# NOLS Wilderness Medicine

## Wilderness EMT Course Outline

### Preparatory Reading:
- **BRADY CH. 1, 5, 6, 8**

### Day 1 – Monday

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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</thead>
<tbody>
<tr>
<td>8:00</td>
<td>Intro to Course / EMT Training</td>
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<tr>
<td></td>
<td>Intro to Staff and Students</td>
</tr>
<tr>
<td></td>
<td>Introduction to Emergency Care &amp; Training</td>
</tr>
<tr>
<td>12:00</td>
<td>Lunch</td>
</tr>
<tr>
<td>1:00</td>
<td>Patient Assessment System</td>
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<tr>
<td></td>
<td>Scene Safety</td>
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<tr>
<td></td>
<td>Initial Assessment</td>
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<td></td>
<td>Detailed Physical Exam</td>
</tr>
<tr>
<td></td>
<td>Vital Signs</td>
</tr>
</tbody>
</table>

**Reading:**
- **BRADY CH. 1, 11, 12, 13**
- **WM CH. 1, 27**

### Day 2 – Tuesday

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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</thead>
<tbody>
<tr>
<td>8:00</td>
<td>Scenario</td>
</tr>
<tr>
<td></td>
<td>Medical History</td>
</tr>
<tr>
<td></td>
<td>Documentation</td>
</tr>
<tr>
<td>12:00</td>
<td>Lunch</td>
</tr>
<tr>
<td>1:00</td>
<td>Initial Assessment Management</td>
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</tbody>
</table>

**Reading:**
- **BRADY CH. 9, 10, 13, 14, 15, 25**
- **WM CH. 1**

### Day 3 – Wednesday

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00</td>
<td>Scenario</td>
</tr>
<tr>
<td></td>
<td>Initial Assessment Management</td>
</tr>
<tr>
<td></td>
<td>CPR Considerations for the Remote Environment</td>
</tr>
<tr>
<td></td>
<td>Airway and Breathing Supplements</td>
</tr>
<tr>
<td>12:00</td>
<td>Lunch</td>
</tr>
<tr>
<td>1:00</td>
<td>Chest Trauma</td>
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<tr>
<td></td>
<td>Scenario</td>
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<tr>
<td></td>
<td>Shock</td>
</tr>
<tr>
<td></td>
<td>Scenario</td>
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**Reading:**
- **BRADY CH. 7, 9, 10, 25, 27, App B**
- **WM CH. 2, 3**

### Day 4 – Thursday

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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</thead>
<tbody>
<tr>
<td>8:00</td>
<td>Common &amp; Simple</td>
</tr>
<tr>
<td></td>
<td>Scenario</td>
</tr>
<tr>
<td></td>
<td>Central Nervous System</td>
</tr>
<tr>
<td></td>
<td>Lifting and Moving</td>
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<tr>
<td></td>
<td>Spinal Packaging</td>
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<tr>
<td>12:00</td>
<td>Lunch</td>
</tr>
<tr>
<td>1:00</td>
<td>Back Board and Short Board</td>
</tr>
</tbody>
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2017 NOLS Wilderness Medicine, 284 Lincoln St., Lander, WY 82520, 866-831-9001  
May 2017
LITTER PACKAGING
BACKCOUNTRY SPINAL ASSESSMENT
5:15 DINNER
6:30-10:00 PRACTICAL SKILL STATIONS

READING: BRADY CH. 3, 29 WM CH. 4

DAY 5 - FRIDAY
8:00 COMMUNITY ANNOUNCEMENTS
COMMON & SIMPLE
CPR TEST, QUIZ
SCENARIO
12:00 LUNCH
1:00 HEAD INJURIES
SOFT TISSUE INJURIES
BURNS
INFECTION
ONLINE QUIZ – DUE MONDAY

READING: BRADY CH. 26, 29 WM CH. 4,7,8

DAY 6 - MONDAY
8:00 ER - CLINICAL REVIEW
MUSCULOSKELETAL INJURIES:
ATHLETIC INJURIES
12:00 LUNCH
1:00 FRACTURES
TRACTION SPLINTS
DISLOCATIONS
SCENARIOS

READING: BRADY CH. 28 WM CH. 5,6

DAY 7 - TUESDAY
8:00 COMMON & SIMPLE
SCENARIO
COLD EMERGENCIES
HYPOTHERMIA
FROSTBITE & IMMERSION FOOT
12:00 LUNCH
1:00 SCENARIO
HEAT & HYDRATION
LIGHTNING
5:15 DINNER
6:30-10:00 PRACTICAL SKILL STATIONS

READING: BRADY CH. 31 WM CH. 9,10,13, 23
DAY 8 – WEDNESDAY  
8:00  COMMON & SIMPLE  
       NORTH AMERICAN BITES AND STINGS  
       ALTITUDE ILLNESS  
       SUBMERSION / IMMERSSION INCIDENTS  
       SCUBA DIVING INJURIES  
12:00  LUNCH  
1:00  SKILL STATIONS  
  ONLINE QUIZ – DUE TONIGHT  
READING:  BRADY CH. 31  WM CH. 11, 12, 14  

DAY 9 - THURSDAY  
8:00  COMMON & SIMPLE  
       INTRODUCTION TO THE MEDICAL PATIENT  
       CARDIAC EMERGENCIES  
       ABDOMINAL EMERGENCIES  
       DIABETES  
12:00  LUNCH  
1:00  LEADERSHIP / DECISION-MAKING  
       TRIAGE / MULTIPLE CASUALTY  
       INCIDENT COMMAND SYSTEM  
       SCENARIO  
5:15  DINNER  
6:30-10:00  PRACTICAL SKILLS STATIONS – FINAL SIGN OFFS (O2, AED, SPINE, SPLINTS)  
READING:  BRADY CH. 16, 18, 19, 22, 37, 38  WM CH. 17, 18, 19, 26, 27  

DAY 10 - FRIDAY  
8:00  COMMON & SIMPLE  
       NEUROLOGICAL EMERGENCIES  
       RESPIRATORY EMERGENCIES  
       POISONING  
12:00  LUNCH  
1:00  PRACTICAL SKILLS STATIONS – FINAL SIGN OFFS (O2, AED, SPINE, SPLINTS)  
       ONLINE QUIZ – DUE MONDAY  
READING:  BRADY CH. 17, 19, 21  WM CH. 12, 17, 19
DAY 11 - MONDAY
8:00    ER - CLINICAL REVIEW
       ALLERGIES & ANAPHYLAXIS
       BEHAVIORAL EMERGENCIES / MENTAL HEALTH / STRESS
       ALCOHOL & DRUG EMERGENCIES
12:00   LUNCH
1:00    SCENARIOS / SKILLS

READING:  BRADY CH. 2, 20, 21, 23       WM CH. 16, 21, 28

DAY 12 - TUESDAY
8:00    COMMON & SIMPLE
       SCENARIO
       MEDICAL LEGAL ISSUES
       GENITOURINARY EMERGENCIES
12:00   LUNCH
1:00    SCENARIOS

READING:  BRADY CH. 4, 26, 27, 32       WM CH. 20, 29

DAY 13 - WEDNESDAY
8:00    COMMON & SIMPLE
       SKILLS PRACTICE
12:00   LUNCH
1:00    GERIATRICS
       SCENARIO
       OBSTETRICS

ONLINE QUIZ – DUE TONIGHT

READING:  BRADY CH. 3, 32       WM None

DAY 14 - THURSDAY
8:00    COMMON & SIMPLE
       EMERGENCY CHILDBIRTH
       PEDIATRICS
12:00   LUNCH
1:00    PRACTICAL SKILLS STATIONS
5:15    DINNER
6:30 - A/R  WILDERNESS EXPERIENCE

READING:  BRADY CH. 32, 33       WM None

******* □   FOR TOMORROW - CLASS NEEDS TO MAKE LUNCH @ BREAKFAST
DAY 15 - FRIDAY
8:00  COMMON & SIMPLE
     RESCUE DEBRIEF
     EXPEDITION MEDICINES
     SEARCH FUNCTION & SEARCH EXERCISE
     EMERGENCY CONTINGENCY PLANS AND TEAM PREPAREDNESS
     ANATOMY OF A RESCUE
     LITTER IMPROVISATION LAB
12:00  LUNCH
     LONG TERM PATIENT CARE
     HELICOPTER OPERATIONS
     SCENARIOS
     PRACTICE EXAM – DUE MONDAY

READING:  BRADY 36, 37  WM CH. 25, App B

WEEKEND READINGS:  BRADY CH. 24, 30, 35, 39

DAY 16 – MONDAY
8:00  AMBULANCE OPERATIONS
     RADIO COMMUNICATION SKILLS
     HAZARDOUS MATERIALS
     COMMUNICABLE DISEASES
12:00  LUNCH
1:00  ONLINE QUIZ – IN CLASS
     SCENARIO
     MOCK RESCUE PREP
5:15-6:30  DINNER AND PERSONAL/TEAM PREP TIME
6:30-7:15  MOCK RESCUE IN A REMOTE ENVIRONMENT

READING:  BRADY 36, 37

DAY 17 - TUESDAY
8:00  COMMON & SIMPLE WRAP-UP
     MOCK RESCUE DEBRIEF
     PRACTICAL SKILLS STATIONS - FINAL SIGN OFFS
12:00  LUNCH
1:00  PRACTICAL SKILLS STATIONS - FINAL SIGN OFFS

DAY 18 - WEDNESDAY
8:00  CLEAN UP
     FINAL TEST
12:00  LUNCH
1:00-3:00  WILDERNESS WRITTEN EXAM
TEST RESULTS AND PRACTIAL EXAM BRIEFING

DAY 19 - THURSDAY
8:00       PRACTICAL SKILLS EXAM - BY APPOINTMENT
12:00      LUNCH
1:00       PRACTICAL SKILLS EXAM - BY APPOINTMENT
4:00       RECERT INFORMATION
            COURSE CLOSING

DAY 20 - FRIDAY
8:00       NREMT WRITTEN TESTING – BY APPOINTMENT (SITE DEPENDENT)
by 10:00   MOVE OUT OF LODGING

TEXTS:    EMERGENCY CARE, 13th ED, LIMMER & O’KEEFE, BRADY BOOKS
          WILDERNESS MEDICINE, TOD SCHIMELPFENIG, STACKPOLE BOOKS
          WILDERNESS MEDICINE HANDBOOK, NOLS WILDERNESS MEDICINE
              STAFF