

NOLS WILDERNESS MEDICINE

Hybrid Wilderness First Responder Course Schedule

Online Modules

Module 1

Patient Assessment System
Spine
Head
Shock
Chest
Athletic Injury
Fractures and Dislocations
Wound Management

Module 2

Altitude
Heat and Hydration
Cold Injury
Poisons, Stings, Bites
Lightning
Drowning/Submersion
Communicable Disease
Water Disinfection

Module 3

Cardiac
Respiratory
Diabetes
Neurological
Abdominal
Urinary and Reproductive
Allergies and Anaphylaxis
Mental Health
Stress First Aid
Medical Legal
Search and Rescue
Leadership and Decision-Making
Common Wilderness Medical Problems
First Aid Kits

In Person Component

DAY 1 (8-12:30, 1:30-6)

Morning
Infection Control and PPE
Patient Assessment System
Afternoon
Patient Assessment System
Documentation
Psychological First Aid
Lifts and Moves

DAY 2 (8-12:30, 1:30-6)

Morning
Spine Injuries
Head Injuries
Spine Protection, Packaging, Transport
Focused Spine Assessment
Afternoon
Shock
Chest Injuries
Wound Management

DAY 3 (8-12:30, 1:30-6, 7-9)

Morning
Athletic Injury
Fracture Management
Dislocations
Afternoon
Altitude
Heat & Hydration
Hypothermia
Intro to the Medical Patient
Altered Mental Status
Evening
Night Rescue

DAY 4 (8-12:30, 1:30-6)

Morning
Cardiac
CPR
Afternoon
Abdominal/Urinary and Reproductive
Respiratory
Allergies & Anaphylaxis
Diabetes

DAY 5 (8-12:30, 1:30-6)

Practice Scenarios
Final Q&A
Written and Practical Exam
Closure