

NOLS WILDERNESS MEDICINE

Wilderness First Responder Course Schedule

December 2018

DAY 1

Morning

Wilderness vs. Urban
Patient Assessment System

Afternoon

Patient Assessment System
Documentation

Readings: Ch 1

DAY 2

Morning

Chest Injury
Shock

Afternoon

Spine and Spinal Cord Injury
Lifting and Moving
Spinal Protection & Litter Packaging

Readings: Ch 2, 3, 4

DAY 3

Morning

Focused Spine Assessment
Head Injury

Afternoon

Athletic Injury
Fracture Management
Pain Management in the Wilderness

Evening

Dislocations

Readings: Ch 4, 5, 6

DAY 4

Morning

Wilderness Wound Management

Afternoon

Heat and Hydration
Hypothermia, Frostbite and Non-Freezing Cold Injury

Readings: Ch 7, 8, 9, 10, 23

DAY 5

Morning

Altitude Illness
Bites and Stings
Lightning

Afternoon

Submersion
Leadership, Teamwork, Communication
Stress First Aid

Readings: Ch 11, 12, 13, 14, 26

DAY 6-DAY OFF

DAY 7

Morning

Cardiac
CPR

Afternoon

CPR
Respiratory
Altered Mental Status

Readings: Ch 17, 19

DAY 8

Morning

Acute Abdomen
Allergies and Anaphylaxis

Afternoon

Diabetes
SAR, Evac and Emergency Plans

Evening

Mock Rescue

Readings: Ch 16, 18, 19, Appendix B

DAY 9

Morning

Wilderness Drug and First Aid Kits
Decision-making

Mental Health

Poisoning

Dental

Afternoon

Communicable Disease
Urinary and Reproductive
Medical Legal

Readings: Ch 12, 20, 21, 22, 27, 28, 29

DAY 10

Morning

Written and Practical Exams

Afternoon

Written and Practical Exams

Closing Ceremony

Textbook: NOLS Wilderness Med