

the Wilderness Medicine Training Center's Standard WFR & WEMT Recertification Course

Day 1

- Course Introduction & Pre-course Test Review
- Digital Trauma Case Studies Review
- Basic Life Support Simulations
- Case Study Review & SOAP Evaluation Process
- Review Physical Exam & Focused Spine Assessment
- Traumatic Simulations
- Demo, assign, & cut T-shirt rolls
- Case Study Homework

Evening Session

- Wilderness Adult & Child CPR and AED Skills Lab

Day 2

- Case Study Homework Review
- Extremity Splinting Lab
- Dislocations Lab
- Digital Environmental Case Studies Review
- Traumatic Simulations
- Injection Lab
- Wilderness Bites & Stings Quiz
- Case Study Homework

Day 3

- Case Study Homework Review
- Spine Management & Hypothermia Packaging Lab
- Environmental & Medical Tag-team Simulations
- One-on-one Medical Simulations
- Final Written Exams & 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. 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, skill labs, and 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. During your participation in any Wilderness Medicine Training Center course, you are responsible for your emotional and physical safety at all times.

The Wilderness Medicine Training Center agrees to present skills and techniques according to the practice guidelines established by the Wilderness Medical Society and the National Association of EMS Physicians. 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).

Upon successful completion of the Recertification course you will be issued a Wilderness Medicine Training Center certification commensurate with your original WAFA, WFR, or WEMT certification and Wilderness Adult and Child CPR and AED certification. The certification cards acknowledge that you have successfully demonstrated the skills presented during your course according to the above practice guidelines. *Your current WAFA, WFR or WEMT certification must be validated by a WMTC instructor prior to issuing you a new certification; bring a copy of your current certification with you to the course.*

During your course you will be spending quite a bit of time outside (snow, rain, hopefully sun, etc.) and will likely get very dirty during many of the skills sessions 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, backpack, water bottle, a pair of heavy hiking socks, and two sets of old clothing that may be cut (two pair of long sleeved shirts, two pair of long pants, and two T-shirts). "Cutable" clothing is required for simulations and practice. For more details on WMTC courses, please download our Student Booklet; the booklet is available as a pdf file from the "Downloads & Links" page on our Website.

Course tuition includes instruction, access to a web site where you can download a PDF file copy of our text book, our waterproof field manual *the Wilderness Medicine Handbook*, and WMTC Patient SOAP notes. Class begins at 8 AM each morning, breaks for lunch from between 12-1, and the afternoon session ends between 5:30-6 PM. The evening sessions on day one typically begins after dinner; the exact time will be announced at the start the course by your instructor.

You must sign an *Agreement of Responsibility (our release form)* as it acknowledges your understanding of the above information; if you choose not to sign the agreement, you will not be able to participate in the course.

Recertification Course Lab Descriptions

- Basic Life Support Lab: Addresses all elements of the Scene size-up and Initial Patient Exam.
- Wilderness Adult & Child CPR and AED Skills Lab: Adult & Child CPR, obstructed airway & AED skills review and practice.
- Extremity Splinting Lab: SAM splints and expedition supplies are used to improvise effective extremity splints using the buddy, cast, jelly roll, sandwich splint concepts. Bring a cut T-shirt roll and a pair of heavy hiking socks; the socks will not be cut.
- SOAP Evaluation Process: Review SOAP documentation and evaluation process in preparation for full simulations. Bring your completed case study.
- Focused Spine Assessment Lab: How to assess and rule out possible spine injuries in a wilderness context.
- Injection Lab: Hands-on instruction in injectable epinephrine required for the treatment of systemic allergic reactions.
- Focused Spine Assessment Lab: How to assess and rule out possible spine injuries in a wilderness context.
- Spine Management & Hypothermia Packaging Lab: Lifting and moving spine injured patients and subsequent immobilization on a backboard and/or litter in a Hypothermia package.
- Simulations: Role plays incorporating patient assessment & documentation. Make-up is used to increase the scene's reality. Cutable simulation clothing is required.