



W-Upgrade for EMTs Course Outline 54-Hours

Day 1

Introduction

What is Wilderness Medicine?

Medical Legal Issues

Standards of care in outdoor recreation

Wilderness protocols

Risk management

EMS System/SAR

Basic Life Support

Wilderness CPR considerations

CPR Hotspot

Airway Adjuncts Skill Station

Securing an airway

OPA/NPA Vs. King Airways

Primary Assessment Hotspot

Calling a Rescue

Extended Patient Care

Documentation

Standards of Care in Outdoor

Recreation

Wilderness Protocols

Day 2

Trauma - Bleeding & Shock

Aggressive bleeding control

Hemostatic agent

IV Therapy for Trauma

Trauma - Soft Tissue Injuries

Wilderness wound management

Infections/MRSA

Hygiene in the backcountry

Burn management protocols

Advanced Hotspot

Trauma - Orthopedic Injuries

Stable vs. unstable injuries

Sprains and strains

Dislocations

Fractures

KTD Vs. Slishman traction splints

Sam Sling

Skill Station - Improvised Splints

OTC Med Chart

Trauma - Spine Injuries

Focused spine assessment

Moving patients

Vacuum spine board/mattress

Patient packaging

Trauma- TBIs

Trauma - Chest & Abdominal Injuries

Group Scenarios

Day 3

Backcountry Medical Problems

Diabetic emergencies

Respiratory emergencies

Allergies & anaphylaxis

Cardiac emergencies

Stroke

Behavioral emergencies

GI illnesses

Water Purification

Acute abdomen

Urogenital Issues

Group Scenarios

Day 4

Environmental Medicine

Dehydration/ Rehydration

Hyponatremia

Heat Illness

Cold Illnesses

Local Cold Injury

Altitude Illnesses

Lightning Injuries

Bites and Stings

Water Emergencies

First-Aid Kits

Environmental Emergencies Rodeo

Micromedics

Ear/Eye/Nose Problems

Dental Problems

Flu-Like Illnesses

Sun Related Problems

Skin Related Problems

Blisters

Fish Hooks/Splinters

Poisons

Motion Sickness

First-Aid Kits

Day 5

Group Scenarios

Improvised Litters

Litter Carrying Techniques

Basic Triage

Radio Protocol

Helicopter LZ & Safety

Managing Evacuations

Final Practical Scenario Workshop

Night Scenario

Final Written Exam

Final Practical

Individual scenario

Group student-run scenarios

Closure