



HYBRID WILDERNESS FIRST RESPONDER COURSE OUTLINE 80-HOURS

30 HOURS ONLINE

What is Wilderness Medicine

Medical Legal Issues

Risk Management (elective topic)

EMS System

Anatomy & Physiology

Cardiopulmonary System

Preventing Disease Transmission

Patient Assessment

Calling a Rescue

Bleeding & Shock

Soft Tissue Injuries

Wilderness wound management

Aggressive Bleeding Control

Hemostatic Agents

Hygiene/Infections/MRSA

Burn Management

Backcountry Medical Problems

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/Toxins

Motion Sickness

50 HOURS IN CLASS

Day 1

Introductions

Vitals Exam

Primary Assessment Exam

Basic Life Support

Adult and Child

AED (elective topic)

Wilderness CPR Considerations

CPR Practical

Airway Adjuncts (elective topic)

OPAs and NPAs

CPR & Primary Exam Hotspot

Orthopedic Injuries

Wilderness Athletic Injuries

Dislocations

Fractures

Slushman/Sam Sling (elective topic)

Improvised splints

Splint Skill Station

Spine Injuries

Focused Spine Assessment (FSA)

Spine Injury Management

Moving Patients/Rolls

Vacuum Spine Board

Day 2

Advanced Hotspot

Traumatic Brain Injuries

Chest & Abdominal Injuries

Group Scenario

First-Aid Kits

Psychological First Aid (elective topic)

Environmental Medicine

Environmental Rodeo

Dehydration/ Rehydration

Hyponatremia

Heat Illnesses

Hypothermia

Local Cold Injuries

Altitude Illnesses

Lightning Injuries

Bites & Stings

Water Emergencies

Day 3

Backcountry Medical Problems - New

Backcountry Medical Rodeo Mixed

Behavioral Emergencies (elective topic)

GI Illnesses

Acute Abdominal Pain

Water Purification

Urogenital Issues

Day 4

Group Scenarios

First Aid Kits

Improvised Litters

Patient Carrying Techniques

Basic Triage

Radio Protocol

Helicopter Safety & LZ

Managing Evacuations

Night Scenario

Day 5

Medication Review

Student-Run-Scenario

Final Practical

Solo & Group Scenario

Final Written Exam