

NOLS WILDERNESS MEDICINE

Wilderness First Responder Course Schedule

November 2016

DAY 1

Morning

Introductions: Wilderness vs. Urban

Patient Assessment System

Afternoon

Patient Assessment System

Documentation

Readings: Ch 1

DAY 2

Morning

Spinal Cord Injury

Lifting and Moving

Spinal Protection & Litter Packaging

Afternoon

Chest Injury

Shock

Readings: Ch 2, 3, 4

DAY 3

Morning

Focused Spine Assessment

Head Injury

Afternoon

Athletic Injury

Fracture Management

Evening

Dislocations

Readings: Ch 4, 5, 6

DAY 4

Morning

Wilderness Wound Management

Afternoon

Hypothermia, Frostbite and Non-Freezing Cold Injury

Heat and Hydration

Readings: Ch 7, 8, 9, 10, 23

DAY 5

Morning

Altitude Illness

Bites and Stings

Afternoon

Lightning

Submersion

Leadership, Teamwork, Communication

Stress First Aid

Readings: Ch 11, 12, 13, 14, 26

DAY 6-DAY OFF

DAY 7

Morning

Cardiac

CPR

Afternoon

CPR

Respiratory

Altered Mental Status

Readings: Ch 17, 19

DAY 8

Morning

Acute Abdomen

Allergies and Anaphylaxis

Afternoon

Diabetes

SAR, Evac and Emergency Plans

Evening

Mock Rescue

Readings: Ch 16, 18, 19, Appendix B

DAY 9

Morning

Decision-making

Mental Health

Urinary and Reproductive

Afternoon

Poisoning

Communicable Disease

Medical Legal

Readings: Ch 12, 20, 21, 22, 27, 28, 29

DAY 10

Morning

Common Problems Wrap-up

Wilderness Drug and First Aid Kits

Pain Management in the Wilderness

Written and Practical Exams

Readings: Ch 24, 25, Appendix A

Afternoon

Written and Practical Exams

Closing Ceremony

Textbook: NOLS Wilderness Medicine

