

# NOLS WILDERNESS MEDICINE WILDERNESS EMT COURSE OUTLINE

**PREPARATORY READING: BRADY CH. 1, 5, 6, 8**

## **DAY 1 – MONDAY**

8:00 INTRO TO COURSE / EMT TRAINING  
INTRO TO STAFF AND STUDENTS  
INTRODUCTION TO EMERGENCY CARE & TRAINING  
12:00 LUNCH  
1:00 PATIENT ASSESSMENT SYSTEM  
SCENE SAFETY  
INITIAL ASSESSMENT  
DETAILED PHYSICAL EXAM  
VITAL SIGNS

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

## **DAY 2 – TUESDAY**

8:00 SCENARIO  
MEDICAL HISTORY  
DOCUMENTATION  
12:00 LUNCH  
1:00 INITIAL ASSESSMENT MANAGEMENT

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

## **DAY 3 – WEDNESDAY**

8:00 SCENARIO  
INITIAL ASSESSMENT MANAGEMENT  
CPR CONSIDERATIONS FOR THE REMOTE ENVIRONMENT  
AIRWAY AND BREATHING SUPPLEMENTS  
12:00 LUNCH  
1:00 CHEST TRAUMA  
SCENARIO  
SHOCK  
SCENARIO

**READING: BRADY CH. 7, 9, 10, 25, 27, App B. WM CH. 2,3**

## **DAY 4 – THURSDAY**

8:00 COMMON & SIMPLE  
SCENARIO  
CENTRAL NERVOUS SYSTEM  
LIFTING AND MOVING  
SPINAL PACKAGING  
12:00 LUNCH  
1:00 BACK BOARD AND SHORT BOARD

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 / IMMERSION 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. 32, 34 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

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**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-A/R 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**