



# Hybrid Wilderness Advanced First Aid (45 hours)

## Online Modules

15 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
- 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
- Angina, Heart Attack, & Stroke
- Asthma
- Diabetic Emergencies
- Infectious Diseases
- Mental Health Emergencies

## Practical Session

30 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 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
- Improvised Carries Lab
- Traumatic Simulations

### Evening Session

- Injection Lab
- Allergies & Wilderness Bites & Stings Worksheet

### Day 3

- Spine Management Lab
- Improvised Hypothermia Packaging Lab
- Assessing Medical Problems
- Medical Simulations
- Mental Health Assessment
- Course Debrief, Closing & Clean-up

\* Wilderness AED and Infant WCPR & AED certification are optional modules for WAFA courses and add 1-2 hours to the evening skills lab on day 1. If these modules are a part of your course, you must attend.

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

## Hybrid WFA Course Lab Descriptions

- Basic Life Support Lab: Addresses all elements of the Scene size-up and Initial Patient Exam.
- Adult & Child CPR Certification Skills Lab: Adult & Child CPR, and Obstructed Airway skills are refined using mannikins.
- Wound Cleaning Lab: Pig feet are used for training realistic wound cleaning.
- Basic Extremity Splinting Lab: Padded aluminum splints and expedition supplies are used to improvise effective extremity splints using the buddy, cast, and jelly roll 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.
- 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 Carries Lab: Backpack and backpack-type carries are shown and practiced.
- 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 Advanced First Aid certification. An additional eleven hours of instruction includes the topics and skills below and more simulation time.

### Topics:

- Exertional Rhabdomyolysis
- Mental Health Emergencies

### Skills:

- Wound cleaning
- The administration of epinephrine via a pre-filled syringe
- Packaging spine-injured patients in a commercial or improvised litter or stretcher
- ± Wilderness AED certification\*

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