

Wilderness First Responder - Course Outline

Day 1

Introductions
What is Wilderness Medicine?
Legal Issues and Liability
Circulatory System
Respiratory System
CPR Lecture
CPR Skill Station
CPR Exam
Airway Management and Adjuncts

Day 2

Quiz
Airway Management Hotspot
Patient Assessment
SOAP Notes and Incident Reports
Bleeding and Shock
Group Scenarios

Day 3

Quiz
Initial Assessment Hotspot
Initial Assessment Rodeo
Wilderness Wound Management
Skeletal System
Stable & Unstable Orthopedic Injuries
Improvised Splinting
Leadership and Decision-Making
Patient Reports
Field Evacuations and Group Management
Group Scenarios

Day 4

Quiz
Central Nervous System
Spinal Injuries
Patient Rolling
Focused Spinal Exam
Traumatic Brain Injuries
Scenario
Case Study
Eye Injuries
Chest and Abdominal Trauma
Group Scenarios

Day 5

Quiz
Medical Emergencies

- Seizure Disorders
- CVA's
- Cardiac Emergencies
- Diabetic Emergencies
- Respiratory Emergencies
- Behavioral Emergencies

- Gastrointestinal Illnesses
- Acute Abdomen

Group Scenarios

Day 6

Quiz

Medical Emergency Rodeo

Environmental Emergencies

- Dehydration & Electrolytes
- Hyponatremia
- Heat Illnesses
- Cold Illnesses
- Frostbite

Group Scenarios

Day 7

Quiz

Environmental Emergencies Continued

- High Altitude Illnesses
- Lightning Injuries
- Bites & Stings
- Poisons & Toxins
- Water Emergencies

Environmental Rodeo

Group Scenarios

Day 8

Patient Moving

Improvised Litters

Spinal Immobilization

Helicopter Orientation

Solo Scenarios

Group Scenarios

Night Scenario

Day 9

Scenarios

Student-Run Scenario Prep

Review

Solo Practical

Student-Run Group Practical

Written Exam

Closing