamp or flashlight and a watch with a second hand. A 4-hour evening, outdoor mock rescue is part of the curriculum, so please dress accordingly.

Continuing Education College Credit and EMT CEUS

The course is pre-approved for three (3) semester hour credits through the University of Utah at a cost of \$200.00. If interested, please check with the instructors on the first day of class for the necessary information.

WMI is proud to be a Continuing Education Coordinating Board for Emergency Medical Services (CECBEMS) accredited organization. Current EMTs are eligible to receive 70 CEU hours for their Wilderness First Responder courses. Please bring a photocopy of your current EMT card(s) with you to your course.



Wilderness Medicine Institute of NOLS

Wilderness First Responder Course Schedule

DAY 1

Morning

Introductions: Wilderness vs. Urban
Initial Assessment
Patient Exam
Vital Signs: LOC, HR, RR, SCTM

Afternoon

Vital Signs: BP, Pupils
Focused History
Documentation
Medical Legal Issues

WFR Text Chapters: 1, 2, 3

DAY 2

Morning

Problem of the Day
Review and Practical Session
CPR

Afternoon

CPR: Remote Environments and Oxygen
Spinal Cord Injuries
Lifting and Moving
Spinal Immobilization Litter Packaging, Carrying,
Long-Term Patient Management

WFR Text Chapters: 4, 5, 8, Appendix B and C

DAY 3

Morning

Problem of the Day
Chest Injuries
Shock

Afternoon

Focused Spinal Assessment
Head Injuries

WFR Text Chapters: 6, 7, 9, 10

DAY 4

Morning

Problem of the Day
Wilderness Wound Management

Afternoon

Problem of the Day
Athletic Injuries
Fracture Management

Evening

Traction Splinting
Dislocations

WFR Text Chapters: 12, 13, 14, 15, 30

DAY 5

Morning

Problem of the Day
Review and Practical Session
Hypothermia
Frostbite and Non-Freezing Cold Injury

Afternoon

Heat and Hydration
Altitude Illness
Practical Scenario

WFR Text Chapters: 16, 17, 18

DAY 6 DAY OFF

DAY 7

Morning

Problem of the Day
Cardiac Emergencies
Respiratory Emergencies

Afternoon

Neurological Emergencies
Acute Abdomen

WFR Text Chapters: 11, 23, 24, 25, 29

DAY 8

Morning

Problem of the Day
Bites and Stings
Allergies and Anaphylaxis

Afternoon

Diabetes
Search Scenario
Principles of Search and Rescue/Evacuation

Evening

Mock Rescue

WFR Text Chapters: 21, 26, 28, 35, 36

DAY 9

Morning

Mock Rescue Debrief
Common Problems Wrap-up
Communicable Disease
Poisoning
Lightning

Afternoon

Submersion Incidents
Gender Medical Issues

WFR Text Chapters: 19, 20, 27, 31, 32

DAY 10

Morning

Wilderness Drug and First Aid Kits
Written and Practical Exams
Closing Ceremony

WFR Text Chapters: 37

Textbook: *The Wilderness First Responder* by Buck Tilton