



Course Registration Form

Name _____ Home Phone _____

Address _____ Cell Phone _____

_____ E-mail _____

City _____ State _____ Zip code _____

Sponsor: University of San Diego: Outdoor Adventures

June 2-3

Location: San Diego, CA

DLP Wilderness Medicine Recertification

\$200 before May 1

\$225 after May 1

I am attending this course to recertify my current: Wafa WFR WEMT

My current certification card has been issued by: WMTC WMA WMI SOLO

AIRE DMM WMO RMI Sierra Rescue Other: _____

If you selected "Other" please contact the WMTC office to see if your certification is eligible for recertification with WMTC PRIOR to registering for this course.

E-mail office@wildmedcenter.com or phone: 509-996-2502.

Attach a copy of your current certification card. Expiration Date _____

Discounts apply when the registration and full payment are postmarked prior to or on the cut-off date. Course fees are not refundable unless the course is canceled. Make checks payable to University of San Diego: Outdoor Adventures. Visa, Mastercard & Discover are accepted.

Card Type _____ Card Number _____

Expiration Date _____ Security Code _____

Your Signature _____ Today's Date _____

Please complete the attached release form and return it with your registration & payment to:

Wilderness Medicine Recertification
Mark Ceder
USD Outdoor Adventures
University Center Room 136
5998 Alcalá Park
San Diego, CA 92110

Questions?
Contact Mark Ceder
markceder@sandiego.edu
619-260-4709



Agreement of Responsibility

Distance Learning Project courses offered by the Wilderness Medicine Training Center, Inc. are rigorous and require your full attendance and participation. You may find them mentally, physically, and emotionally demanding. You must successfully complete the didactic material and on-line testing prior attending the on-site practical session; if for any reason what-so-ever you are unable to successfully complete the didactic material and on-line testing prior to the start of the practical session, you will not be admitted to the practical session nor will you receive a refund. While every effort has been made to provide the materials required for you to successfully complete the distance learning portion of the course, including testing, the Wilderness Medicine Training Center does not assume responsibility for or guarantee your success.

Class time during the on-site practical session may exceed ten hours per day plus homework. You should be comfortable reading technical information, be able to write clearly, be able to communicate easily with other people, and you should be physically capable of lifting and carrying a minimum of 50 pounds without injury and moving safely in the outdoors in rough challenging terrain and environments without supervision. You are expected to bring the functional outdoor clothing that will protect you from the environment while participating in simulations. During simulations, skills practice, and some demonstrations you will be acting as a patient and as a rescuer; this requires you to touch and be touched by others during a patient exam and subsequent treatment. To protect your personal space you must wear your bathing suit (jog bra) and/or shorts under your simulation clothing for all labs and simulations; they will NOT be cut. Simulations may take place in water, on rocks, on uneven terrain, on steep slopes, on snow and in rain, snow, wind, or bright sun. The course does NOT require you to put yourself at risk of injury or illness. If you feel at risk at any time and for any reason during the course, STOP your participation in the activity and bring your concerns to the course instructors. Make a plan to address your concerns and resume your participation once you feel safe. Therefore, during your participation in any Wilderness Medicine Training Center, Inc. course, you are responsible for your emotional and physical safety at all times.

The Wilderness Medicine Training Center, Inc. agrees to present skills and techniques according to the practice guidelines established by the Wilderness Medical Society¹ and the National Association of EMS Physicians^{2,3}. The Wilderness Medicine Training Center, Inc. is not liable if you do not adhere to those standards in a field situation. Nor does the Wilderness Medicine Training Center Inc. authorize you to use the skills presented. Your authorization will need to come from a licensed medical control (usually a physician advisor).

Once you have successfully completed the didactic session, on-line testing, and on-site practical portions of your Distance Learning Project (DLP) course, you will receive a certification card. This card acknowledges that you have successfully demonstrated the skills

presented during your course according to the above practice guidelines at the time of your course. It does not certify that you will be able to continue to perform at that level. It is your responsibility to stay current with both your understanding and practice. Most medical control personnel require certification as a base-line for authorization.

If you have participated in a Wilderness First Aid or a special contract course, you will receive a completion card from the Wilderness Medicine Training Center, Inc. A WMTC Wilderness First Aid completion card certifies that you were present and engaged during the entire workshop but does not certify that you are proficient in the skills presented. WMTC Wilderness First Aid completion cards meet the first aid requirements of Labor & Industries, Boy Scouts of America (including Philmont Scout Ranch), American Camping Association, and many other state and federal agencies.

Your signature below indicates that you understand the above statements, meet the minimum course requirements, and that you are willing to abide by them. That you will not hold the Wilderness Medicine Training Center Inc., Sponsors, Instructors, etc. responsible or liable for your use of the material taught during your course OR for your emotional or physical safety before, during, or after your course. You also agree to be financially responsible for equipment and supplies damaged beyond normal wear and tear as determined by your instructors. and/or the course sponsor. Finally, you agree that any photos or video taken during your course and in which you appear may be used by the Wilderness Medicine Training Center, Inc for marketing or training purposes. Such use may include but is not limited to WMTC books and publications, posters, Training DVDs, the Wilderness Medicine Training Center Inc web site, Wilderness Medicine Training Center Inc social pages, etc. and that no fee will be paid to you by Wilderness Medicine Training Center, Inc for such use.

1. Forgey, W.W.: Wilderness Medical Society Practice Guidelines, Merrillville, ICS Books, c1995, c2001, c2005.
2. Hopson, Laura R. et al: Guidelines for Withholding or Termination of Resuscitation in Prehospital Traumatic Cardiopulmonary Arrest, NAEMSP Position Paper, c2002
3. Domeier, Robert M., Indications for Prehospital Spinal Immobilization, NAEMSP Position Paper, c1999

Type of DLP Course (circle one): WEMT WFR WAFA Review WFA Contract

Name of Course Sponsor: _____

Location of Course: _____ Course Dates: _____

Your Signature

Date

Please Print Your Name Clearly

Signature of parent or guardian if under 18

DLP WFR & WEMT Recertification Course

University of San Diego: Outdoor Adventures ~ San Diego, CA

Online Presentations

Refer to the course web site for details:
Recertification URL: WFRWEMTrecertification.com

General Presentations

- Course Introduction & Medical/Legal Considerations
- General Concepts in Patient Care
- Body Defenses
- Patient Assessment System

Trauma Presentations

- Introduction to Trauma
- Increased ICP & Concussion
- Bleeding & Volume Shock
- Respiratory Distress & Arrest
- Spine & Cord Injuries
- Stable & Unstable Extremity Injuries
- Wounds
- Focused Spine Assessment

Environmental Presentations

- Dehydration
- Heat Illnesses
- Sun Exposure
- Hypothermia
- Cold Injuries
- Near Drowning
- Allergies
- Wilderness Toxins

Medical Presentations

- Infectious Diseases
- Atherosclerosis, Angina, Heart Attack, & Stroke
- Medical Emergencies
- Asthma
- Diabetes

Practical Session

Dates: June 2 & 3, 2012

Day 1: 8 AM Saturday June 2

- Course Introduction
- Basic Life Support Simulations
- Extremity Splinting Lab
- Review SOAP Evaluation Process
- Review Physical Exam & Focused Spine Assessment
- Traumatic Simulations
- Case Study Homework

Evening Session

- Adult & Child Wilderness CPR, Obstructed Airway, and AED Skills Lab

Day 2: 8 AM Sunday June 3

- Case Study Homework Review
- Injection Lab
- Allergies & Wilderness Bites & Stings Quiz
- Spine Management & Hypothermia Packaging Lab
- Dislocations Lab
- Environmental & Medical Tag-team Simulations
- One-on-one Medical Simulations
- Course Debrief & Closing
- Clean-up

General Course Information

Courses taught by the Wilderness Medicine Training Center are rigorous and require your full attendance and participation. You may find them mentally, physically, and emotionally demanding. You should be comfortable reading technical information, be able to write clearly, be able to communicate easily with other people, and you should be physically capable of lifting and carrying a minimum of 50 pounds without injury. During simulations, skill labs, and demonstrations you will be acting as a patient and as a rescuer; this requires you to touch and be touched by others during a patient exam and subsequent treatment. To protect your personal space you MUST wear your bathing suit (jog bra) and/or shorts under your simulation clothing for all PAS Labs; they will NOT be cut. During your participation in any Wilderness Medicine Training Center course, you are responsible for your emotional and physical safety at all times.

The Wilderness Medicine Training Center agrees to present skills and techniques according to the practice guidelines established by the Wilderness Medical Society and the National Association of EMS Physicians. The Wilderness Medicine Training Center is not liable if you do not adhere to those standards in a field situation. Nor does the Wilderness Medicine Training Center authorize you to use the skills presented. Your authorization will need to come from a licensed medical control (usually a physician advisor).

Upon successful completion of the Recertification home study, online testing, and on-site practical session you will be issued a Wilderness Medicine Training Center certification commensurate with your original WAFA, WFR, or WEMT certification and Wilderness Adult and Child CPR and AED certification. The certification cards acknowledge that you have successfully demonstrated the skills presented during your course according to the above practice guidelines. *Your current WAFA, WFR or WEMT certification must be validated by a WMTC instructor prior to issuing you a new certification; bring a copy of your current certification with you to the course.*

During your practical session you will be spending quite a bit of time outside (snow, rain, hopefully sun, etc.) and will likely get very dirty during many of the skills sessions and simulations. Bring clothing appropriate to the weather. It should be tough and old enough to withstand a beating. You will also need to bring a notebook, pen, pencil, backpack, water bottle, a pair of heavy hiking socks, and two sets of old clothing that may be cut (two pair of long sleeved shirts, two pair of long pants, and two T-shirts). "Cuttable" clothing is required for simulations and practice. For more details on WMTC courses, please download our Student Booklet; the booklet is available as a pdf file from the "Downloads & Links" page on our Website.

Course tuition includes instruction, access to a dedicated web site with lecture material, our waterproof field manual *the Wilderness Medicine Handbook*, and WMTC Patient SOAP notes. Class begins at 8 AM each morning, breaks for lunch from between 12-1, and the afternoon session ends between 5:30-6 PM. The evening session on day one typically begins after dinner; the exact time will be announced at the start the practical session by your instructor.

You must sign the attached *Agreement of Responsibility* as it acknowledges your understanding of the above information; if you choose not to sign the agreement, you will not be able to participate in the course.

DLP Recertification Course Lab Descriptions

- Basic Life Support Lab: Addresses all elements of the Scene size-up and Initial Patient Exam. Wilderness CPR certification is not included.
- Extremity Splinting Lab: SAM 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.
- SOAP Evaluation Process: Review SOAP documentation and evaluation process in preparation for full simulations. Bring your completed case study.
- Focused Spine Assessment Lab: How to assess and rule out possible spine injuries in a wilderness context.
- Injection Lab: Hands-on instruction in injectable epinephrine required for the treatment of systemic allergic reactions.
- Focused Spine Assessment Lab: How to assess and rule out possible spine injuries in a wilderness context.
- Spine Management & Hypothermia Packaging Lab: Lifting and moving spine injured patients and subsequent immobilization on a backboard or litter in Hypothermia package.
- Simulations: Role plays incorporating patient assessment & documentation. Make-up is used to increase the scene's reality. Cuttable simulation clothing is required.
- Environmental & Medical Tag-team simulations: a simulation variation designed to teach diagnosis of challenging environmental and medical problems.