

# NOLS WILDERNESS MEDICINE

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## Wilderness Advanced First Aid Course Schedule

### DAY 1

#### Morning

- Infection Control and PPE
- Patient Assessment System

#### Afternoon

- Emergency Procedures
- Spine Injury Management
- Shock
- Chest Injury

### DAY 2

#### Morning

- Focused Spine Assessment
- Head Injury
- Wilderness Wounds

#### Afternoon

- Athletic Injury
- Fractures
- Dislocations

### DAY 3

#### Morning

- Stress Injury
- Cold Injury
- Submersion
- Heat and Hydration

#### Afternoon

- Altitude Illness
- Bites and Stings
- Lightning

### DAY 4

#### Morning

- Cardiac Emergencies
- CPR

#### Afternoon

- Respiratory Emergencies
- Altered Mental Status
- Diabetes
- Allergy and Anaphylaxis

### DAY 5

#### Morning

- Abdominal Issues
- Urinary and Reproductive
- Poisoning
- Communicable Disease
- Medical Legal Issues
- Wilderness First Aid Kits

#### Afternoon

- Written and Practical Exams
- Closing and Cleanup