

# NOLS WILDERNESS MEDICINE

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## 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