

NOLS WILDERNESS MEDICINE

Wilderness First Responder Hybrid Course Schedule

February 2021

Online Module

WEEK 1

- Patient Assessment System
- Cardiac
- Respiratory
- Diabetes
- Neurological
- Abdominal
- Urinary and Reproductive
- Allergies and Anaphylaxis
- Mental Health

WEEK 2

- Altitude
- Heat and Hydration
- Cold Injury
- Poisons, Stings, Bites
- Lightning
- Drowning
- Wound Management

WEEK 3

- Shock
- Chest
- Head and Spine
- Athletic Injury
- Fractures and Dislocations
- Stress First Aid
- Supplementary Topics
- Medical Legal
- Leadership and Decision-Making

In Person Module

DAY 1

Morning

- Infection Control and PPE
- Patient Assessment System
- Shock

Afternoon

- Chest Injury
- Head Injury
- Medical Decision Making
- Lifting and Moving
- Focused Spine Assessment

DAY 2

Morning

- Wound Management
- Athletic Injury
- Fracture Management
- Pain Management

Afternoon

- Dislocations
- Heat and Hydration
- Hypothermia and Local Cold Injury

Evening

- Altitude Illness
- Stress Injury/Psychological First Aid

DAY 3

Morning

- Cardiac
- Diabetes

Afternoon

- Urinary and Reproductive
- CPR

DAY 4

Morning

- Altered Mental Status
- Respiratory
- Allergies and Anaphylaxis

Afternoon

- Abdominal Pain
- Mental Health
- Medical Legal
- Search and Rescue

Evening

- Leadership, Teamwork, Communication
- Evening Scenario

DAY 5

- Night Rescue Debrief
- Written and Practical Exam
- Closure