



Hybrid Wilderness First Responder (80 hours)

Online Modules

30 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
- Dislocations
- 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
- Circulatory System Problems
- Respiratory System Problems
- Gastrointestinal System Problems
- Genitourinary System Problems
- Diabetes
- Asthma
- Seizures
- Ear Problems
- Eye Problems
- Nose Problems
- Tooth & Gum Problems
- Infectious Diseases
- Mental Health Emergencies

Practical Session

50 hours

Day 1

- Practical Session Introduction
- Basic Life Support Skills Lab & Simulations
- Patient Assessment & Evaluation
- SOAP Documentation
- Traumatic Video Simulation
- Focused Spine Assessment Lab
- Traumatic Video Simulation
- Case Study Homework

Evening Session

- Adult & Child CPR & AED Skills Lab

Day 2

- Case Study Homework Review
- Basic Extremity Splinting Lab
- Wound Cleaning Lab
- Traumatic Video Simulations
- Case Study Homework

Evening Session

- Injection Lab
- Allergies & Wilderness Bites & Stings Worksheet

Day 3

- Case Study Homework Review
- Advanced Extremity Splinting Lab
- Improvised Pelvic Binder
- Dislocations Lab
- Traumatic Video Simulations
- Case Study Homework

Day 4

- Case Study Homework Review
- Spine Management Lab
- Assessing Medical Problems
- Medical Simulations
- Mental Health Assessment
- Case Study Homework

± Evening Session

- Review

Day 5

- Case Study Homework Review
- Hypothermia Packaging Lab
- Improvised Litters & Carries Lab
- Mass Casualty Video Simulation
- Course Debrief, Closing & Clean-up

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

Hybrid WFR Course Lab Descriptions

- Basic Life Support Lab: Addresses all elements of the Scene size-up and Initial Patient Exam.
- Adult & Child CPR and AED Certification Skills Lab: Adult & Child CPR, AED, and Obstructed Airway skills are refined using mannikins.
- Wound Cleaning Lab: Pig feet are used for training realistic wound cleaning, removal of impaled objects [including fish hooks].
- Basic & Advanced Extremity Splinting Labs: Padded aluminum splints and expedition supplies are used to improvise effective extremity splints using the buddy, cast, jelly roll, sandwich 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.
- Improvised Pelvic Binder: Common expedition equipment is used to improvise an effective pelvic binder.
- Focused Spine Assessment Lab: How to assess and rule out possible spine injuries in a wilderness context.
- Spine Management Lab: Lifting, moving, and packaging potentially spine-injured patients lying on their back and side in a commercial or improvised litter and improvised stretcher.
- Improvised Rope Litter Lab: A daisy chain rope litter is demonstrated and practiced.
- Dislocations Lab: Relocation techniques for indirect anterior shoulder, lateral patella, and digits are demonstrated and practiced. Jaw reduction and passive anterior shoulder reduction techniques are demonstrated.
- Improvised Hypothermia Packaging Lab: Sleeping bags, pads, tarps or plastic sheeting, and water bags/bottles 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 Responder certification. An additional ten hours of instruction includes the topics and skills below and more simulation time.

Topics:

- SCUBA Diving Injuries
- Marine Toxins/Envenomations
- Behavioral/Mental Health Emergencies

Skills:

- Wound cleaning
- Improvised Litters or Stretchers
- Reduction of jaw dislocations
- The administration of epinephrine via a pre-filled syringe

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