



Hybrid Wilderness Advanced First Aid

Part 1 Independent Study

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
- Drowning
- Allergies
- Wilderness Toxins
- Anaphylaxis
- Lightning Injuries

Medical Presentations

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

Part 2 Practical Session (26-30 hrs)

Day 1: 8 am-5:30/6 pm (8-9 hrs)

- 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 (2 hrs)

- Adult & Child WCPR Skills Lab

Day 2: 8 am-5:30/6 pm (8-9 hrs)

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

Evening Session (2 hrs)

- Injection Lab
- Allergies, Anaphylaxis, & Wilderness Bites & Stings Worksheet

Day 3: 8 am-5 pm (8 hrs)

- Spine Management Lab
- Improvised Hypothermia Packaging Lab
- Assessing Medical Problems
- Medical Simulations ± Case Studies
- Course Debrief & Closing

General Course Information

Wilderness Medicine Training Center International's Wilderness Advanced First Aid course exceeds the minimum WAFA Scope of Practice guidelines established by the Wilderness Medicine Education Collaborative. When you have successfully completed WMTC's hybrid WFA course, you will receive a WMTC WAFA certification card; the card acknowledges that you have successfully demonstrated the skills presented during your course according to the above practice guidelines. You will also receive a WMTC Epinephrine certification card confirming that you have been taught how to treat anaphylaxis with injectable epinephrine; some states require an epinephrine certification to permit you to carry and use epinephrine for the emergency treatment of anaphylaxis. And, you will receive a WMTC Adult & Child Wilderness CPR certification. It is your responsibility to stay current with both your understanding and practice. You may recertify via a WMTC WFA or by taking the WAFA course again. You must recertify before your certification expires; there is no grace period.

You may use this course to recertify a current Wilderness First Responder or Wilderness EMT certification. To recertify, you must successfully complete the online WFR & WEMT Recertification exams prior to the start of the practical session. Similarly, our hybrid WAFA course requires you to successfully complete our online WAFA exams prior to attending the practical session. Use the Wilderness Medicine Handbook and the WAFA, or WFR & WEMT Recertification website to prepare for your online exams and practical session. Access to the course website and your online exams will be sent to you via email from our office; complete directions are on the homepage of the course website. *If you do not receive your login information within a few days of registering for the course, please contact our office.* In order to recertify your WEMT and remain certified as a WEMT, you must have a current NREMT certification or state EMT license.

Course tuition includes instruction, our water-proof, tear-resistant field manual *the Wilderness Medicine Handbook*, our Patient SOAP notes and access to the hybrid WAFA or WFR & WEMT Recertification website and your online exams. If you haven't already done so, please download and read a copy of our student handbook.

Part 2 WAFA Lab Descriptions

- Basic Life Support Lab: Addresses all elements of the Scene size-up and Initial Patient Exam. Cutable simulation clothing is required.
- Adult & Child WCPR Skills Lab: Obstructed airway and Adult & Child Wilderness CPR instruction, manikin practice, and certification; AED training and certification is not part of this course.
- Basic Extremity Splinting Lab: Padded aluminum splints are used to improvise extremity splints. Bring a cut T-shirt roll and a pair of heavy hiking socks; socks will not be cut.
- Wound Cleaning Lab: Pig's feet are used for training realistic wound cleaning.
- 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 anaphylaxis.
- Improvised Carries Lab: One and two person split coil carry ± true backpack carry.
- Spine Management Lab: Lifting, moving, and packaging potentially spine-injured patients on their back and side in a commercial and/or improvised litter.
- Simulations: Role plays incorporating patient assessment & documentation. Make-up is used to increase the reality of traumatic simulations and cutable simulation clothing is required.