NOLS WILDERNESS MEDICINE
WILDERNESS EMT COURSE OUTLINE

PREPARATORY READING: BRADY CH. 1, 2, 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  INTRO TO PPE & INFECTION CONTROL
      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
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. 9,10,13, 23

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

NOLS WILDERNESS MEDICINE  |  284 LINCOLN STREET, LANDER, WY 82520, USA | 866-831-9001  REVISED 6/9/2020  4
**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 PRACTICAL 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