



Photo Courtesy of Jared Steinman

WILDERNESS UPGRADE FOR THE MEDICAL PROFESSIONAL (WUMP)

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



DATES: October 8-12, 2019
COST: \$810 Tuition only
LOCATION: The University of Utah
William Stewart Building
270 South 1400 East
Salt Lake City, UT 84112

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 (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 a 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 [NOLS Wilderness Medicine WUMP](#) course page.

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 by following this [link](#) (we accept Visa or Mastercard). You can also call 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 Tuition: \$810

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

Balance due: \$510

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. WMI wilderness 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.

NOLS WILDERNESS MEDICINE STUDENT AGREEMENT

Please download the [NOLS Student Agreement](#) 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.

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.

Service Animals

Please contact the Wilderness Medicine office at 1-866-831-9001 if you intend to bring a service animal to the course.

Alcohol, Drugs, Tobacco & Weapons

No alcohol, no drugs, no tobacco, and no weapons are allowed in the classroom.

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 Upgrade for Medical Professionals 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)

This activity has been planned and implemented in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Medical

Education 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.

The Wilderness Medical Society designates this educational activity for a maximum of 43 AMA PRA Category 1 Credits™. Each physician should only claim credit commensurate with the extent of their participation in the activity.

This service is free to you as our student.

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 Upgrade for Medical Professionals course. Learn more about WMS [here](#).

COLLEGE CREDIT

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. If you are interested in receiving college credit, please ask your instructors on the first day of class for the necessary information. More information [here](#).

STUDENT LOGISTICS

Meals and Lodging

There is no meal and lodging package available for this course. Salt Lake City has many hotels with prices in all budgets. The U of U Guest House (www.guesthouse.utah.edu/ or 801-587-1000) is walking distance 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.

There are a several options for lunches within easy walking distance on campus, or we recommend that you bring a lunch.

Travel

The course will meet in room 113 or 114 (we cannot schedule far in advance but the rooms are right around the corner from each other), William Stewart Building, at the University of Utah, Salt Lake City Campus (270 South 1400 East, Salt Lake City, UT 84112). The Stewart Building is between President's Circle and the football stadium on the U of U campus. Campus is ~15 minutes from I-15 or I-80, although traffic may cause delays during rush hour.

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

Parking on campus on weekdays requires a parking permit. Permits may be purchased ahead of time online at <https://commuterservices.utah.edu/campus-parking/>. "U" permits cost \$10/day and a "U" lot is located at the stadium.

Weekend parking is free. Parking in President's Circle or the Law School is allowed.

Train service is provided near the Stewart building- Stadium Station- via Trax (www.rideuta.com/). The Utah Transit Authority also has regular bus service to the University of Utah.

ABOUT THE HOST

The Center for Emergency Programs is part of the University of Utah Department of [Health, Kinesiology, and Recreation](#). We provide training in pre-hospital emergency medical care, disaster response, 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

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

University of Utah, Center for Emergency Programs (UUCEP):

Office: (801) 581-4512

www.UUCEP.org

www.RemoteRescueTraining.com

UUCEP@utah.edu

Rescue@utah.edu

NOLS Wilderness Medicine:

Office Hours: M-F from 8am-5pm MST

Phone: (866) 831-9001

[Email](#)

[Website](#)