



## HYBRID WILDERNESS FIRST RESPONDER COURSE OUTLINE 80-HOURS

### 30 HOURS ONLINE

#### **Introduction to Wilderness Medicine**

- What is Wilderness Medicine
- Medical Legal Issues
- Risk Management (elective topic)
- EMS System

#### **Patient Assessment**

#### **Traumatic Injuries**

##### **Bleeding & Shock**

##### **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 (elective topic)
- Motion Sickness

### 50 HOURS IN CLASS

#### **Day 1**

##### **Introductions**

##### **Vitals Exam**

##### **Primary Assessment Exam**

##### **Basic Life Support**

- Adult and Child CPR
- Airway Obstruction & Choking
- AED (elective topic)
- Wilderness CPR Considerations
- Airway Adjuncts (elective topic)

##### **CPR & Primary Exam Hotspot**

##### **Patient Assessment Review**

##### **Traumatic Injuries**

##### **Orthopedic Injuries**

- Wilderness Athletic Injuries
- Dislocations
- Fractures
- Slushman/Sam Sling (elective topic)
- Improvised splints

##### **Spine Injuries**

- Focused Spine Assessment (FSA)
- Spine Injury Management
- Moving Patients/Rolls
- Vacuum Spine Board

##### **Group Scenarios**

#### **Day 2**

##### **Advanced Hotspot**

##### **Traumatic Injuries**

- Traumatic Brain Injuries
- Chest & Abdominal Injuries

##### **Group Scenarios**

##### **Backcountry Medical Problems - New**

- Acute Abdomen
- GI Illnesses
- Genitourinary Issues
- Behavioral Emergencies

##### **Backcountry Medical Rodeo Mixed**

#### **Day 3**

##### **Environmental Medicine**

- Dehydration/ Rehydration
- Hyponatremia
- Heat Illnesses
- Hypothermia
- Local Cold Injuries
- Altitude Illnesses
- Lightning Injuries
- Bites & Stings
- Water Emergencies

##### **Environmental Rodeo**

#### **Day 4**

##### **Managing Evacuations**

- Helicopter Safety & LZ
- Radio Protocol/Communication
- Patient Carrying Techniques
- SAR Fundamentals (elective topic)
- Basic Triage (elective topic)
- Improvised Litters (elective topic)
- Psychological First Aid (elective topic)
- Night Scenario
- First-Aid Kits

##### **Group Scenarios**

#### **Day 5**

##### **Medication Administration Review**

##### **Student-Run-Scenario**

##### **Final Practical**

- Solo Scenario
- Group Scenario

##### **Final Written Exam**