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

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

Practical Session

30 hours

Day 1

- Practical Session Introduction
- Basic Life Support Skills Lab & Simulations
- Patient Assessment & Evaluation
- SOAP Documentation
- Traumatic 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.*

Hybrid WAFA 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 WAFA graduate.