

the Wilderness Medicine Training Center's

DLP Wilderness Advanced First Aid Syllabus

Online Presentations

Refer to the course web site for details:

WAFA URL: WildernessAdvancedFirstAidOnline.com

Recertification URL: WFRWEMTrecertification.com

General Presentations

- Course Introduction & Medical/Legal Considerations
- General Concepts in Patient Care
- Body Defenses
- Basic Pharmacology
- 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
- Near Drowning
- Allergies
- Wilderness Toxins
- Lightning Injuries

Medical Presentations

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

Practical Session

Day 1

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

Evening Session

- Adult & Child WCPR Skills Lab

Day 2

- Case Study Homework Review
- Spine Assessment Quiz
- Wound Cleaning Lab
- Basic Extremity Splinting Lab
- Improvised Carries Lab
- Traumatic Simulations
- Case Study Homework

Evening Session

- Injection Lab
- Allergies & Wilderness Bites & Stings Quiz

Day 3

- Spine Management Lab
- Improvised Hypothermia Packaging Lab
- Medical & Environmental 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).

When you have successfully completed your home study, online testing, and practical session, you will receive a Wilderness Advanced First Aid and Wilderness Adult & Child certification from the Wilderness Medicine Training Center. The certification cards acknowledge that you have successfully demonstrated the skills presented during your course according to the above practice guidelines. They do 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. You must take and pass an approved Recertification course before your certification expires (see the WMTC web site for details).

If you wish to use this course to recertify an existing WFR or WEMT certification, you MUST ensure that your certification is current or in your grace period, you have registered for the Recertification part of the course, received access to the Recertification web site and online tests. Upon successful completion of the Recertification home study, online testing, and on-site practical session you will be issued a WMTC certification commensurate with your original certification. *Your current 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" 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 sessions on days one and two typically begin after dinner; exact times 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 Wilderness Advanced First Aid Lab Descriptions

- Basic Life Support Lab: Addresses all elements of the Scene size-up and Initial Patient Exam. Cuttable simulation clothing is required.
- Adult & Child CPR Skills Lab: Adult & Child CPR and Obstructed Airway.
- Wound Cleaning Lab: Pig's feet are used for training realistic wound cleaning.
- Extremity Splinting Lab: SAM splints and sleeping pads are used to improvise effective extremity splints. Bring a cut T-shirt roll and a pair of heavy hiking socks; the socks will not be cut.
- 3rd Triangle Skills Lab: Demos physical exam, vital signs, SAMPLE History and SOAP documentation in preparation for full simulations.
- 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.
- Spine Management Lab: Lifting and moving of spine injured patients and subsequent immobilization in a wire basket (Stokes) litter or backboard.
- Improvised Hypothermia Packaging Lab: Sleeping bags, pads, tarps or bivy sack, 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 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.