



# WILDERNESS FIRST RESPONDER COURSE OUTLINE 80-HOURS

## Day 1

### Introduction to Wilderness Medicine

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

### Basic Life Support

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

### CPR & Primary Assessment Hotspot

#### Patient Assessment

#### Traumatic Injuries

##### Bleeding & Shock

##### Wilderness Wound Management

- Aggressive Bleeding Control
- Hemostatic Agents
- Hygiene/Infections/MRSA

##### Burn Management

#### Group Scenarios

## Day 2

### Traumatic Injuries

#### Orthopedic Injuries

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

#### Spine Injuries

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

## Advanced Hotspot

### Traumatic Injuries

- Traumatic Brain Injuries
- Chest & Abdominal Injuries

### Group Scenarios

### Homework Reading Assignment:

#### Micromedics

- Ear/Eye/Nose Problems
- Dental Problems
- Flu-Like Illnesses
- Sun Related Problems
- Skin Related Problems
- Blisters
- Fish Hooks/Splinters
- Poisons/Toxins
- Motion Sickness

## Day 3

### Backcountry Medical Problems

- Diabetic Emergencies
- Cardiac Emergencies & Stroke
- Seizure Disorders
- Respiratory Emergencies
- Allergies & Anaphylaxis

### Backcountry Medical Rodeo

#### Group Scenarios

## Day 4

### Backcountry Medical Problems

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

### Backcountry Medical Rodeo

#### Group Scenarios

## Day 5

### Environmental Medicine

- Dehydration/ Rehydration
- Hyponatremia
- Heat Illnesses
- Hypothermia
- Local Cold Injuries

### Environmental Rodeo

## Day 6

### Environmental Medicine

- Altitude Illnesses
- Lightning Injuries
- Bites & Stings
- Water Emergencies

### Environmental Rodeo

#### Group Scenarios

## Day 7

### 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 8

### Medication Administration Review

### Student-Run-Scenario

#### Final Practical

- Solo Scenario
- Group Scenario

#### Final Written Exam