

Standard Wilderness First Responder

Outward Bound California

October 4-12, 2017

Day 1: 8 AM Wednesday October 4th

- Opening & Course Paperwork
- Course Introduction & Medical/Legal Considerations
- General Concepts in Patient Care
- Body Defenses
- Basic Pharmacology
- Introduction to the Patient Assessment System
- Basic Life Support Lab & Simulations
- Wilderness Adult & Child CPR & AED Skills Lab
- Case Study Homework

Day 2: 8 AM Thursday October 5th

- Introduction to Trauma
- Concussion & Increased ICP
- Respiratory Distress
- Volume Shock
- Stable & Unstable Extremity Injuries
- 3rd Triangle Skills Lab & SOAP Evaluation Process
- Traumatic Video Simulations
- Case Study Homework
- Demo and assign cut T-shirt rolls

Day 3: 8 AM Friday October 6th

- Case Study Homework Review
- Quiz
- Basic Extremities Splinting Lab
- Wounds Lecture
- Wounds Lab
- Focused Spine Assessment
- Traumatic Video Simulations
- Case Study Homework

Day 4: 8 AM Saturday October 7th

- Case Study Homework Review
- Quiz
- Dehydration
- Sunburn Exposure
- Heat Exhaustion, Heat Stroke, & Hyponatremia
- Hypothermia
- Drowning
- Cold Injuries
- Spine Management Lab

Day 5: 8 AM Sunday October 8th

- Case Study Homework Review
- Quiz
- Wilderness Bites & Stings
- Allergies
- Injection Lab & Quiz
- Traumatic Video Simulations
- Case Study Homework

Day 6: 8 AM Monday October 9th

- Case Study Homework Review
- Quiz
- Lightning Injuries
- Altitude
- Dislocations Lab
- Traumatic Video Simulations
- Case Study Homework

Day 7: 8 AM Tuesday October 10th

- Case Study Homework Review
- Quiz
- Asthma
- Diabetes: Hypoglycemia & Hyperglycemia
- Heart Attack, Angina, & Stroke
- Ears, Eyes, Nose, Throat, & Teeth Interactive Case Studies
- Advanced Extremities Splinting Lab
- Improvised Litters and Carries
- Case Study Homework

Day 8: 8 AM Wednesday October 11th

- Traumatic Video Simulations
- Assessing Medical Problems
- Medical Simulations

Day 9: 8 AM Thursday October 12th

- Mass Casualty Video Simulation
- Litter Carries & Passes
- Final Written WFR & WCPR Exams & Review
- Medical Equipment & First Aid Kits
- Course Debrief, Closing, & Clean-up

General Course Information

Courses taught by the Wilderness Medicine Training Center are rigorous and require your full attendance and participation. You may find them mentally, physically, and emotionally demanding. You should be comfortable reading technical information, be able to write clearly, be able to communicate easily with other people, and you should be physically capable of lifting and carrying a minimum of 50 pounds without injury. During simulations, skill labs, and demonstrations you will be acting as a patient and as a rescuer; this requires you to touch and be touched by others during a patient exam and subsequent treatment. To protect your personal space you MUST wear your bathing suit (jog bra) and/or shorts under your simulation clothing for all PAS Labs; they will NOT be cut. During your participation in any Wilderness Medicine Training Center course, you are responsible for your emotional and physical safety at all times.

The Wilderness Medicine Training Center agrees to present skills and techniques according to the practice guidelines established by the Wilderness Medical Society, the National Association of EMS Physicians, and the American Heart Association. The Wilderness Medicine Training Center is not liable if you do not adhere to those standards in a field situation. Nor does the Wilderness Medicine Training Center authorize you to use the skills presented. Your authorization will need to come from a licensed medical control, usually a physician advisor.

When you have successfully completed your Standard Wilderness First Responder course, you will receive a WFR and WCPR certification card from the Wilderness Medicine Training Center. The cards acknowledge that you have successfully demonstrated the skills presented during your course according to the above practice guidelines. It does not certify that you will be able to continue to perform at that level. It is your responsibility to stay current with both your understanding and practice. Most medical control personnel require certification as a base-line for authorization. You must take and pass an approved Recertification course before your certification expires (see the WMTC web site for details).

If you wish to use this course to upgrade to a WEMT certification, you MUST ensure that your EMT certification is current, you have registered for the WEMT upgrade, and successfully complete the online WEMT exams within two months of completing your WFR. Access information and directions will be sent to you via email prior to or upon completion of your course. Please e-mail the WMTC office with questions at office@wildmedcenter.com or phone (509) 996-2502. To remain certified as a WEMT, you must take and pass an approved Recertification course before your WEMT certification expires (see the WMTC web site for details) and maintain a current EMT and CPR certification. *State EMT certification must be validated by a WMTC instructor prior to issuing you a WEMT certification; bring a copy of your current state EMT certification with you to the course.* Please e-mail the WMTC office with questions at office@wildmedcenter.com or call (509) 996-2502.

You will be spending quite a bit of time outside and will likely get very dirty during many of the skills sessions and simulations. Bring clothing appropriate to the weather. It should be tough and old enough to withstand a beating. You will also need to bring a notebook, pen, pencil, backpack, water bottle, a pair of heavy hiking socks, and two sets of old clothing that may be cut (two pair of long sleeved shirts, two pair of long pants, and two T-shirts). "Cutable" clothing is required for simulations and practice. Consider bringing colored pencils or pens for note taking. For more details on WMTC courses, please download our Student Booklet; the booklet is available as a pdf file from the "Downloads & Links" page on our Website.

Course tuition includes instruction, our textbook *the Art & Technique of Wilderness Medicine*, our water proof field manual *the Wilderness Medicine Handbook*, our workbook *Case Studies in Wilderness Medicine*, and a WMTC Patient SOAP note tablet. Class begins at 8 AM each morning, breaks for lunch from between 12-1, and the afternoon session ends between 5:30-6 PM. You must sign an *Agreement of Responsibility (our release form)* as it acknowledges your understanding of the above information; if you choose not to sign the agreement, you will not be able to participate in the course.

Standard Wilderness First Responder Course Lab Descriptions

- Basic Life Support Lab: Addresses all elements of the Scene size-up and Initial Patient Exam. Cutable simulation clothing is required.
- Adult & Child CPR and AED Skills Lab (evening session): Adult & Child CPR, AED, and Obstructed Airway.
- Wound Cleaning Lab: Pig's feet are used for training realistic wound cleaning, removal of impaled objects (including fishhooks).
- Basic Extremity Splinting Lab: SAM splints are used to improvise effective extremity splints. Bring a cut T-shirt roll and a pair of heavy hiking socks.
- Advanced Extremity Splinting Lab: common expedition equipment is used to improvise effective lower extremity splints.
- 3rd Triangle Skills Lab: Demos physical exam, vital signs, SAMPLE History and SOAP documentation in preparation for full simulations.
- Focused Spine Assessment Lab: How to assess and rule out possible spine injuries in a wilderness context.
- Injection Lab: Hands-on instruction in injectable epinephrine required for the treatment of systemic allergic reactions.
- Dislocations Lab: Relocation techniques for indirect anterior shoulder, lateral patella, and digits are demonstrated and practiced. Jaw reduction and passive anterior shoulder reduction techniques are demonstrated.
- Spine Management Lab: Lifting, moving, and packaging VPU spine-injured patients on their back and side in a litter, backboard (improvised litter), and stretcher.
- Improvised Hypothermia Packaging Lab: Sleeping bags, pads, tarps or bivy sack, plastic sheeting, and water bags/bottles are used to improvise a hypothermia package.
- Improvised Litter Lab: daisy chain rope litter is demonstrated and practiced ± improvised stretcher litter.
- Video Simulations: Role plays incorporating patient assessment & documentation. Make-up is used to increase the scene's reality. Cutable simulation clothing is required. Portions of each simulation are videoed for after-action discussion.
- Mass Casualty Video Simulation: Students respond to a mass casualty scene as a group. The simulation is videoed for after-action discussion.