



## Hybrid Wilderness First Aid & Adult & Child Wilderness CPR

### Part 1 Independent Study

#### 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
- Spine & Spinal Cord Injuries
- Stable & Unstable Extremity Injuries
- Wounds

#### Environmental Presentations

- Dehydration
- Heat Illnesses
- Sun Exposure
- Hypothermia
- Drowning
- Allergies
- Wilderness Toxins
- Anaphylaxis

#### Medical Presentations

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

### Part 2 Practical Session (18-20 hrs)

#### Day 1: 8 am-5:30/6:00 pm (8-9 hrs)

- Introduction
- 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 (2 hrs)

- Injection Lab
- Allergies, Anaphylaxis, & Wilderness Bites & Stings Worksheet
- Adult & Child WCPR Skill Lab

#### Day 2: 8 am-5 pm (8 hrs)

- Case Study Homework Review
- Traumatic Simulation
- Wound Cleaning Lab
- Basic Extremity Splinting Lab
- Assessing Medical Problems
- Medical Simulations & Case Studies
- Course Debrief & Closing

## General Course Information

Wilderness Medicine Training Center International's Wilderness First Aid course exceeds the minimum WFA 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 WFA 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. To recertify, you must take the course again. You must recertify before your certification expires; there is no grace period.

You may substitute this course for Part 2 of our WFR & WEMT Recertification in order to recertify your Wilderness First Responder, or Wilderness EMT certification. To recertify, you must successfully complete the Part 1 online exams prior to the start of the practical session. Similarly, our hybrid WFA course requires you to successfully complete our online WFA exams prior to attending the practical session. Use the Wilderness Medicine Handbook and the WFA, 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 home page 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 WFA, 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 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 Wilderness CPR Lab: Adult & Child CPR demonstration & mannikin practice.
- 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.
- Simulations: Role plays incorporating patient assessment & documentation. Make-up is used to increase the reality of traumatic simulations and cutable simulation clothing is required.