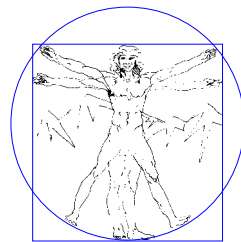


# the Wilderness Medicine Training Center Inc.



## Course Application & Registration Form

Name \_\_\_\_\_ Home Phone \_\_\_\_\_

Address \_\_\_\_\_ Work Phone \_\_\_\_\_

\_\_\_\_\_ E-mail \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip code \_\_\_\_\_

Course Sponsor: Outward Bound ~ Odin Falls Basecamp ~ Redmond, OR

Course: Standard Wilderness First Responder

Dates: March 24 to April 1, 2010

Please check one option:

WFR, course materials, lunch, & snacks

\$550 before February 1, 2010     \$600 after February 1, 2010

WFR, camping, showers, all meals, & snacks

\$650 before February 1, 2010     \$750 after February 1, 2010

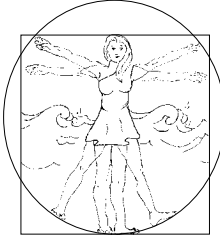
The majority of the students in this WFR course will be part of Outward Bound's spring Wilderness Educator's Course. You would be joining an intact group during the first month of their course. They will have built a strong community and will be held to a high standard both during the WFR and during break times. Drinking, smoking, drugs are not permitted.

You will need to respect the Outward Bound process that occurs during the WFR; please contact Mike Armstrong (541) 548-5044 for details prior to completing this form.

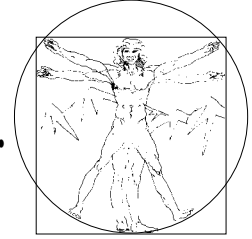
Discounts apply when the registration and full payment are postmarked prior to or on the cut-off date. Course fees are due upon registration and are not refundable unless the course is canceled. Payments post-marked after the cut-off date are not eligible for course discounts. Full payment must accompany all registrations. Sorry, no credit cards.

A Release form and syllabus are included in this file. Please return both the registration and release form with your payment to:

Mike Armstrong  
WFR Registration  
Outward Bound  
70,000 NW 83rd Street  
Redmond, OR 97756



# the Wilderness Medicine Training Center, Inc.



## Agreement of Responsibility

Courses offered by the Wilderness Medicine Training Center, Inc. are rigorous and require your full attendance and participation. You may find them mentally, physically, and emotionally demanding. Class time may exceed ten hours per day plus homework. You should be comfortable reading technical information, be able to write clearly, be able to communicate easily with other people, and you should be physically capable of lifting and carrying a minimum of 50 pounds without injury and moving safely in the outdoors in rough challenging terrain and environments without supervision. You are expected to bring the functional outdoor clothing that will protect you from the environment while participating in simulations. During simulations, skills practice, and some demonstrations you will be acting as a patient and as a rescuer; this requires you to touch and be touched by others during a patient exam and subsequent treatment. To protect your personal space you **MUST** wear your bathing suit (jog bra) and/or shorts under your simulation clothing for all PAS Labs; they will **NOT** be cut. Simulations may take place in water, on rocks, on uneven terrain, on steep slopes, on snow and in rain, snow, wind, or bright sun. The course does **NOT** require you to put yourself at risk of injury or illness. If you feel at risk at any time and for any reason during the course, **STOP** your participation in the activity and bring your concerns to the course instructors. Make a plan to address your concerns and resume your participation once you feel safe. Therefore, during your participation in any Wilderness Medicine Training Center, Inc. course, you are responsible for your emotional and physical safety at all times.

The Wilderness Medicine Training Center, Inc. agrees to present skills and techniques according to the practice guidelines established by the Wilderness Medical Society<sup>1</sup>, the National Association of EMS Physicians<sup>2,4,5</sup>, and the spine management guidelines established by Peter Goth, MD<sup>3</sup>. The Wilderness Medicine Training Center, Inc. is not liable if you do not adhere to those standards in a field situation. Nor does the Wilderness Medicine Training Center, Inc. authorize you to use the skills presented. Your authorization will need to come from a licensed medical control (usually a physician advisor).

If you have successfully completed a certification course (WEMT, WFR, WAFSA, or Review) taught by the Wilderness Medicine Training Center, Inc., you will receive a certification card from the Wilderness Medicine Training Center, Inc.. This card acknowledges that you have successfully demonstrated the skills presented during your course according to the above practice guidelines at the time of your course. It does not certify that you will be able to continue to perform at that level. It is your responsibility to stay current with both your understanding and practice. Most medical control personnel require certification as a baseline for authorization.

If you have participated in a workshop (Wilderness First Aid or a special contract), you will receive a workshop card from the Wilderness Medicine Training Center, Inc. A workshop card states that you were present during the entire workshop. Although the material presented during the workshop will be based on the practice guidelines outlined above, you will not be tested and the card does not certify your ability to perform to those standards. A workshop completion card meets the Labor & Industries, Boy Scouts of America (including Philmont Scout Ranch), American Camping Association, and other state and federal 16-24 hour first aid requirements.

1. Forgey, W.W.: Wilderness Medical Society Practice Guidelines, Merrillville, ICS Books, c1995, c2001, c2005.
2. Goth, Peter and Garnett, George: Clinical Guidelines for Delayed or Prolonged Transport, Lenexa, National Association of EMS Physicians, c1991-1993
3. Goth, Peter: Spine Injury: Clinical Criteria for Assessment and Management, Augusta, Medical Care Development, Inc., c1994.
4. Hopson, Laura R. et al: Guidelines for Withholding or Termination of Resuscitation in Prehospital Traumatic Cardiopulmonary Arrest, NAEMSP Position Paper, c2002
5. Domeier, Robert M., Indications for Prehospital Spinal Immobilization, NAEMSP Position Paper, c1999

Your signature below indicates that you understand the above statements, meet the minimum course requirements, and that you are willing to abide by them. That you will not hold the Wilderness Medicine Training Center, Inc., Sponsors, Instructors, etc. responsible or liable for your use of the material taught during your course. That you will not hold the Wilderness Medicine Training Center, Inc., Sponsors, Instructors, etc. responsible or liable for your emotional or physical safety before, during, or after your course. You also agree to be financially responsible for equipment and supplies damaged beyond normal wear and tear as determined

Type of Course (circle one):    WFR    WAFA    Review    WFA    Contract

Name of Course Sponsor: \_\_\_\_\_

Location of Course: \_\_\_\_\_

Course Dates: \_\_\_\_\_

\_\_\_\_\_  
Your Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Please Print Your Name Clearly

\_\_\_\_\_  
Signature of parent or guardian if under 18 years

# Wilderness First Responder

## Outward Bound ~ Odin Falls Basecamp ~ Redmond, OR

### March 24 to April 1, 2010

### 80 Hours

#### Day 1: Wednesday March 24: Foundation Skills

- Opening & Course Paperwork
- Course Introduction
- Medical/Legal Overview
- General Concepts in Patient Care
- Normal Anatomy & Physiology (All Systems)
- Body Defenses
- Patient Assessment System (PAS), Part 1
- Basic Life Support (BLS) Lab & Simulations

#### Day 2: Thursday March 25: Trauma

- Autonomic Stress Response (ASR)
- Basic Pharmacology
- Increased ICP, Concussion
- Respiratory Distress
- Volume Shock
- Stable & Unstable Musculoskeletal Injuries (lecture & slides)
- Patient Assessment System (PAS), Part 2
- Simulations

#### Day 3: Friday March 26: Trauma

- Quiz 1
- Wounds
- Wounds Lab
- Burns
- 1:1 Extremities Splinting Lab
- Spine Assessment & Lab (2:1 PAS Drill with 3 rotations)
- EVENING SESSION: Adult CPR & AED training<sup>4</sup>

#### Day 4: Saturday March 27: Environmental

- Spine Quiz
- Hypothermia
- Sunburn & Heat Problems (Heat Exhaustion, Heat Stroke, Electrolyte Sickness)
- Cold Injury (lecture & slides)
- Near Drowning
- Spine Management Lab

#### Day 5: Sunday March 28: Environmental

- Quiz 2
- Toxins/Bites & Stings
- Anaphylaxis/Allergies
- Altitude
- Electrical & Lightning Injury
- Simulations

#### Day 6: Monday March 29: Medical

- Quiz 3
- Infectious Diseases
- Gastrointestinal (GI) Problems (vomiting, diarrhea, constipation)
- Genitourinary (GU) Problems (UTI, vaginitis, STD, miscarriage, ectopic pregnancy, etc.)
- Diabetes
- Dislocations (lecture, slides, & lab)
- Simulations

#### Day 7: Tuesday March 30: Medical & Improvising Skills

- Quiz 4
- Ears, Eyes, Nose, Throat & Teeth Problems
- Asthma
- Heart Attack, Angina
- Stroke
- Seizures
- Rescue Equipment/Improvised Litters and Carries

#### Day 8: Wednesday March 31: Video Simulations 1 & 2

- Simulation Briefing
- Video Simulation 1 & Debrief
- Video Simulation 2 & Debrief
- Litter Carries & Passes

#### Day 9: Thursday April 1: Video Simulation 3 and Closure

- Video Simulation 3 & Debrief
- Medical Equipment/First Aid Kits
- Final Written Exam & CPR testing
- Exam Review
- Course Debrief & Closing
- Clean-up

## General Course Information

Courses taught by the Wilderness Medicine Training Center are rigorous and require your full attendance and participation. You may find them mentally, physically, and emotionally demanding. Class time may exceed ten hours per day plus homework. You should be comfortable reading technical information, be able to write clearly, be able to communicate easily with other people, and you should be physically capable of lifting and carrying a minimum of 50 pounds without injury. During simulations, labs, and some demonstrations you will be acting as a patient and as a rescuer; this requires you to touch and be touched by others during a patient exam and subsequent treatment. To protect your personal space you **MUST** wear your bathing suit (jog bra) and/or shorts under your simulation clothing for all PAS Labs; they will NOT be cut. **You are responsible for your emotional and physical safety at all times during the course.**

The Wilderness Medicine Training Center agrees to present skills and techniques according to the practice guidelines established by the Wilderness Medical Society<sup>1</sup>, the National Association of WMS Physicians<sup>2</sup>, and the spine management guidelines established by Peter Goth, MD<sup>3</sup>. The Wilderness Medicine Training Center is not liable if you do not adhere to those standards in a field situation. Nor does the Wilderness Medicine Training Center authorize you to use the skills presented. Your authorization will need to come from a licensed medical control (usually a physician advisor).

When you have successfully completed the Wilderness First Responder course, you will receive a certification card from the Wilderness Medicine Training Center valid for three years. This card acknowledges that you have successfully demonstrated the skills presented during your course according to the above practice guidelines<sup>1,2,3</sup>. It does not certify that you will be able to continue to perform at that level. It is your responsibility to stay current with both your understanding and practice. Most medical control personnel require certification as a base-line for authorization. You must take and pass an approved Review course before your certification expires (see the WMTC web site for details).

You will be spending quite a bit of time outside (snow, rain, hopefully sun, etc.). You will likely get very dirty during many of the labs and simulations. Bring clothing appropriate to the weather. It should be tough and old enough to withstand a beating. You will also need to bring a notebook, pen, pencil, watch, daypack, water bottle, and two sets of old clothing that may be cut during simulations (two long sleeved shirts, two pair of long pants, and 2 t-shirts). "Cuttable" clothing is required for the video simulations and practice. To maintain your personal space bring shorts or a bathing suit (jog bra for women) to wear under your clothes during practice sessions and simulations. They will NOT be cut. Many students find that they benefit from bring multi-colored pencils or pens for note taking. You will be asked to sign an "Agreement of Responsibility" that acknowledges your understanding of the above information on the first day of your course.

Course tuition includes instruction, Patient SOAP Notes, Case Studies in Wilderness Medicine, the Wilderness Medicine Handbook, and the text: The Art and Technique of Wilderness Medicine. Class begins at 8 AM each morning, breaks for lunch from 12-1, and ends most days about 6 PM. The evening session on day 3 will begin after dinner. Day 8 may require an evening class to debrief the second simulation.

## WFR Lab Descriptions

- **Basic Life Support Lab (BLS):** This lab includes basic adult CPR training. It assesses all elements of the Scene size-up and Initial Patient Exam.
- **Dislocations Lab:** This lab deals with assessing and treating dislocations in the field. It includes training in the reduction of simple dislocations of the patella, digits, and shoulder.
- **Wounds Lab:** This lab focuses on practical cleaning methods for "high risk" wounds; one of the more common injuries in the outdoors. The texture and anatomy of pig's feet are very close to human skin and musculature....
- **Extremities Splinting Lab:** Various materials are used to teach students how to improvise effective extremity splints with available gear. Bring one of your cuttable T-shirts.
- **Spine Assessment & Lab:** Teaches students how to assess and rule out possible spine injuries in a wilderness context.
- **Spine Management Lab:** This lab focuses on lifting and moving spine injured patients and subsequent immobilization on a backboard or litter.
- **Injection Lab:** This lab offers hands-on instruction in injectable epinephrine required for the treatment of systemic allergic reactions. Students will inject themselves or another student with sterile water.
- **Improvise Litters & Carries Lab:** This lab shows students how to improvise and package different litters, to create alternate methods for evacuating non-spine injured patients, and to improvise traction splints.
- **Simulations:** Each course has numerous simulations designed to help you practice in a realistic environment; the final three will use video and reviewed immediately afterward for enhanced learning. Fake wounds, blood, etc. are used to increase reality. During simulations, labs, and some demonstrations you will be acting as a patient or a rescuer; this requires you to touch and be touched by others during the patient exam and subsequent treatment. **To protect your personal space you MUST wear a bathing suit (jog bra) and/or shorts under your simulation clothing for all PAS Labs and simulations. Cuttable long shirts and pants are required for all the PAS & Treatment Labs.**

1. Forgey, W.W.: **Wilderness Medical Society Practice Guidelines**, Merrillville, ICS Books, c1995, 2000, 2005.
2. Goth, Peter and Garnett, George: **Clinical Guidelines for Delayed or Prolonged Transport**, Lenexa, National Association of EMS Physicians, c1991-1993
3. Goth, Peter: **Spine Injury: Clinical Criteria for Assessment and Management**, Augusta, Medical Care Development, Inc., c1994.
4. WMTC Wilderness CPR & AED certification is based on guidelines from the American Heart Association, the Wilderness Medical Association, and the National Association of EMS Physicians