



HYBRID WFR COURSE OUTLINE

80-Hours

30 HOURS ONLINE

What is Wilderness Medicine?

Medical Legal Issues

Risk Management (extra module)

EMS System

Anatomy & Physiology

Cardiopulmonary System

Musculoskeletal System

Preventing Disease Transmission

Patient Assessment

Calling a Rescue

Bleeding & Shock

Soft Tissue Injuries

Wilderness wound management

Aggressive Bleeding Control

Hemostatic Agents

Infections/MRSA

Hygiene

Burn Management

Patient Assessment

Vitals

Backcountry Medical Issues

Diabetic Emergencies

Respiratory Emergencies

Allergies & Anaphylaxis

Cardiac Emergencies

Stroke

Seizure Disorders

Micromedics

Ear/Eye/Nose Problems

Dental Problems

Flu-Like Illnesses

Sun Related Problems

Skin Related Problems

Blisters

Fish Hooks/Splinters

Poisons

Motion Sickness

50 HOURS IN CLASS

Day 1

Introductions

Vitals Exam

Primary Assessment Exam

Primary Assessment Rodeo

Basic Life Support

Adult, Child & AED

Urban CPR lecture & demonstration

Wilderness CPR Considerations

CPR Practical

Airway Adjuncts (extra module)

Securing an Airway

OPAs and NPAs

Skill Station

CPR Hotspot

Primary Exam Hotspot

Orthopedic Injuries

Wilderness Athletic Injuries

Dislocations

Fractures

Sliselman/Sam Sling (extra module)

Improvised splints

Splint Skill Station

Spine Injuries

Focused Spine Assessment (FSA)

Moving Patients

Vacuum Mattress

Patient Packaging

Day 2

Advanced Hotspot

Traumatic Brain Injuries

Chest & Abdominal Injuries

Group Scenarios

Environmental Medicine

Environmental Rodeo

Dehydration/ Rehydration

Hyponatremia

Heat Illness

Cold Illnesses

Local Cold Injury

Altitude Illnesses

Lightning Injuries

Bites and Stings

Water Emergencies

First-Aid Kits

Day 3

Backcountry Medical Issues New

Backcountry Medical Rodeo Mixed

Behavioral Emergencies (extra module)

GI Illnesses

Acute Abdominal Pain

Water Purification

Urogenital Issues

Day 4

First-Aid Kits

Group Scenarios

Improvised Litters

Patient Carrying Techniques

Basic Triage

Radio Protocol

Helicopter LZ & Safety

Evacuations

Night Scenario

Day 5

Review

Final Practical Workshop

Student-Run-Scenario

Final Practical

Solo Scenario

Group Scenario

Final Written Exam

Closure