



## WFA COURSE OUTLINE

16-Hours

### Day 1

#### Introduction

#### What is Wilderness Medicine?

#### Medical Legal Issues

#### Preventing Disease Transmission

#### Basic Life Support

*Adult, Child & AED*

*Urban CPR lecture & demonstration*

*Wilderness CPR Considerations*

*CPR Practical*

#### Skill Station

#### CPR Hotspot

#### Patient Assessment

#### Calling a Rescue

#### Primary Assessment Rodeo

#### Bleeding & Shock

#### Soft Tissue Injuries

*Wilderness wound management*

*Aggressive Bleeding Control*

*Hemostatic Agents*

*Infections/MRSA*

*Hygiene*

*Burn Management*

#### Orthopedic Injuries

*Wilderness Athletic Injuries*

*Fractures*

*Improvised splints*

#### Splint Skill Station

#### Spine Injuries

### Homework Reading Assignment:

#### Micro medics

*Ear/Eye/Nose Problems*

*Dental Problems*

*Flu-Like Illnesses*

*Sun Related Problems*

*Skin Related Problems*

*Blisters/Fish*

*Hooks/Splinters*

*Poisons*

*Motion Sickness*

### Day 2

#### Advanced Hotspot

#### Traumatic Brain Injuries

#### Chest & Abdominal Injuries

#### Backcountry Medical Issues

*Allergies & Anaphylaxis*

#### 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

#### Group Scenarios

#### Helicopter LZ & Safety

#### Evacuations

#### Final Practical

*Group Scenario*

#### Closure