



WILDERNESS MEDICAL ASSOCIATES®

WILDERNESS FIRST RESPONDER (72 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:

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 WFR course will receive a WFR certification card, an Anaphylaxis certification card and a BLS-CPR certification card from Wilderness Medical Associates. These certifications remain valid for three years.

The Wilderness Medical Associates WFR course meets or exceeds all requirements of other 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 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:**

72 hours over 8 days. The sponsor may add days off. 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 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, 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:

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 FIRST RESPONDER

(72 Hours, 8 Days)

<u>DAY 1</u> 10.5 hours	AM	Registration Introduction Infection Control (Intro to CPR) BLS - CPR	PM	CPR (continued) Case Studies
<u>DAY 2</u> 9.0 hours	AM	Anatomy and Physiology General Concepts Patient Assessment System	PM	ALS/BLS (part 1) Case Studies
<u>DAY 3</u> 9.0 hours	AM	Circulatory System Respiratory System Fractures Stable Injuries	PM	Dislocations Splints 1 - Extremities Case Studies
<u>DAY 4</u> 10.0 hours	AM	Nervous System Wounds Burns General Principles of Trauma Spine Injuries Emergency Childbirth	PM	Lifting, Moving and Extrication Splints 2 - Spine Case Studies
<u>DAY 5</u> 9.0 hours	AM	Quiz Toxins, Bites and Stings Altitude or Diving Medical Emergencies	PM	Litter Packaging Litter Carries Patient Carries Small Group Simulations Case Studies
<u>DAY 6</u> 9.0 hours	AM	Hypothermia ALS/BLS Part 2 Hyperthermia and Heat Illness Near Drowning Frostbite and Cold Injury	PM	Search and Rescue Simulation Case Studies
<u>DAY 7</u> 9.0 hours	AM	Lightning Sun Allergies and Anaphylaxis Backcountry Medicine	PM	Improvised Litters Simulations Case Studies
<u>DAY 8</u> 6.5 hours	AM	Medical and Legal Issues Personal Preparedness Case Studies (Final) Simulation (Final)	PM	Final Exam

72 HOURS

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