

**American Alpine Institute and Wilderness Medicine Training Center
Wilderness First Responder Course**

Itinerary, Syllabus and General Information

Day 1

- Opening & Course Paperwork
- Course Introduction & Medical/Legal Considerations
- General Concepts in Patient Care
- Body Defenses
- Basic Pharmacology
- Introduction to the Patient Assessment System
- Basic Life Support Lab & Simulations
- Wilderness Adult & Child CPR & AED Skills Lab
- Case Study Homework

Day 2

- Introduction to Trauma
- Concussion & Increased ICP
- Respiratory Distress
- Volume Shock
- Stable & Unstable Extremity Injuries
- 3rd Triangle Skills Lab & SOAP Evaluation Process
- Traumatic Video Simulations
- Case Study Homework
- Demo and assign cut T-shirt rolls

Day 3

- Case Study Homework Review
- Quiz
- Basic Extremities Splinting Lab
- Wounds Lecture
- Wounds Lab
- Focused Spine Assessment
- Traumatic Video Simulations
- Case Study Homework

Day 4

- Spine Assessment Quiz
- Case Study Homework Review
- Dehydration
- Sunburn Exposure
- Heat Exhaustion, Heat Stroke, & Hyponatremia
- Hypothermia
- Near Drowning
- Cold Injuries
- Spine Management Lab

Day 5

- Case Study Homework Review
- Quiz

- Wilderness Bites & Stings
- Allergies
- Injection Lab & Quiz
- Traumatic Video Simulations
- Case Study Homework

Day 6

- Case Study Homework Review
- Quiz
- Lightning Injuries
- Altitude
- Dislocations Lab
- Traumatic Video Simulations
- Assessing Medical Problems
- Case Study Homework

Day 7

- Case Study Homework Review
- Asthma
- Diabetes: Hypoglycemia & Hyperglycemia
- Heart Attack, Angina, & Stroke
- Ears, Eyes, Nose, Throat, & Teeth Interactive Case Studies
- Advanced Extremities Splinting Lab
- Improvised Litters and Carries
- Homework: Expedition Medicine Case Studies

Day 8

- Traumatic Video Simulation
- Environmental & Medical Tag-team Simulations
- One-on-one Medical Simulations
- Backboard Video Simulation

Day 9

- Mass Casualty Video Simulation
- Litter Carries & Passes
- Final Written WFR & WCPR Exams & Review
- Medical Equipment & First Aid Kits
- Course Debrief, Closing, & Clean-up

General Course Information

Courses taught by the American Alpine Institute in conjunction with 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 simulation clothing for all PAS Labs; they will **NOT** be cut. During your participation in any American Alpine Institute/Wilderness Medicine Training course, you are responsible for your emotional and physical safety at all times.

The American Alpine Institute/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 American Alpine Institute/Wilderness Medicine Training Center is not liable if you do not adhere to those standards in a field situation. Nor does the American Alpine Institute/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 Responder course, you will receive a WFR and WCPR certification card from the Wilderness Medicine Training Center. The cards acknowledge that you have successfully demonstrated the skills presented during your course according to the above practice guidelines. It does 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.

Most medical control personnel require certification as a base-line for authorization. You must take and pass an approved Recertification course before your certification expires.

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 also need to bring 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 the course, please download our Student Booklet.

Course tuition includes instruction, our textbook the Art & Technique of Wilderness Medicine, our water proof field manual the Wilderness Medicine Handbook, our workbook Case Studies in Wilderness Medicine, and a Patient SOAP note tablet. 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 (our 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 Wilderness First Responder Course Lab Descriptions

- Basic Life Support Lab: Addresses all elements of the Scene size-up and Initial Patient Exam. Cutable simulation clothing is required.
- Adult & Child CPR and AED Skills Lab: Adult & Child CPR, AED, and Obstructed Airway.
- Wound Cleaning Lab: Pig's feet are used for training realistic wound cleaning, removal of impaled objects.
- Basic Extremity Splinting Lab: SAM splints are used to improvise extremity splints. Bring a cut T-shirt roll and
- Advanced Extremity Splinting Lab: common expedition equipment is used to improvise effective lower extremity splints.
- 3rd Triangle Skills Lab: Demos physical exam, vital signs, SAMPLE History and SOAP documentation in preparation for full simulations.
- 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.
- Dislocations Lab: Relocation techniques for indirect anterior shoulder, lateral patella, and digits are demonstrated and practiced. Jaw reduction is demonstrated.
- Spine Management Lab: Lifting and moving of spine injured patients and subsequent immobilization in a wire basket (Stokes) litter and backboard.
- Improvised Hypothermia Packaging Lab: Sleeping bags, pads, tarps or bivy sack, and water bags/bottles are used to improvise a hypothermia package.
- Improvised Litter Lab: daisy chain rope litter is demonstrated and practiced on a stretcher litter.
- Video Simulations: Role plays incorporating patient assessment & documentation. Make-up is used to increase the scene's reality. Cutable simulation clothing is required. Portions of each simulation are videoed for after-action discussion.
- Environmental & Medical Tag-team simulations: a simulation variation designed to teach diagnosis of challenging environmental and medical problems.
- Mass Casualty Video Simulation: Students respond to a mass casualty scene as a group. The simulation is videoed for after-action discussion.