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
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.
• 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.