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
The Anatomy and Physiology of the Musculoskeletal System
Sprains & Strains
Fractures & Splinting Techniques
Dislocations & Reduction Techniques
Splinting Practice

The Anatomy & Physiology of the Central Nervous System
Head Trauma
Spinal Cord Injury
Spinal Cord Injury Management; Improvised Collars, Long Boarding, Litter Packaging

The Anatomy & Physiology of the Respiratory System and Cardiothoracic Region
Chest Trauma
The Anatomy & Physiology of the Gastrointestinal System and Genitourinary System
Abdominal Trauma

Environmental Emergencies & The Human Animal
Heat Related Injuries
Cold Related Injuries
-Hypothermia, Frostbite & Non-Freezing Cold Injuries

Environmental Emergency Practice
Lightning Related Injuries
Drowning Related Injuries

Animals that Bite & Sting
Plants that Bite & Sting
Allergic Reactions
-Local, Systemic & Anaphylactic Reactions
Use of Epinephrine

Environmental Emergency Practice
Altitude Related Injuries
Medical Emergencies and Patient Assessment

Medical Emergencies
Changes in Level of Consciousness
Diabetic Emergencies

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