

WILDERNESS UPGRADE FOR MEDICAL PROFESSIONALS (WUMP) COURSE

Sponsored by:

*The University of Utah,
Center for Emergency Programs,
Remote Rescue Training
&
NOLS Wilderness Medicine*



DATES: March 9-13, 2019
TUITION: \$765
LOCATION: University of Utah, Salt Lake City

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.

COURSE 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 blood and make-up (mouflage) 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.

*Remote Rescue Training * Center for
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* 801-581-4512 *
www.RemoteRescueTraining.com*



*NOLS Wilderness Medicine
Lander, WY
866-831-9001
www.nols.edu/wilderness-medicine*

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 3 to click on “DOWNLOADS: Course Outline” at: <https://nols.edu/en/coursefinder/courses/wilderness-upgrade-for-medical-professionals-WUMP/>

RECERTIFICATION REQUIREMENTS

The WUMP can be used to recertify your WFR certification or the wilderness component of your Wilderness EMT, bringing you up to date on current protocols in wilderness medicine. NOLS Wilderness Medicine certifications are 2-year certifications.

Students recertifying a WFR or the wilderness component of their WEMT must submit a photocopy of their WEMT or WFR certification on the first day of the course. There is a one-year grace period for recertification of NOLS Wilderness Medicine certifications only.

EMT REFRESHER TRAINING PROGRAM

For students looking to recertify their EMT, the University of Utah’s Center for Emergency Programs is offering the EMT Refresher Training Program immediately following the WUMP: March 14-16, 2019. These two courses are run consecutively intentionally, as together the CEU’s available meet the needs of many WEMT’s looking to recertify. More information about EMT recertification or the RTP can be found in the pre-course information packet for the EMT RTP at <https://health.utah.edu/health-kinesiology-recreation/health/uucep/classes/continuing-education/>. The RTP is a separate course that requires registration through the University of Utah.

REGISTRATION/POLICIES

A deposit of \$300.00 is required to reserve your spot in the WUMP. Tuition balance is due two weeks prior to the first day of the course. Tuition is non-transferable. 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) to NOLS. 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.

CANCELLATION AND REFUND POLICY

All course payments and deposits are subject to the NOLS Wilderness Medicine Refund and Cancellation Policy. If you cancel or withdraw from a course greater than or equal to 30 days prior to the course starting date, NOLS will retain a \$35.00 administrative fee and refund your deposit/tuition. Within 30 days prior to the course start date, cancellations will result in the loss of course deposit. Once the course has begun, the full tuition is non-refundable and non-transferable.

NOLS STUDENT AGREEMENT

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

www.nols.edu/en/filer/public/1481683959/906/

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. 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.

CONTINUING EDUCATION AND COLLEGE CREDIT

EMT Continuing Education Units (CEU)

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)

For active members of the Wilderness Medical Society, this course has been approved for 35.75 hours of credit towards Fellowship in the Academy of Wilderness Medicine (FAWM) at no additional cost to you as a NOLS Wilderness Medicine student. For more information visit <http://wms.org/fawm/fellowsbrochure-web.pdf>.

College Credit

The WUMP course is pre-approved for four semester hour credits through the University of Utah at a cost of \$350. If interested, please inquire with your instructors on the first day of class for the necessary information and to register. For more information, visit <http://www.health.utah.edu/health-promotion/uucep/training/remote-rescue-training/wilderness-medicine.php#Credit>.

TRAVEL, DIRECTIONS AND PARKING INFO

The course will meet in room 2090 or 2102 (we cannot schedule far in advance but the rooms are right around the corner from each other), Annex Building, Wing C, at the University of Utah, Salt Lake City Campus (1901 E. South Campus Drive, Salt Lake City, UT 84112).

There is a Trax station (the local train system, www.rideuta.com/) at the classroom building- Fort Douglas stop.

Driving from I-80: Take exit 129. Head north on Foothill Dr. for 3.4 miles.

Turn right onto Mario Capecchi and go 0.4 miles.

Turn left onto East South Campus Drive and make the first right hand turn (100 meters).

Driving from I-15 Southbound: Take exit 307. Head east on 400 South for 2.9 miles.

400 South merges into 500 South. Continue on 500 South for another 1.3 miles.

Turn left onto Mario Capecchi and go 0.4 miles.

Turn left onto East South Campus Drive and make the first right hand turn (100 meters).

* About 10-15 minutes from I-80 or I-15, although traffic may cause delays during rush hour.

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Parking on campus on weekdays requires a parking permit. Permits may be purchased ahead of time online at <https://utah.t2hosted.com/cmnn/index.aspx> or are available at the Commuter Services office in the Annex. "U" permits cost \$5/day and a "U" lot is located across the street to the SE. Night and weekend parking is free. Plan to arrive 15 minutes early if you need to purchase a parking permit: park in front of Commuter Services in a red metered loading zone spot and push the button for 20 minutes free parking while you go inside to get your permit.

Go to <https://map.utah.edu> for a campus map. Use the drop-down menus at the top to search for the Annex and to show "U" parking areas.

LODGING, MEALS AND RECREATION

There are no room and board packages available for this course. Salt Lake City host many hotels with prices in all budgets. The U of U Guest House (www.guesthouse.utah.edu/ or 801-587-1000) is a short walk from the classroom and provides the most convenient lodging. Any hotel in Salt Lake City near the University Trax line will make for an easy commute. There is no camping within the area of the course.

The honors residential building immediately next door has a cafeteria that is open 7 days a week. There are a few other options for lunches within easy walking distance on campus, or we recommend that you bring a lunch.

The Bonneville Shoreline Trail is a recreation area within walking distance from the classroom and the University Guest House. This area allows for great trail running, hiking and mountain biking. The Wasatch Mountain Range hold world-class recreation of all sorts, including climbing, skiing/riding, mountain biking, trail running etc. These areas are all within a 15-minute drive of the course location.

COURSE POLICIES

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.

NO ALCOHOL OR TOBACCO IS ALLOWED ON-SITE. The University of Utah is a dry, tobacco-free campus. Drinking or storage of alcoholic beverages may result in dismissal from campus, and thus the inability to complete the course, with NO REFUND.

FIREARMS OR OTHER WEAPONS ARE NOT ALLOWED ON NOLS COURSES.

ABOUT THE HOST

The Center for Emergency Programs is part of the University of Utah Department of [Health, Kinesiology, and Recreation](#) and trains over 1200 people per year. We provide training in pre-hospital emergency medical care, disaster paramedic, and technical wilderness rescue. Classes range from basic CPR through EMT and can be taken for University credit, non-credit or certification.

Undergraduates in the [Remote Rescue](#) program receive a Bachelor of Science in Health, Kinesiology and Recreation with an emphasis in Emergency Medical Services and a Wilderness Rescue interest area. Classes include Fundamentals of Search and Rescue, High-Angle Rope Rescue, Swiftwater Rescue, Avalanche Rescue, EMS in Challenging Environments and more.

Classes are offered every semester following the academic calendar as well as in short formats. Remote Rescue classes can also be offered by contract at your facility and according to your schedule.

CONTACT INFORMATION

We hope this information is helpful. Please contact us with any questions or concerns you may have.

Host:

University of Utah, Center for Emergency Programs (UUCEP)

Office: (801)-581-4512

Websites: UUCEP: www.UUCEP.org

(801)-581-3785

Remote Rescue Training: www.RemoteRescueTraining.com

Email: UUCEP@utah.edu

Rescue@utah.edu

NOLS Wilderness Medicine:

Office hours are Monday - Friday, 9:00am - 5:00pm Mountain Time.

Phone: 866-831-9001

Email: wilderness_medicine@nols.edu

FAX: 307-335-2355

Web site: <http://www.nols.edu/wilderness-medicine>

