

2019 / 2020 WHFR Course Syllabus

Day 1

Legal definitions and introduction to Wilderness Medicine

Working in a chronic vs. acute disaster situation

1, 2, 3 person carries and stretcher carries, improvisation with limited equipment

Common backcountry Injuries – The ankle, OTTAWA Rules, establishing CSM

Bandaging/Taping Techniques #1: Ankle wrap (lecture and hands-on)

Shock, Types, Herbs for Shock.

Bio-regional Plant walk

Day 2

Introduction to knots and lashings

Bandaging/Taping Techniques #2: Head Injuries (lecture and hands-on)

Primary Survey

Secondary Survey (lecture and hands-on practice)

Bio-regional Herb Lesson: Decoctions in the field

Herbs for Head, Ears, Eyes, Nose, Throat Ailments in the Field

Day 3

Patient Carries: Cocoon wrap (demo and practice)

Herb Lesson: Percolation tincturing in the field (demo and hands-on practice)

Bandaging/Taping Techniques #3: Shoulder to Ribs

Slings

Bandaging/Taping Techniques #4: Occlusive Dressings and their uses

Bandaging/Taping Techniques #5: Compression Bandages (demo and practice)

Bandaging/Taping Techniques #6: Field Expedient Tourniquets (lecture, demo and practice)

Pelvic Injuries

Bandaging/Taping Techniques #7: Buddy Splinting (demo and hands-on practice)

Day 4

Bio-Regional Plant Walk

Bandaging/Taping Techniques #8: Traction Splints

Open vs. Closed Fractures (lecture)

Mini Scenarios (hands on practice of skills)

Wound and Infection Management Lecture

4 Stages of Wound Healing

Bio-regional herbs for Wound Management

Day 5

Precordial Thump

Heimlich Maneuver: Self-administered, for an upright patient, for a supine patient

Clearing the Airway

CPR in the Field

CPR Basics

CPR and AED testing

(half day)

Day 6

Secondary Survey Practical Exercise

The Austere Team: Provider roles in the field. Food allergies. (team exercise)

Environmental Hazards: Heat, Cold, Lightning strikes

Snakes and venomous bites

Spiders and Insects

Poisonous plants in the field

Day 7

Interactive Team Stations: Wound Closure using Steri-strips and irrigating the wound

EPI pens in the field and anaphylaxis

Sawyer Extractors for venomous bites and stings

Pin-hole glasses for snow blindness

The Austere Team: Provider assessment of team provisions (team exercise #2)

Bandaging/Splinting Techniques #8: Knee testing and wrapping (demo and hands-on practice)

Mini Scenarios: triage exercise

Day 8

Clearing the C-Spine (Lecture and practice)

Tourniquet Conversion in the field

Knots: The water knot for rescue harnesses

Interactive Team Stations: Creating a rescue harness

Tourniquet conversion

Clearing the C-Spine

Compression bandaging

The Austere Team: Provider assessment and plan for quantities of provisions and necessary gear

Bio-Regional Herb Lesson: wildcrafting and field medicine preparations
Making activated charcoal, part 1 (hands-on)
Final Exam
Lecture: Emergencies in the field – from drownings to hypoglycemia
Building a first aid kit

Day 9

Review of final exam
Making activated charcoal, part 2 (hands-on)
Bio-Regional Herb Lesson: completion of field medicine making preparation
Radio and Commo in an austere environment (lecture)
The Austere Team: Provider lecture wrap up of provision amounts, gear and transport (team exercise)
Base Camp Set Up Exercise: interactive team hands-on training
(Working in a post-disaster environment, creating an area of operations for mobile medic teams, the dispatch and holding area, gear inventory, working with emergency radios and establishing clinic, dispatch and mobile rescue teams)
Group Scenarios: post disaster response

Day 10

10th Day Triage
Establishing of an Incident Command Center
Team Exercise: Triage exercise for emergency with multiple injuries
Completion and Course Graduation