

# **SOLO WILDERNESS FIRST RESPONDER STUDENT COURSE OUTLINE**

- 1      **Introductions**
  - Staff, Students & Course Outline
  - SOLO...A Look at Who We Are
  - Details, Details, Details

Wilderness First Responder vs. Urban First Responder

  - Role of the Wilderness First Responder

Medicolegal Issues

Blood borne Pathogens & Infectious Disease
  
- 2      **Patient Assessment System (PAS)**
  - The Anatomy of a Backcountry Crisis (case histories)
  - Primary Survey = “The First Five Minutes”
  - Secondary Survey & Vital Signs
  - History Taking & SAMPLE
  - Lifting & Moving Techniques
  - PAS in the Extreme Environment
  
- 3      **Organizing the Rescue = SOAPnote & Getting Help**

The Ten Essentials

Bivouac Skills and Practice

The Human Animal - overview of human physiology

Body Systems - overview of human anatomy and physiology
  
- 4      **The Anatomy and Physiology of the Cardiovascular System**

Cardiopulmonary Resuscitation (CPR)

  - Prudent Heart Living
  - Techniques of CPR
  - CPR Skills practice
  
- 5      **CPR Practical Exam**

CPR considerations in the Remote Environment

Automated External Defibrillation (AED)
  
- 6      **Shock & Bleeding Control**

Long Term Management of the Shock Victim

The Anatomy & Physiology of the Integumentary System

Soft tissue Injuries & Bandaging Skill

Long Term Wound Care

Burns

- 7 The Anatomy and Physiology of the Musculoskeletal System
  - Sprains & Strains
  - Fractures & Splinting Techniques
  - Dislocations & Reduction Techniques
  - Splinting Practice
- 8 The Anatomy & Physiology of the Central Nervous System
  - Head Trauma
  - Spinal Cord Injury
  - Spinal Cord Injury Management; Improvised Collars, Long Boarding, Litter Packaging
- 9 The Anatomy & Physiology of Respiratory System and Cardiothoracic Region
  - Chest Trauma
  - The Anatomy & Physiology of the Gastrointestinal System and Genitourinary System
  - Abdominal Trauma
- 10 Environmental Emergencies & The Human Animal
  - Heat Related Injuries
    - Dehydration, Heat Exhaustion, Heat Cramps, Heat Stroke
  - Cold Related Injuries
    - Hypothermia, Frostbite & Non-Freezing Cold Injuries
- 11 Environmental Emergency Practice
  - Lightning Related Injuries
  - Drowning Related Injuries
- 12 Animals that Bite & Sting
  - Plants that Bite & Sting
  - Allergic Reactions
    - Local, Systemic & Anaphylactic Reactions
  - Use of Epinephrine
- 13 Environmental Emergency Practice
  - Altitude Related Injuries
  - Medical Emergencies and Patient Assessment
- 14 Medical Emergencies
  - Changes in Level of Consciousness
  - Diabetic Emergencies
- 15 Medical Emergencies
  - Chest Pain
  - Shortness of Breath

- 16 Medical Emergencies
  - Poisoning
  - Abdominal Pain
  - Group Preventative Medicine
    - Water Purification
    - Sanitation/Defecation
- 17 Long Term Patient Care
  - Wilderness Stabilization and Bivouac
  - Improvising Litters
  - Leadership in a Backcountry Emergency
- 18 Mock Rescue
  - Debrief
- 19 Wilderness First Responder Practical Exam
  - Common Expedition Problems
- 20 Wilderness First Responder Written Exam
  - Closure and Graduation