



# WILDERNESS MEDICAL ASSOCIATES®

## Wafa to WFR BRIDGE (36 HOURS)

### COURSE FACT SHEET

**WILDERNESS MEDICINE** Differs significantly from conventional EMS courses and other programs that are oriented towards the urban environment. In this course you will learn to deal with medical emergencies when help is miles away and dialing 911 is not an option. We will prepare you for emergency situations that involve prolonged patient care, severe environments, and improvised equipment. **Wilderness First Responder** is the definitive medical training course for all outdoor leaders and enthusiasts.

**PREREQUISITES:** First, successful completion of a WMA™ Wilderness Advanced First Aid course, or successful recertification of a WMA™ Wilderness Advanced First Aid, within two years of the Bridge course (proof of certification required). Second, completion of the Pre-Course Study Packet. Students must be 16 years of age to participate in this course. 16 and 17 year old students must provide written proof of parental consent.

**CERTIFICATIONS AVAILABLE:** All eligible students who successfully complete the Wafa to WFR Bridge course will receive certification at the level of Wilderness First Responder, an Anaphylaxis certification and a BLS-CPR certification from Wilderness Medical Associates. These certifications remain valid for three years.

The Wilderness Medical Associates WFR certification meets or exceeds all requirements of similarly named courses (i.e. DOT First Responder).

Within three years, graduates may recertify by way of a 16 hour Recertification course, a 36 hour Wilderness Advanced First Aid Course, a 36 hour Bridge course, or a 24 hour Challenge™/Recertification course.

**CREDENTIALS:** Wilderness Medical Associates courses are widely considered the most complete medical training for outdoor professionals. Our courses are preferred by such organizations as Outward Bound, the National Park Service, the Chesapeake Bay Foundation, many colleges and universities, and the FBI. As *Canoe Magazine* stated, "Wilderness Medical Associates has become the *de facto* standard in wilderness medical training."

**CLASS FORMAT:** 36 hours over 4 days. Mornings are devoted to lectures and exams. Afternoons are devoted to practical hands-on sessions and rescue simulations. Expect two or three rescue simulations with made-up victims and stage blood that will be videotaped for enhanced learning. Evenings are reserved for study and assignments.

**CONTENT:** Topics include patient assessment, body systems, equipment improvisation, trauma, environmental medicine, toxins, backcountry medicine, wilderness protocols, and wilderness rescue.

**TEXTS:** The cost of the course **includes** a book of lecture handouts, our case study workbook, SOAP Notes, *Wilderness and Rescue Medicine*, and *The Wilderness Medical Associates Field Guide*.

**BRING:** Bring appropriate clothing for the location and time of year. Remember that, rain or shine, much of our time is spent outside. You will also need pens and a notebook.

**GRADES:** Are based on attendance (100% attendance is required), course participation, performance on both written and practical exams. To pass, students must have a cumulative average of 80% or better.

**Not everyone passes this course!**

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## SAMPLE COURSE SYLLABUS

### Wafa to WFR Bridge (36 Hours, 4 Days)

<b><u>DAY 1</u></b> 9.0 hours	<b>AM</b>	Introduction/Registration Review Pre-course Study Packet Patient Assessment System Circulatory System Respiratory System PAS Drills	<b>PM</b>	Basic Life Support (WMA CPR)
<b><u>DAY 2</u></b> 9.0 hours	<b>AM</b>	Quiz/Case Studies Review Nervous System Spine Management Musculoskeletal PAS Drills	<b>PM</b>	Dislocations Patient Immobilization Litter Carries and Belays PAS Drills
<b><u>DAY 3</u></b> 9.0 hours	<b>AM</b>	Quiz/Case Studies Review Emergency Childbirth Allergy and Anaphylaxis Altitude or Diving Frostbite Near Drowning	<b>PM</b>	Search and Rescue Traction Splints Improvised Litters Simulation and Debrief
<b><u>DAY 4</u></b> 9.0 hours	<b>AM</b>	Case Study Review Backcountry Medicine Toxins Medical Kit PAS Drills	<b>PM</b>	Written Test Skills Testing Conclusion

**36 HOURS**

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