

# *the Wilderness Medicine Training Center's* Standard Wilderness First Aid Syllabus

## Day 1

- Opening & Course Paperwork
- General Concepts in Patient Care
- Body Defenses
- Introduction to Trauma
- Assessment & Treatment of Traumatic Critical System & Extremity Problems
- Basic Life Support Lab & Simulations
- Demo and assign cut T-shirt rolls
- Case Study Homework

## Day 2

- 3rd Triangle Skills Lab & SOAP Evaluation Process
- Traumatic Simulation
- Basic Extremities Splinting Lab
- Wound Cleaning Lab
- Focused Spine Assessment
- Traumatic Simulations
- Assessing Medical Problems
- Case Study Homework & Expedition Medicine Case Studies

## Day 3

- Dehydration
- Sun Exposure
- Heat Exhaustion, Heat Stroke, & Hyponatremia
- Hypothermia
- Near Drowning
- Allergies
- Injection Lab & Quiz
- Medical & Environmental Tag-team Simulations
- Course Debrief & Closing

## General Course Information

Courses taught by the Wilderness Medicine Training Center are rigorous and require your full attendance and participation. You may find them mentally, physically, and emotionally demanding. You should be comfortable reading technical information, be able to write clearly, be able to communicate easily with other people, and you should be physically capable of lifting and carrying a minimum of 50 pounds without injury. During simulations, skill labs, and demonstrations you will be acting as a patient and as a rescuer; this requires you to touch and be touched by others during a patient exam and subsequent treatment. To protect your personal space you MUST wear your bathing suit (jog bra) and/or shorts under your clothing for all simulations and skill labs; they will NOT be cut. During your participation in any Wilderness Medicine Training Center course, you are responsible for your emotional and physical safety at all times.

The Wilderness Medicine Training Center agrees to present skills and techniques according to the practice guidelines established by the Wilderness Medical Society, the National Association of EMS Physicians, and the American Heart Association. The Wilderness Medicine Training Center is not liable if you do not adhere to those standards in a field situation. Nor does the Wilderness Medicine Training Center authorize you to use the skills presented. Your authorization will need to come from a licensed medical control (usually a physician advisor).

When you have successfully completed your Standard Wilderness First Aid course, you will receive a WFA certification card from the Wilderness Medicine Training Center. The card acknowledges that you have successfully demonstrated the skills presented during your course according to the above practice guidelines. They do not certify that you will be able to continue to perform at that level. It is your responsibility to stay current with both your understanding and practice. You must recertify before your certification expires (see the WMTC web site for details); there is no grace period.

You may use this course to recertify your current Wilderness Advanced First Aid, Wilderness First Responder, or Wilderness EMT certification if you successfully complete the WMTC on-line Recertification test within two months of the end of your WMTC WFA. An login information and directions will be sent to you via email prior to or upon completion of your course. *Your current WAFA, WFR, or WEMT certification must be validated by a WMTC instructor prior to issuing you a new certification; bring a copy of your current certification with you to the course.* Please e-mail the WMTC office with questions at [office@wildmedcenter.com](mailto:office@wildmedcenter.com) or phone (509) 996-2502.

You will be spending quite a bit of time outside and will likely get very dirty during many of the skills sessions and simulations. Bring clothing appropriate to the weather. It should be tough and old enough to withstand a beating. You will need a notebook, pen, pencil, backpack, water bottle, a pair of heavy hiking socks, and two sets of old clothing that may be cut (two pair of long sleeved shirts, two pair of long pants, and two T-shirts). "Cuttable" clothing is required for simulations and practice. Consider bringing colored pencils or pens for note taking. For more details on WMTC courses, please download our Student Booklet; the booklet is available as a pdf file from the "Downloads" page on our Website.

Course tuition includes instruction, access to a web site where you can download an abridged copy of our textbook *the Art & Technique of Wilderness Medicine*, a hard copy of our water-proof field manual *the Wilderness Medicine Handbook*, and hard copies of our Patient SOAP notes. Class begins at 8 AM each morning, breaks for lunch from between 12-1, and the afternoon session ends between 5:30-6 PM.

You must sign an *Agreement of Responsibility* (release form) as it acknowledges your understanding of the above information; if you choose not to sign the agreement, you will not be able to participate in the course.

## Standard WFA Lab Descriptions

- Basic Life Support Lab: Addresses all elements of the Scene size-up and Initial Patient Exam. Cuttable simulation clothing is required. CPR certification is not part of this course.
- Basic Extremity Splinting Lab: SAM 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. Bring a cut T-shirt roll and a pair of heavy hiking socks; the socks will not be cut.
- 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 systemic allergic reactions.
- Simulations: Role plays incorporating patient assessment & documentation. Make-up is used to increase the scene's reality. Cuttable simulation clothing is required.