



Hybrid Wilderness First Aid (26 hours)

Online Modules

8 hours*

General

- Course Introduction
- Medical/Legal Concepts
- General Concepts in Patient Care
- Body Defenses
- Basic Pharmacology
- Autonomic Stress Response
- Patient Assessment System

Trauma

- Assessing Traumatic Problems
- Increased ICP & Concussion
- Bleeding & Volume Shock
- Respiratory Distress & Arrest
- Stable & Unstable Extremity Injuries
- Spine & Cord Injuries
- Wounds
- Focused Spine Assessment

Environmental

- Assessing Environmental Problems
- Dehydration
- Heat Exhaustion
- Heat Stroke
- Hyponatremia
- Exertional Rhabdomyolysis
- Sun Exposure
- Hypothermia
- Drowning
- Allergies
- Wilderness Toxins and Venomous Bites & Stings
- Anaphylaxis
- Lightning Injuries

Medical

- Assessing Medical Problems
- Infectious Diseases
- Mental Health Emergencies

Practical Session

18 hours

Day 1

- Practical Session Introduction
- Basic Life Support Skills Lab & Simulations
- 3rd Triangle Skills Lab
- Review SOAP Evaluation Process
- Traumatic Simulation
- Focused Spine Assessment Lab
- Traumatic Simulations
- Case Study Homework

Evening Session

- Injection Lab
- Allergies & Wilderness Bites & Stings Worksheet

Day 2

- Case Study Homework Review
- Basic Extremity Splinting Lab
- Wound Cleaning Lab
- Traumatic Simulation
- Assessing Medical Problems
- Medical Simulations or Case Studies
- Course Debrief & Closing
- Clean-up

± Evening Session*

- Adult & Child CPR ± AED Skills Lab

* Wilderness Adult & Child CPR ± AED certification are optional evening modules that require additional course time:

- Wilderness Adult & Child CPR Certification [+1 hr]
- Wilderness Adult & Child CPR and AED Certification [+2 hrs]

* *The amount of time required to complete the online modules varies between individuals.*

Hybrid WFA Course Lab Descriptions

- Basic Life Support Lab: Addresses all elements of the Scene size-up and Initial Patient Exam including Adult CPR, rescue breathing, and obstructed airway. Depending on the sponsor, this course may include independent CPR certification.
- Wound Cleaning Lab: Pig feet are used for training realistic wound cleaning.
- Basic Extremity Splinting Lab: Padded aluminum splints and expedition supplies are used to improvise effective extremity splints using the buddy and cast splint concepts. Bring a cut T-shirt roll and a pair of heavy hiking socks; the socks will not be cut.
- Injection Lab: Students learn how to deliver intramuscular and subcutaneous injections using a pre-filled syringe [containing normal saline] and autoinjector trainers.
- Focused Spine Assessment Lab: How to assess and rule out possible spine injuries in a wilderness context.
- Improvised Hypothermia Packaging Lab: Sleeping bags, pads, tarps or plastic sheeting are used to improvise a hypothermia package.
- Simulations: Role plays incorporating patient assessment & documentation. Make-up is used to increase the reality of traumatic simulations and cuttable simulation clothing is required.

This course exceeds the [Wilderness Medicine Education Collaborative's](#) minimum standards for Wilderness First Aid certification. An additional twelve hours of instruction includes the topics and skills below and more simulation time.

Topics:

- Exertional Rhabdomyolysis
- Mental Health Emergencies

Skills:

- Wound cleaning
- Focused Spine Assessment
- The administration of epinephrine via a pre-filled syringe
- Adult & Child Wilderness CPR
- ± Adult & Child Wilderness CPR and AED certification*

At WMTC, we believe these additional topics, skills, and simulations are essential for a WFA graduate.