

Standard WFR & WEMT Recertification Course (26-28 hrs)



Day 1: 8 am-5:30/6 pm (8-9 hrs)

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

Evening Session (2 hrs)

Day 2: 8 am-5:30/6 pm (8-9 hrs)

- Wilderness Adult & Child CPR/AED Skills Lab
- Case Study Homework Review
- Extremity Splinting Lab
- Dislocations Lab
- Traumatic Simulations
- Digital Environmental Case Studies Review
- Case Study Homework

Day 3: 8 am-5:30 pm (8 hrs)

- Case Study Homework Review
- Spine Management & Hypothermia Packaging Lab
- Allergies, Anaphylaxis, & Toxins Review
- Medical Simulations
- Final Written Exams & Review
- Course Debrief & Closing
- Clean-up

General Course Information

Wilderness Medicine Training Center International's Wilderness First Responder certification exceeds the minimum WFR Scope of Practice guidelines established by the Wilderness Medicine Education Collaborative; there are no Scope of Practice guidelines for Wilderness EMT. In order to recertify your WEMT *and* remain certified as a WEMT, you must have a current NREMT certification or state EMT license. When you have successfully completed WMTC's standard WFR & WEMT Recertification course, you will receive a WMTC WFR or WEMT certification card; the card acknowledges that you have successfully demonstrated the skills presented during your course according to the above practice guidelines. You will also receive a WMTC Epinephrine certification card confirming that you have been taught how to treat anaphylaxis with injectable epinephrine; some states require an epinephrine certification to permit you to carry and use epinephrine for the emergency treatment of anaphylaxis. And, you will receive a WMTC Adult & Child/AED Wilderness CPR certification. It is your responsibility to stay current with both your understanding and practice. You may continue to recertify via a WMTC WFA, WAFA, WFR & WEMT Recertification, or by taking your original course again. You must recertify before your certification expires; there is no grace period.

Course tuition includes instruction, our water-proof, tear-resistant field manual *the Wilderness Medicine Handbook* and our Patient SOAP notes. If you haven't already done so, please download and read a copy of our student handbook.

Standard WFR & WEMT Recertification Course Lab Descriptions

- Basic Life Support Review & Simulations: Addresses all elements of the Scene size-up and Initial Patient Exam.
- Adult & Child WCPR/AED Skills Lab: Obstructed airway, Adult & Child Wilderness CPR, and AED instruction, manikin practice, and certification.
- Extremity Splinting Lab: Padded aluminum 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.
- Focused Spine Assessment Lab Review: How to assess and rule out possible spine injuries in a wilderness context.
- Dislocations Lab: Review relocation techniques for indirect anterior shoulder, lateral patella, digits, and jaw dislocations.
- Spine Management & Hypothermia Packaging Lab: Lifting, moving, and packaging potentially spine-injured patients lying on their back and side in a commercial or improvised litter and/or stretcher in a hypothermia package.
- Simulations: Role plays incorporating patient assessment & documentation. Make-up is used to increase the reality of traumatic simulations and cutable simulation clothing is required.