

# NOLS WILDERNESS MEDICINE

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## Wilderness First Responder Hybrid Course Schedule

### Online Modules

#### Module 1

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

#### Module 2

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

#### Module 3

- Shock
- Chest
- Head and Spine
- Athletic Injury
- Fractures and Dislocations
- Stress First Aid
- Medical Legal
- Leadership and Decision-Making
- Common Wilderness Medical Problems

### In Person Component

#### DAY 1

##### Morning

- Infection Control and PPE
- Patient Assessment System

##### Afternoon

- Patient Assessment System
- Documentation
- Psychological First Aid

#### DAY 2

##### Morning

- Shock
- Chest Injury

##### Afternoon

- Head and Spine Injuries
- Lifting and Moving
- Focused Spine Assessment
- Athletic Injury
- Fracture Management

##### Evening

- Fracture Management continued
- Dislocations
- Pain Management

#### DAY 3

##### Morning

- Spine Protection, Packaging, Transport
- Wound Management

##### Afternoon

- Altitude Illness
- Heat and Hydration
- Hypothermia and Local Cold Injury

##### Evening

- CPR

#### DAY 4

##### Morning

- Intro to the Medical Patient
- Abdominal/Urinary and Reproductive
- Respiratory
- Allergies and Anaphylaxis

##### Afternoon

- Cardiac
- Altered Mental Status
- Diabetes

#### DAY 5

- Practice Scenarios
- Final Q&A
- Written and Practical Exam
- Closure