

the Wilderness Medicine Training Center's
DLP Wilderness First Responder Syllabus

Online Presentations

Refer to the course web site for details:
WFR URL: WildernessFirstResponderOnline.com

General Presentations

- Course Introduction & Medical/Legal Concepts
- 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
- Stable & Unstable Extremity Injuries
- Spine & Cord Injuries
- Dislocations
- Wounds
- Focused Spine Assessment

Environmental Presentations

- Dehydration
- Heat Illnesses
- Sun Exposure
- Hypothermia
- Cold Injuries
- Near Drowning
- Allergies
- Wilderness Toxins
- Lightning Injuries
- Acute Mountain Sickness
- Diving Injuries
- Sea & Motion Sickness

Medical Presentations

- Infectious Diseases
- Circulatory System Problems
- Respiratory System Problems
- Gastrointestinal System Problems
- Genitourinary System Problems
- Diabetes
- Asthma
- Seizures
- Ear Problems
- Eye Problems
- Nose Problems
- Tooth & Gum Problems

Practical Session

Day 1

- Course Introduction
- Basic Life Support Skills Lab & Simulations
- 3rd Triangle Skills Lab
- Review SOAP Evaluation Process
- 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 Quiz

Day 3

- Case Study Homework Review
- Spine Management Lab
- Traumatic Video Simulations
- Case Study Homework

Day 4

- Case Study Homework Review
- Backboard Video Simulation
- Dislocations Lab
- Hypothermia Packaging Lab
- Improvised Litters & Carries Lab
- Advanced Extremity Splinting Lab

Evening Session

- Interactive Digital Case Studies

Day 5

- Case Study Homework Review
- Mass Casualty Video Simulation
- 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).

When you have successfully completed your home study, online testing, and practical session, you will receive a Wilderness First Responder and Wilderness Adult & Child and AED 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).

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, two and three typically begin after dinner; exact times will be announced at the start the practical session by your instructor.

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.

DLP Wilderness First Responder 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 and AED Skills Lab: Adult & Child CPR, AED, and Obstructed Airway.
- Wound Cleaning Lab: Pig's feet are used for training realistic wound cleaning, removal of impaled objects (including fishhooks).
- Basic Extremity Splinting Lab: SAM splints 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.
- Advanced Extremity Splinting Lab: common expedition equipment is used to improvise effective lower extremity splints.
- 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.
- Dislocations Lab: Relocation techniques for indirect anterior shoulder, lateral patella, and digits are demonstrated and practiced. Jaw reduction technique is demonstrated.
- 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.
- Improvised Litter Lab: daisy chain rope litter is demonstrated and practiced ± stretcher litter.
- Video Simulations: Role plays incorporating patient assessment & documentation. Make-up is used to increase the scene's reality. Cuttable simulation clothing is required. Portions of each simulation are videoed for after-action discussion.
- Environmental & Medical Tag-team simulations: a simulation variation designed to teach diagnosis of challenging environmental and medical problems.