

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 (No day off for 9-Day Format)

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