



## Standard Wilderness First Aid (30 hrs)

### Day 1: 8 am-3 pm (6 hrs)

- Opening & Course Paperwork
- General Concepts in Patient Care
- Body Defenses
- Introduction to Trauma
- Concussion & Increased ICP
- Basic Life Support Lab & Simulations

### Day 2: 8 am-3 pm (6 hrs)

- Volume Shock
- Respiratory Distress
- 3rd Triangle Skills Lab & SOAP Evaluation Process
- Traumatic Simulation
- Focused Spine Assessment
- Traumatic Simulation(s)
- Demo & assign cut T-shirt rolls
- Case Study Homework

### Day 3: 8 am-3 pm (6 hrs)

- Case Study Homework Review
- Dehydration
- Sun Exposure
- Heat Exhaustion, Heat Stroke, & Hyponatremia
- Stable & Unstable Extremity Injuries
- Basic Extremities Splinting Lab
- Traumatic Simulation(s)
- Case Study Homework

### Day 4: 8 am-3 pm (6 hrs)

- Case Study Homework Review
- Hypothermia
- Drowning
- Wound Cleaning Lab
- Traumatic Simulations
- Case Study Homework

### Day 5: 8 am-3 pm (6 hrs)

- Case Study Homework Review
- Allergies & Toxins
- Anaphylaxis
- Injection Lab & Allergies & Toxins Worksheet
- Assessing Medical Problems
- Medical Simulations and/or 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 standard 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 an 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. It is your responsibility to stay current with both your understanding and practice. To recertify, you must take the course again. You must recertify before your certification expires; there is no grace period.

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

**Email WMTC Office**

## Standard WFA Lab Descriptions

- Basic Life Support Lab: Addresses all elements of the Scene size-up and Initial Patient Exam. Cutable simulation clothing is required. Basic adult CPR instruction is included; however, CPR 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.
- Simulations: Role plays incorporating patient assessment & documentation. Make-up is used to increase the reality of traumatic simulations and cutable simulation clothing is required.