



## WILDERNESS FIRST RESPONDER

Nine Days (80 hours)

Our Wilderness First Responder course is designed with the outdoor professional in mind. It focuses on developing skills for treating problems outside the "golden hour" of first response. It is based on the protocols set by the Wilderness Medical Society and instruction encourages the students ability to think through body systems in an effort to determine the best response to traumatic, environmental or medical situations. Classroom sessions are followed with hands on practice to integrate the information in a field setting. 100% attendance is required and there will be a night scenario included. The students will get to see their skills in action as video coverage of intensive scenarios will be reviewed towards the end of the class. A comprehensive written exam is also administered. The course includes American CPR certification.

### General Syllabus

#### Day 1: Basic Life Support Skills/ Anatomy and Physiology

- \*Opening and Course Paperwork
- \*Course Introduction and Expectations
- \*Student and Instructor Introductions
- \*Medical Legal Overview
- \* Evolution of Patient Care System and how WFR's fit in
- \*Patient Assessment System (PAS) Part 1 How to approach a scene!
- General Review of Anatomy and Physiology (All Systems)
- \*Specific exploration of Respiratory System
- \*Hands on practice establishing an airway/airway management
- \*Specific exploration of the Circulatory System
- \* Hands on practice for checking for pulse, controlling bleeding, cpr
- \*Specific exploration of Nervous System
- \* Evaluating Level of Consciousness and maintaining Spine stability
- \*Optional Examination of a pig's heart, lungs, kidneys and liver: lab includes ventilation of the lungs for a better understanding
- \* Basic Life Support Lab / AED's/ AHA Healthcare Provider testing

#### Day 2: Traumatic Injuries

- \*Understanding the Inflammatory Response/ Review of cellular physiology
- \*Autonomic Stress Response
- \* Nervous System injuries/ Increased ICP, Concussion, Head wounds, Unstable Spine
- \*Respiratory injuries/ Respiratory distress

- \*Circulatory Injuries/ Volume Shock
- \* Stable and Unstable Musculoskeletal Injuries
- \*Patient Assessment System (PAS) Part 2
- \* Hands on field exercises/ Two on One Patient Assessment : 3 Rotations

### **Day 3: More on Trauma**

- \*Quiz 1
- \*Wounds, Infections, Burns
- \* Pigs Foot Lab/ Includes irrigation, punctured objects and fish hook removal
- \* Exploration of the Musculoskeletal System/ Anatomy and Physiology
- \* Stable and Unstable Musculoskeletal Injuries
- \*1:1 Splinting Lab
- \* Spine Assessment and Lab/ A conservative process for checking the spine

### **Day 4: Environmental Injuries**

- \*Spine ruling-out quiz
- \*Hypothermia
- \*Heat Problems (Heat Stroke, Heat Exhaustion, Electrolyte Sickness, Sunburn)
- \*Cold Injury ( Frostbite, Trench Foot, Chilblains)
- \*Near Drowning
- \*Spine Management Lab/ Moving spine injured patients, back-boarding, litters

### **Day 5: More on Environmental**

- \*Quiz 2
- \*Toxins, Bites and Stings/ Includes BBC video
- \*Anaphylaxis/Allergies
- \*Injections Lab
- \*Altitude
- \*Lightning
- \*More two on one patient field assessments: 3 rotations

### **Day 6: Introduction to Medical/ Night Scenario**

- \*Quiz 3
- \*Introduction to medical problems
- \*Infectious diseases
- \*Gastrointestinal System/ Anatomy and Physiology and Problems (vomiting, diarrhea, constipation, ulcers, hernias, signs and symptoms of serious problems)
- \*Genitourinary System/ Anatomy and Physiology and Problems (UTI/UTC, vaginitis, STD, testicular torsion, ectopic pregnancy, signs and symptoms of serious problems)
- \*Diabetes
- \*Dislocations Lab
- Afternoon break
- Night Scenario: Will begin at dark and run until complete???

### **Day 7: Improvised Litters, More Medical and Written Exam**

- \*Review and debrief of Night Scenario
- \*Improvised Litters /Carries and Passes
- \*Obstacle course with litters constructed

- \*Ears, Eyes, Nose and Throat/ Teeth Problems
- \*Asthma
- \*Heart Attack, Angina BBC Video
- \*Stroke
- \*Seizures
- \*Final Written Exam

### **Day 8: Video Simulation 1 and 2**

- \*Video Simulation 1
- \*Video Simulation 2

### **Day 9: Video Simulation 3 and Course Closure**

- \*Video Simulation 3
- \*Finish any testing
- \*Review of Written Exam
- \*Medical Equipment, First Aid kits, Survival kits
- \*Course Debrief/ Cleanup and Closing

### **Additional Information:**

Fake blood and make-up is used to create realistic wounds, bruising and bleeding. Students will need at least one or two pairs of clothes that may be cut and stained. All scenarios are created with realistic outdoor scenarios and patients will be in role as well as possible. Various materials from expedition type gear will be used for splinting, hypo-wraps and insulating patients from the environment. The video simulations will allow students to work through their simulations and be able to review immediately afterward. The pressure of being filmed will add an element of anxiety which would be there in a real incident.