

NOLS WILDERNESS MEDICINE

Wilderness First Responder Hybrid Course Schedule

Online Modules

Module 1

- Patient Assessment System
- Cardiac
- Respiratory
- Diabetes
- Neurological
- Abdominal
- Urinary and Reproductive
- Allergies and Anaphylaxis
- Mental Health

Module 2

- Altitude
- Heat and Hydration
- Cold Injury
- Poisons, Stings, Bites
- Lightning
- Drowning/Submersion
- Wound Management

Module 3

- Shock
- Chest
- Head and Spine
- Athletic Injury
- Fractures and Dislocations
- Stress First Aid
- Medical Legal
- Leadership and Decision-Making
- Common Wilderness Medical Problems

In Person Component

DAY 1

Morning

- Infection Control and PPE
- Patient Assessment System

Afternoon

- Patient Assessment System
- Documentation
- Psychological First Aid

DAY 2

Morning

- Shock
- Chest Injury

Afternoon

- Head and Spine Injuries
- Lifting and Moving
- Focused Spine Assessment
- Athletic Injury
- Fracture Management

Evening

- Fracture Management continued
- Dislocations
- Pain Management

DAY 3

Morning

- Spine Protection, Packaging, Transport
- Wound Management

Afternoon

- Altitude Illness
- Heat and Hydration
- Hypothermia and Local Cold Injury

Evening

- CPR

DAY 4

Morning

- Intro to the Medical Patient
- Abdominal/Urinary and Reproductive
- Respiratory
- Allergies and Anaphylaxis

Afternoon

- Cardiac
- Altered Mental Status
- Diabetes

DAY 5

- Practice Scenarios
- Final Q&A
- Written and Practical Exam
- Closure