



Wafa Course Outline

40-Hours

Day 1

Introduction

What is Wilderness Medicine?

Medical Legal Issues

Risk Management (extra module)

EMS System

Anatomy & Physiology

Cardiopulmonary System

Musculoskeletal System

Preventing Disease Transmission

Basic Life Support

Adult, Child & AED

Urban CPR lecture & demonstration

Wilderness CPR Considerations

CPR Practical

Securing an Airway

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

Day 2

Orthopedic Injuries

Wilderness Athletic Injuries

Fractures

Slighman/Sam Sling (extra module)

Improvised splints

Splint Skill Station

Spine Injuries

Focused Spine Assessment (FSA)

Moving Patients

Vacuum Mattress

Patient Packaging

Traumatic Brain Injuries

Chest & Abdominal Injuries

Group Scenarios

Backcountry Medical Issues

Backcountry Medical Rodeo

Diabetic Emergencies

Respiratory Emergencies

Allergies & Anaphylaxis

Cardiac Emergencies

GI Illnesses

Advanced Hotspot

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 3

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

Basic Triage

Radio Protocol

Helicopter LZ & Safety

Evacuations

Night Scenario

Day 4

Review

Student-Run-Scenario

Final Practical

Solo Scenario

Group Scenario

Final Written Exam

Closure