

Hybrid Wilderness First Responder (80 hrs)



Part 1

Independent Study

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
- Drowning
- Allergies
- Wilderness Toxins
- Anaphylaxis
- 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

Part 2

Practical Session

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 Video Simulation
- Focused Spine Assessment Lab
- Traumatic Video Simulation
- Case Study Homework

Evening Session (2 hrs)

- Adult & Child CPR/AED Skills Lab

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

- Case Study Homework Review
- Basic Extremity Splinting Lab
- Wound Cleaning Lab
- Traumatic Video Simulations
- Case Study Homework

Evening Session (2 hrs)

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

Day 3: 8 am-5:30/6 pm (8-9 hrs)

- Case Study Homework Review
- Advanced Extremity Splinting Lab
- Dislocations Lab
- Traumatic Video Simulations
- Case Study Homework

Day 4: 8 am-5:30/6 pm (8-9 hrs)

- Case Study Homework Review
- Spine Management Lab
- Assessing Medical Problems
- Medical Simulations
- Case Study Homework

Evening Session (1-2 hrs)

- Interactive Digital Case Studies

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

- Case Study Homework Review
- Hypothermia Packaging Lab
- Improvised Litters & Carries Lab

General Course Information

Wilderness Medicine Training Center International's Wilderness First Responder course exceeds the minimum WFR Scope of Practice guidelines established by the Wilderness Medicine Education Collaborative. When you have successfully completed WMTC's hybrid WFR course, you will receive a WMTC WFR 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/AED Wilderness CPR certification. It is your responsibility to stay current with both your understanding and practice. You may recertify via a WMTC WFA, WAFA, WFR & WEMT Recertification, or by taking the course again. You must recertify before your certification expires; there is no grace period.

Our hybrid WFR course requires you to successfully complete our online WFR exams prior to attending the practical session. Use the Wilderness Medicine Handbook and the WFR 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.*

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

Part 2 WFR 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/AED Skills Lab: Obstructed airway, Adult & Child Wilderness CPR, and AED instruction, manikin practice, and certification.
- 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.
- Advanced Extremity Splinting Lab: common expedition equipment is used to improvise effective lower extremity splints.
- 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, and in an improvised stretcher.
- Improvised Rope Litter Lab: A daisy chain rope litter is demonstrated and practice.
- Dislocations Lab: Relocation techniques for indirect anterior shoulder, lateral patella, and digits are demonstrated and practiced. Jaw reduction and passive anterior shoulder reduction techniques are demonstrated.
- 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 cutable simulation clothing is required.