



## WILDERNESS FIRST RESPONDER

Hosted by Idaho Rescue Training  
Taught by NOLS Wilderness Medicine



**DATES:** November 2-6, 2019

**COST:** \$745. \$300 Deposit required

**LOCATION:** [Mountain Humane, 100 Croy Creek Rd, Hailey, ID 83333](#)

To register, please visit <https://nols.edu/portal/wmi/courses/14543/>

For more course information, visit

<https://www.idrescuetraining.com/nols-wilderness-medicine>

### 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.

You can see more information at: <https://nols.edu/en/coursefinder/courses/wilderness-upgrade-for-medical-professionals-WUMP/>

## **CONTINUING EDUCATION AND COLLEGE CREDIT**

### 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/>

## **CLASS FORMAT AND EQUIPMENT**

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 (moulage) 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)

## **EMT TO WILDERNESS EMT UPGRADE**

This course can be used for all current EMT's to upgrade to a Wilderness EMT. Students currently holding an EMT certification should bring a copy of their current certification with them to class and will be issued a WEMT card upon successful completion of the course. EMT's can also use this class for CEU's.

## **REGISTRATION/POLICIES**

A deposit of \$300 is required to reserve a space in the course. Full tuition balance is due one month prior to the first day of class. The tuition fee covers textbooks, syllabus, equipment and certifications. NOLS Wilderness Medicine is not obligated to allow any student to attend a course until all NOLS Wilderness Medicine paperwork has been received, reviewed and approved by NOLS Wilderness Medicine. A full refund will be given if we need to cancel the course for any reason.

Please submit deposit at least 30 days prior to course start. Full tuition is due to register within 30 days of course start date.

## **CANCELLATION AND REFUND POLICY**

If a student cancels or withdraws from a course:

- Greater than or equal to 30 days prior to the course starting date, Idaho Rescue Training will retain a \$50.00 administrative fee. The remainder of tuition collected to date will be refunded.
- Within 30 days of the course start date, the course deposit is non-refundable and non-transferable.

## **WFR 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 reentry period for recertification of NOLS Wilderness Medicine certifications only.

## **NOLS WILDERNESS MEDICINE STUDENT AGREEMENT**

(Including Assumption of Risks and Agreements of Release and Indemnity)

Please download this agreement at <https://www.nols.edu/en/filer/public/1481683959/906/> and read it carefully as it affects your legal rights. 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.

## **COLLEGE CREDITS**

### Pre-Course Access to College Credit

The WUMP course is pre-approved for one 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.

## **PETS**

**Pets are not allowed at the teaching site. This includes leashing them outside. No exceptions.** Any student bringing pets to class will be asked to leave class until the pet is safely off the site.

## **LODGING**

There is no meal and lodging package available for this course. There are many hotels and camping opportunities locally.

Please contact Idaho Rescue Training or NOLS Wilderness Medicine with any questions.

### NOLS Wilderness Medicine

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

(866) 831-9001

wilderness\_medicine@nols.edu

Fax: (307) 335-2355

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

### Idaho Rescue Training

Paul Holle

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208-720-8437

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# NOLS Wilderness Medicine

## Wilderness Upgrade for Medical Professionals Course Schedule

### **DAY 1**

#### **Morning**

Introduction: Wilderness Vs. Urban  
Medicine  
Patient Assessment In The Wilderness  
Shock  
Chest Injuries  
Decision-Making

#### **Afternoon**

Head Injury  
Spinal: Lifting & Moving  
Spinal Protection, Packaging, Transport  
Focused Spine Assessment

### **DAY 2**

#### **Morning**

Wilderness Wound Management  
Wilderness Burn Management  
Wilderness Infection Management  
Athletic Injuries

#### **Afternoon**

Wilderness Fracture Management  
Wilderness Dislocations

### **DAY 3**

#### **Morning**

Hypothermia  
Frostbite & Non-Freezing Cold Injury  
Heat & Hydration  
Altitude Illness

#### **Afternoon**

Submersion  
Lightning  
Bites & Stings (North American)

#### **Evening**

Case Studies

### **DAY 4**

#### **Morning**

Cardiac  
Diabetes  
Urinary and Reproductive  
Neurological

#### **Afternoon**

Respiratory  
Allergies & Anaphylaxis  
Acute Abdominal Pain  
Mental Health  
Search & Rescue: An Introduction

#### **Evening**

Extended Wilderness Rescue

### **DAY 5**

#### **Morning**

Leadership, Teamwork, Communication  
Communicable Disease  
Poisoning  
Expedition Medical Problems  
Wilderness Medical-Legal Issues  
Wilderness Drug And First Aid Kits

#### **Afternoon**

Testing  
Closure and Cleanup