



## Standard Wilderness Advanced First Aid (45 hours)

### Day 1

- Course Introduction
- Medical/Legal Considerations
- General Concepts in Patient Care
- Body Defenses
- Basic Pharmacology
- Introduction to Trauma
- Concussion & Increased ICP
- Respiratory Distress
- Volume Shock
- Introduction to the Patient Assessment System
- Basic Life Support Lab & Simulations
- Wilderness Adult & Child CPR ± AED Skills Lab\*
- Case Study Homework
- Demo & assign cut T-shirt rolls

### Day 2

- Patient Assessment & Evaluation
- SOAP Documentation
- Traumatic Simulation
- Stable & Unstable Extremity Injuries
- Basic Extremities Splinting Lab
- Wounds Lab
- Focused Spine Assessment
- Traumatic Simulations
- Case Study Homework

### Day 3

- Case Study Homework Review
- Dehydration
- Sun Exposure
- Heat Exhaustion
- Heat Stroke
- Hyponatremia
- Exertional Rhabdomyolysis
- Hypothermia
- Cold Injuries
- Drowning
- Lightning Injuries
- Traumatic Simulations
- Case Study Homework

### Day 4

- Case Study Homework Review
- Venomous Bites & Stings
- Allergies & Toxins
- Anaphylaxis
- Injection Lab & Allergies & Toxins Worksheet
- Assessing Medical Problems
- Medical Simulations
- Mental Health Emergencies

### Day 5

- Spine Management Lab
- Traumatic Simulations
- Final Written WFR & WCPR Exams & Review
- Medical Equipment & First Aid Kits
- Course Debrief & Closing
- Clean-up

*\* Wilderness AED and Infant WCPR & AED certification are optional modules for WFA courses and add 1-2 hours to the evening skills lab on day 1. If these modules are a part of your course, you must attend.*

## Standard WFA Course Lab Descriptions

- Basic Life Support Lab: Addresses all elements of the Scene size-up and Initial Patient Exam.
- Adult & Child CPR Certification Skills Lab: Adult & Child CPR, AED, and Obstructed Airway skills are refined using mannikins. [Mandatory]
- Wound Cleaning Lab: Pig feet are used for training realistic wound cleaning.
- Basic Extremity & Advanced Splinting Labs: Padded aluminum splints and expedition supplies are used to improvise effective extremity splints using the buddy, cast, and jelly roll concepts. Bring a cut T-shirt roll and a pair of heavy hiking socks; the socks will not be cut.
- Injection Lab: Students learn how to deliver intramuscular and subcutaneous injections using a pre-filled syringe [containing normal saline] and autoinjector trainers.
- Focused Spine Assessment Lab: How to assess and rule out possible spine injuries in a wilderness context.
- Spine Management Lab: Lifting, moving, and packaging potentially spine-injured patients lying on their back and side in a commercial or improvised litter and improvised stretcher.
- 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 cuttable simulation clothing is required.

This course exceeds the [Wilderness Medicine Education Collaborative's](#) minimum standards for Wilderness Advanced First Aid certification. An additional eleven hours of instruction includes the topics and skills below and more simulation time.

### Topics:

- Exertional Rhabdomyolysis
- Mental Health Emergencies

### Skills:

- Wound cleaning
- The administration of epinephrine via a pre-filled syringe
- Packaging spine-injured patients in a commercial or improvised litter or stretcher
- ± Wilderness AED certification\*

At WMTTC, we believe these additional topics, skills, and simulations are essential for a WFA graduate.