



Wilderness First Responder

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Course Overview

The Wilderness First Responder certification is considered the standard for professionals working as guides, outdoor educators, and for expedition personnel working in remote areas. Remote Medical International's Wilderness First Responder course is designed for individuals who are likely to use their training in the field. The curriculum is based on the collective experience of our medical advisory board and remote area paramedics. You can be sure that you are learning from our experience and expertise in remote medical care.

Course Quick Facts

Total Hours of Instruction	80
Total Clinical Hours	0
Total Course Hours	80
Typical Course Duration	10 Days
CME Credits	N/A
Prerequisites	None

Certifications Received

Wilderness First Responder	Remote Medical International
CPR for Healthcare Providers	American Heart Association



Course Content & Objectives

The delivery of medical care in remote and austere settings is categorically different than that of an urban environment. Our courses focus exclusively on the decision making skills, judgement, and techniques needed by care providers when evacuation is hours to days away. Course topics include patient assessment, splinting, wound management, environmental emergencies, medication administration, eye emergencies, dental emergencies, as well as specialized rescue and aeromedical evacuation, and more. For a full course outline, see page nineteen.

Course Format

The Wilderness First Responder is typically taught over ten days, although specialized formats are available. Each day, instructors focus on providing a balance of lecture, interactive discussions, scenarios, real case reviews, and practical labs. This ten day course emphasizes real-time scenarios where skills learned in the classroom and labs are honed in the field. In order to ensure the course is as realistic as possible, all of our courses feature the latest equipment, such as oxygen delivery systems, pulse oximeters, litters, backboards, immobilization devices, portable altitude chambers, and wound management supplies.

Certification & Recognition

The Wilderness First Responder certification by Remote Medical International is valid for 2 years and is recognized world-wide by groups such as the American Mountain Guides Association, the Canadian Mountain Guides Association, the US Government, as well as major outdoor programs.

The American Heart Association CPR for the Healthcare Provider certification is valid for two years and is not only required for healthcare professionals, but is recognized worldwide.



Upgrades from WFA course

Widely recognized as the standard certification for outdoor leaders in the industry.

Additional topics, including advanced spinal immobilization & splinting, advanced airway techniques, and O2 use.

Significant skill lab and scenario time ensures students gain the knowledge and skills to respond to medical emergencies.

Curriculum includes CPR for the Healthcare Provider.

WFR Course Outline

Wilderness First Responder

Day One: Course Overview & Patient Assessment

Introductions & Course Overview
What is Remote Medicine?
Role of the Medical Officer
Communications/Telemedicine
Medical-legal Considerations
Primary Survey
Physical Exam
Vital Signs
Patient History
Documentation

Day Two: CPR for Remote Environments™

CPR for the Healthcare Provider
Considerations for Remote Environments
Oxygen Administration

Day Three: Trauma Management

Orthopedic Injuries
Shock
Neurological Trauma & Injury

Day Four: Trauma Management

Wound Management & Infection
Chest Injuries
Dental Emergencies
Lifting & Moving Patients
Patient Packaging & Transportation

Day Five: Medical Emergencies

Cardio-respiratory Emergencies
Acute Abdominal Pain
Metabolic Illness & Allergic Reactions
Medication Administration Lab

Day Six: Day Off

Please note, some courses are in a 9-day format without a break.

Day Seven: Medical Continued/Environmental

Genitourinary Medicine
Neurological Illness
Altitude Related Illnesses
Psychological Emergencies & Rescuer Stress
Lightning
Mass Casualty

Day Eight: Environmental

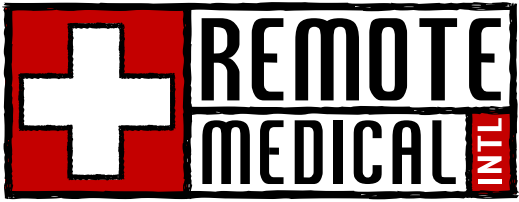
Frostbite & Non-Freezing Cold Injuries
Hypothermia
Heat Illness
Immersion & Near-Drowning
Health & Hygiene
Search and Rescue & Group Management
Austere Patient Care and Survival

Day Nine: Environmental/Logistics

Dive Emergencies
Plant & Chemical Poisoning
Animal Attacks & Envenomation
Pre-Expedition Health Screening & Planning
Remote Medical Kit & Supplies

Day Ten: Testing

Written Exam
Practical Testing



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