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
- 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 WAFA & WCPR Exams & Review
- Medical Equipment & First Aid Kits
- Course Debrief & Closing
- Clean-up

** Wilderness AED and Infant WCPR & AED certification are optional modules for WAFA 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 WAFA 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 WMTC, we believe these additional topics, skills, and simulations are essential for a WAFA graduate.