

## **WILDERNESS UPGRADE FOR THE MEDICAL PROFESSIONAL**

Sponsored by Ready SF and NOLS Wilderness Medicine

**DATES:** April 8-12, 2019

**COST:** \$725 (tuition only)

**LOCATION:** Planet Granite, 924 Old Mason St, San Francisco CA 94129



### **COURSE DESCRIPTION**

The Wilderness Upgrade for Medical Professionals (WUMP) course is a nationally recognized program that trains urban caregivers to respond to medical emergencies in remote settings. This 48-hour course is ideal for Emergency Medical Technicians (EMTs), paramedics, nurses, physicians, and other medical professionals.

The course will upgrade an EMT to a Wilderness EMT and all others to a Wilderness First Responder (WFR) in accordance with current standards in pre-hospital medicine. Special topics include but are not limited to: long-term patient care and monitoring, wound management, selective spine immobilization, reducing dislocations, litter packaging, epinephrine administration, field care for environmental emergencies, and advice on expedition medications. The WUMP is not a technical rescue or survival course. The focus of the program is on prevention, decision making, improvisation, and long-term medical care in a wilderness setting.

You'll learn to apply your urban emergency care knowledge to the wilderness through case studies and practical scenarios with mock patients. Our seasoned instructors will guide you through five days of intense, hands-on learning to make sure you are prepared in the wilderness.

Upon successful course completion you will earn the following NOLS Wilderness Medicine certifications: Wilderness First Responder or Wilderness EMT (depending on your current certification) and Epinephrine Auto-injector.

### **CLASS FORMAT AND PERSONAL PREPAREDNESS**

Check in is at 7:45 am on the first day of the course. Course days run from 8:00 am to 5:00 pm, with two additional evening sessions. The format for this 48-hour WUMP includes classroom lectures integrated with practical scenarios and skills practice sessions. Attendance is required at all scheduled classes.

Scenarios and practice sessions will take place both inside and outside. Bring outdoor clothing appropriate for lying on the potentially wet, snowy, and/or cold ground playing the role of both rescuer and patient. Frequently stage (mouflage) blood and make-up are used to enhance the realism of a scenario. The classroom environment generally lends itself to a pair of comfy shoes or slippers and a camp chair. A 4-hour evening, outdoor mock rescue is part of the curriculum; dress accordingly.

## Packing Checklist

- Notebook and pencil or pen
- Watch with second hand or digital second
- Sunglasses and hat
- Water bottle
- Headlamp
- Light day pack
- Waterproof outerwear top and bottom
- Light hiking boots or sturdy shoes
- Clothing layers that allow you to be comfortable in a variety of weather conditions
- Slippers or comfortable shoes for classroom time (optional)
- Camp chair for classroom time (optional)

## **COURSE OUTLINE**

For the full course outline, visit the WUMP course page, scrolling to Section 2 to click on “DOWNLOADS: Course Outline” at:

<https://nols.edu/en/coursefinder/courses/wilderness-upgrade-for-medical-professionals-WUMP/>

## **REGISTRATION AND TUITION PAYMENT**

A deposit of \$300 is required to reserve your spot on the course. The balance of tuition is due two weeks prior to the first day of the course. You can pay your balance online at <https://www.nols.edu/portal/account/login/> (we accept Visa or Mastercard) by calling the NOLS Wilderness Medicine office with credit card information, or by mailing a check (with driver's license number).

The tuition fee includes instruction, textbooks, equipment use, certification, and continuing education credits. A full refund will be given if we need to cancel the course for any reason.

**Course Cost:           \$725**

**Less Deposit:       \$300 (due at time of registration)**

**Your balance due:   \$425 (due two weeks prior to the first day of the course)**

## **NOLS WILDERNESS MEDICINE STUDENT AGREEMENT**

Please download this agreement and read it carefully as it affects your legal rights:

[Student Agreement](#)

Bring the two-page signed document to the first day of the course. If you are a minor, a parent or guardian must sign the document as well. Without a signed document, you cannot participate in the course. NOLS Wilderness Medicine participants, including minors, will have unsupervised free time throughout the course. Any activities during the free time are not part of the NOLS Wilderness Medicine program and are at the sole risk of the participant.

## **PLANET GRANITE WAIVER**

Waiver must be signed and students must have government issued ID with them at start of class. Waiver can be signed online here: <https://www.smartwaiver.com/w/5a90499aed788/web/>. You must also watch a [short video](#). It is the gym's policy. Thanks for doing this.

## **NOLS WILDERNESS MEDICINE POLICIES**

### **Cancellations**

If you cancel or withdraws from a course:

- Greater than or equal to 30 days prior to the course start date, NOLS Wilderness Medicine will retain a \$35.00 administrative fee. The remainder of tuition collected to date will be refunded.
- Within 30 days of the course start date, tuition is non-refundable and non-transferable as per the following:
  - WFA, WFR-R, WMPP – loss of full tuition.
  - WFR, WAFA, WUMP – loss of course deposit.
- Once the course begins, no refunds will be awarded. All course registrations are non-transferable.

### **Pets**

Pets are not allowed at the course site. This includes leashing them outside. Any student bringing a pet to class will be asked to leave until the pet is safely situated in a kennel or other facility. No exceptions.

### **Alcohol and Tobacco**

No alcohol or tobacco is allowed on site. Please contact the course sponsor with any questions or concerns you may have.

## **CONTINUING EDUCATION**

### **EMT Continuing Education**

NOLS Wilderness Medicine is proud to be a Commission on Accreditation of Pre-Hospital Continuing Education (CAPCE) accredited organization. Current EMTs are eligible to receive 48 CEU hours at no additional cost for participation in a Wilderness First Responder course. Please bring a photocopy of your current EMT card(s) with you to your course. Please ensure that CAPCE CEUs will be accepted by your State EMS organization.

### **Physician Continuing Medical Education (CME)**

As a NOLS Wilderness Medicine student, physicians may earn 43 hours of category 1 CMEs for participation in a WUMP course at no additional cost. This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the Wilderness Medical Society and NOLS Wilderness Medicine. The Wilderness Medical Society is accredited by the ACCME to provide continuing medical education for physicians.

## **Fellowship in the Academy of Wilderness Medicine (FAWM)**

Through joint sponsorship with the Wilderness Medical Society active members of WMS may earn up to 35.75 hours at no additional cost for participation in the Wilderness First Responder course. Learn more about WMS here: <http://www.wms.org/>

## **COLLEGE CREDITS**

### **Pre-Course Access to College Credit**

The WUMP course is pre-approved for two semester hour credits through Western State Colorado University (WSCU) for an additional cost of \$160. Thirty days **prior** to the NOLS Wilderness Medicine course, interested students must initiate registration and payment for credit by requesting an enrollment form for WSCU from NOLS Wilderness Medicine.

### **On-Course Access to College Credit**

The WUMP course is pre-approved for four semester hour credits through the University of Utah for an additional cost of \$350. If you are interested in receiving college credit, please inquire with your instructors on the first day of class for the necessary information.

## **STUDENT LOGISTICS**

### **Meals and Lodging**

There is no meals and lodging package available for this course.

Hotels: There are a variety of hotels in the San Francisco area. Good rates can be found on [www.hotels.com](http://www.hotels.com) or other travel website.

## **CONTACT INFORMATION**

Please contact us with any questions or concerns you may have.

### **Course Sponsor:**

*Email:*            [yacubian@readysf.com](mailto:yacubian@readysf.com)

*Website:*        <http://readysf.com/>

### **NOLS Wilderness Medicine - registration:**

*Office Hours:*   *Monday to Friday, 9:00am to 5:00pm Mountain Time.*

*Phone:*            *(866) 831-9001*

*Email:*            [wilderness\\_medicine@nols.edu](mailto:wilderness_medicine@nols.edu)

*Fax:*                *(307) 335-2355*

*Website:*         <http://www.nols.edu/wilderness-medicine>