

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 RMOTE 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
SUMBERSION / 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

***** **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-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