

# NOLS WILDERNESS MEDICINE

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## Hybrid Wilderness First Responder Course Schedule

### Online Modules

#### Module 1

- Patient Assessment System
- Spine
- Head
- Shock
- Chest
- Athletic Injury
- Fractures and Dislocations
- Wound Management

#### Module 2

- Altitude
- Heat and Hydration
- Cold Injury
- Poisons, Stings, Bites
- Lightning
- Drowning/Submersion
- Water Disinfection

#### Module 3

- Cardiac
- Respiratory
- Diabetes
- Neurological
- Abdominal
- Urinary and Reproductive
- Allergies and Anaphylaxis
- Mental Health
- Stress First Aid
- Medical Legal
- Search and Rescue
- Leadership and Decision-Making
- Common Wilderness Medical Problems

### In Person Component

#### DAY 1 (8-12:30, 1:30-6)

##### Morning

- Infection Control and PPE
- Patient Assessment System

##### Afternoon

- Patient Assessment System
- Documentation
- Psychological First Aid
- Lifts and Moves

#### DAY 2 (8-12:30, 1:30-6)

##### Morning

- Spine Injuries
- Head Injuries
- Spine Protection, Packaging, Transport
- Focused Spine Assessment

##### Afternoon

- Shock
- Chest Injuries
- Wound Management

#### DAY 3 (8-12:30, 1:30-6, 7-9)

##### Morning

- Athletic Injury
- Fracture Management
- Dislocations

##### Afternoon

- Altitude
- Heat & Hydration
- Hypothermia
- Intro to the Medical Patient
- Altered Mental Status

##### Evening

- Night Rescue

#### DAY 4 (8-12:30, 1:30-6)

##### Morning

- Cardiac
- CPR

##### Afternoon

- Abdominal/Urinary and Reproductive
- Respiratory
- Allergies & Anaphylaxis
- Diabetes

#### DAY 5 (8-12:30, 1:30-6)

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