

# NOLS WILDERNESS MEDICINE

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## Wilderness First Responder Recertification Course Schedule

### DAY 1

#### Morning

- Written Examination
- Infection Control
- Patient Assessment System
- Shock
- Chest Injury

#### Afternoon

- Spinal Management/Head Injuries
- Wilderness Wound Management
- Athletic Injury

### DAY 2

#### Morning

- Dislocations
- Fracture Management
- Hypothermia

#### Afternoon

- Heat Illnesses
- Altitude Illness
- Medical Scenarios: Cardiac Emergencies, Respiratory Emergencies, Neurological Emergencies, Allergies and Anaphylaxis, Acute Abdomen, Urinary and Reproductive, Diabetes, and Mental Health

### DAY 3

#### Morning

- Medical Scenarios: Continued
- Practical Test Scenarios
- Closing/Evaluations

#### Afternoon

- CPR