



WILDERNESS MEDICAL ASSOCIATES®

WILDERNESS ADVANCED FIRST AID (36 HOURS)

COURSE FACT SHEET

WILDERNESS MEDICINE: Differs significantly from standard Red Cross 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 Advanced First Aid** is designed specifically for personal use, or for assistant trip leaders or guides who will be assisting WFR or WEMT trained staff.

PREREQUISITES: Students must be at least 16 years old to participate in this course. 16 and 17 year olds must provide written proof of parental consent.

CERTIFICATIONS AVAILABLE: All students who successfully complete the WFA course will receive a WFA certification card, an Anaphylaxis certification card and an Adult CPR certification card from Wilderness Medical Associates. These certifications remain valid for three years.

The WFA may be used as a recertification option, in conjunction with a Recertification Package, for those with a current WMA Wilderness First Responder or Wilderness EMT certification. Contact the Wilderness Medical Associates office for more details.

The Wilderness Medical Associates WFA course meets or exceeds all requirements of other similarly houred courses (i.e. Red Cross Responding to Emergencies, etc.).

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 one or two rescue simulations with made-up victims and stage blood that will be video taped 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, some wilderness protocols and wilderness rescue.

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

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 final 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

WILDERNESS ADVANCED FIRST AID

(36 Hours, 4 Days)

<u>DAY 1</u> 9.0 hours	AM	Introduction/Registration General Concepts Infection Control Patient Assessment System	PM	Circulatory System Respiratory System Adult CPR Basic Life Support
<u>DAY 2</u> 9.5 hours	AM	Quiz/Case Studies Nervous System Spine Management Musculoskeletal Injuries	PM	Lifts, Moves and Extrications Splints - Extremities Patient Assessment Drills
<u>DAY 3</u> 9.5 hours	AM	Quiz/Case Studies Thermoregulation Bites and Stings Lightning Elective Topics	PM	Wounds and Burns Allergies and Anaphylaxis Improvised Patient Carries Patient Assessment Drills
<u>DAY 4</u> 8.0 hours	AM	Case Study Review Elective Topic Backcountry Medicine Medical/Legal Issues Patient Assessment Drills	PM	Simulations Final Exam Conclusion

36 HOURS

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