

the Wilderness Medicine Training Center's

DLP Wilderness First Aid Syllabus

Distance Learning Presentations

Refer to the course web site for details:

WFA URL: WildernessFirstAidOnline.com

Recertification URL: WFRWEMRecertification.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
- Stable & Unstable Extremity Injuries
- Wounds
- Focused Spine Assessment

Environmental Presentations

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

Medical Presentations

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

On-site Practical Session

Day 1

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

Evening Session

- Injection Lab
- Allergies & Wilderness Bites & Stings Quiz

Day 2

- Case Study Homework Review
- Traumatic Simulation
- Wound Cleaning Lab
- Basic Extremity Splinting Lab
- Medical Tag-team 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. Class time during your 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. During simulations, 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. You are responsible for your emotional and physical safety at all times during the course.

The Wilderness Medicine Training Center agrees to present skills and techniques according to the practice guidelines established by the Wilderness Medical Society, the National Association of WMS Physicians, and the American Heart Association. 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 the didactic material, on-line testing, and the on-site practical session of your Wilderness First Aid course, you will receive a WFA and WCPER certification card from the Wilderness Medicine Training Center. The 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. You must recertify before your certification expires; there is no grace period (see the WMTC web site for details).

If you wish to use this course to recertify an existing WAFA, 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 tests; the web site and tests are different than those given to WFA students. Upon successful completion of the Recertification didactic material, on-line testing, and on-site practical session you will be issued a WMTC certification commensurate with your original certification. *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.). You will likely get very dirty during many of the labs 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, watch, daypack, water bottle, a pair of heavy hiking socks, and two sets of old clothing that may be cut during simulations (two long sleeved shirts, two pair of long pants, and 2 T-shirts). "Cuttable" clothing is required for the video simulations and practice. To maintain your personal space bring shorts or a bathing suit (jog bra for women) to wear under your clothes during practice sessions and simulations. They will NOT be cut.

You must sign an *Agreement of Responsibility* (our release form) 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.

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 days at 5:30 PM.

DLP Wilderness 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. CPR certification is not included in this course.
- 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.
- 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.
- 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.