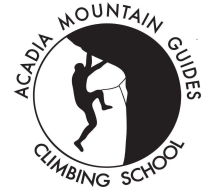




Wilderness First Aid



Course Information: September 23 - 24

Thank you for your interest in our Wilderness Medical Associates International Wilderness First Aid course. The course is instructed by lead WMAI instructors in collaboration with Acadia Mountain Guides Climbing School. Please read over the following information and if you have any remaining questions, please contact the KATEC office!

Description:

Are you tired of the same old wilderness first aid course?

- Do you want to be prepared for a remote accident? Do you want to learn best practices? Are critical thinking and problem solving important to you? If you answered yes to any of the above, then sign up for this scenario based introduction to wilderness medicine.
- Develop good assessment and scene leadership skills. Further your risk benefit and decision making skills. Understand real shock. Learn to safely move spine injured patients. Treat ugly wounds and broken bones with greater confidence. Administer epinephrine for severe airway constriction. Recognize situations can manage alone and when you need to scream for help.
- Each day is devoted to classroom interaction and outdoor practical skills. You should expect scenarios with made up victims and simulated wounds to occur continuously throughout the course.
- Intended for the person who frequently travels in the backcountry with friends or in small groups and who is seeking a basic level of competency in first aid.
- Three year certification through Wilderness Medical Associates International upon successful completion.



Who should take the course?

The course may be taken by anyone who would like to gain practical medical first aid skills. Intended for the person who frequently travels in the backcountry with friends or in small groups and who is seeking a basic level of competency in first aid.

Class Meeting: September 23rd – 24th. Class will begin at 8:30 a.m. and end at 5:30 p.m. and may occasionally run over by 15 - 20 minutes. Try to get a good rest and get personal matters out of the way before the course.

Location: Meet at Katahdin Region Higher Education Center, 1 Dirigo Drive, East Millinocket, ME 04430

Pre-requisites:

Students must be at least 16 years old to participate in this course. Those under 18 years of age require the written consent of a parent or guardian.

Tuition: \$300.00 payable to KATEC and includes course text, assessment guide, and field notes.



Acadia Mountain Guides Climbing School

92 Main Street • Orono

AcadiaMountainGuides.com

climb@acadiamountainguides.com 207-866-7562



To Register: call 207 746-5741

Payment:

Full payment at time of reservation.

Cancellations:

Contact KATEC

Staying Connected:

Cell service is good at site.

Lodging Information:

There are numerous accommodations as well as camping options within a short drive of the class location.

Meal Information:

Lunch breaks will be provided. There are several restaurants and lunch meal options within a short drive that offer a selection of food including vegetarian and vegan options.

Instructor: Jason Barschdorf, Physician Assistant, Lead WMAI Instructor

Inclusions:

- 3 year certification from Wilderness Medical Associates International.
- Anaphylaxis and adult CPR certification
- SOAP Notes, First Aid Handout

Exclusions:

- Meals and lodging
- Participants should bring old clothes and extra clothes for scenarios
- You will need a headlamp, a roll of duct tape and old throwaway shirts, socks and pants for simulations.
- Transportation to / from local scenario sites
- Instructor Gratuities

Supplies: Please bring a headlamp or flashlight, a roll of Duct Tape and extra old throwaway shirts, socks and pants that can be stained or cut up during simulations.

Texts included with course:

SOAP Notes, First Aid Handout, Wilderness First Aid Manual

Permanent Gear Discount Perk:

Any outdoor gear you may want can be purchased ahead of the course from our gear store - [Alpenglow Adventure Sports](#) - where you get a 25% off purchases made within 7 days before or after the course and a 15% discount off MSRP for life!!! Purchases may be made in-store or online. Gear purchased in advance of course can often be brought to you on the course.

Again, All of our clients receive a **LIFETIME 15% DISCOUNT** on all outdoor gear and clothing purchases through Alpenglow Adventure Sports in Bar Harbor and Orono, or at our website [AlpenglowGear.com](#). No double discounts allowed, if for some reason an order with double discount is submitted we will contact you. Upon registration you will be provided a discount code.

Learning Goals:

- Introduce backcountry emergency procedures and evacuation skills
- Introduce backcountry improvisation skills.
- Introduce major topics in emergency care relative to the wilderness.
- To better understand the limits of medical care in a remote setting.
- Develop confidence and competence in responding to backcountry accidents.
- Improve personal judgment and decision making skills.

Course Objectives:

WMAI courses present nationally recognized curricula. The style of the course is the result of input from outdoor educators, medical experts, search and rescue personnel, EMS field providers and prior students.

- Explain a first aider's obligation to provide medical assistance as a private citizen and as an employed trip leader.
- Perform a patient assessment and formulate a problem list for both medical problems and injuries.
- Demonstrate BLS skills including: one person rolls, head and neck stabilization; manage airway with spine stabilization; jaw thrust, head tilt; abdominal thrust; chest compressions; assisted ventilations; apply and use an automatic external defibrillator; well-aimed direct pressure to control bleeding
- Explain the limitations of cardiopulmonary resuscitation in the wilderness context.
- Name the major problem for each of the critical systems and explain when and why a victim may need to be evacuated.
- Give examples of high-risk wounds and describe their management.
- List definite criteria for unstable injuries and demonstrate basic splinting skills for an injury to a long bone and joint.
- Describe typical signs/symptoms of an anaphylactic reaction.
- Describe the treatment for an anaphylactic reaction and demonstrate the injection technique used to administer epinephrine.
- Demonstrate the technique for moving a person with spine injury.
- Describe techniques to lower the probability of being struck by lightning.
- Describe the difference in signs/symptoms and treatment of mild and severe hypothermia.
- Describe the signs/symptoms and treatment for heat exhaustion and heat stroke.
- Describe some red flag criteria for common medical complaints (including: abdominal pain, vomiting/diarrhea, cough, chest pain, fever, headache and urinary tract complaints).

Sample Outline:

Below is a sample curriculum for the 2 day Wilderness First Aid. We strive to make each class slightly different in structure to maintain presentation freshness.

Day 1	
.5 hr	Introductions, Registration and Overview
.5 hr	General Concepts Overview
.5 hr	Scene Leadership / Backcountry ICS
.75 hr	Patient Assessment
1.5 hr	BLS Skills
1.0 hr	Lifting / Moving / Extrication
2.5 hrs	Critical PAS Drills
Day 2	
1.0 hr	Enviro (hyperthermia/hypothermia, Cold)
1.0 hrs	Anaphylaxis and Asthma
.5 hr	Enviro (Lightning, Drowning, Avalanche)
1.0 hrs	Soft Tissue Injury / Wound
1.0 hrs	Musculoskeletal Injuries
1.5	Backcountry Medicine
1.5	Simulation Exercise
.5	Evaluation



Minimum Registration Requirements

This is set by KATEC. The maximum course size is 21.

Have a group?

Are you part of a college organization, ski club, summer camp, etc.? We are happy to schedule a customized course for organizations, small groups, and individuals. We offer courses in backcountry skiing, avalanche safety, rock and ice climbing, high altitude mountaineering trips, wilderness medicine and slope access / technical rescue. We can travel to you or you can come to us. Of course, if you would like to schedule a course or trip in Iceland, Colorado, or Japan, etc. we would be very pleased to work with you.



Risk and Rescue: Enjoying the outdoors necessitates a certain degree of risk-taking and so does taking a wilderness medicine course. You are participating in this course at your own risk. You will be asked to lift other people, you will have make-up applied to your skin, you will be training in an outdoor environment that may be cold, hot, rocky, slippery, or wet. You will be participating in training exercises in outdoor areas that are remote and, as in all outdoor activities, are inherently dangerous and are often physically and emotionally demanding. You will be participating in emergency medical training scenarios with other students under circumstances where accidents, mistakes or other circumstances may result in injury to me. Please be sure that you are fully aware of such risks. .If you have a pre-existing condition that may impact your participation, it is your responsibility to notify the instructor so that accommodation can be made. It is our goal to interpret the environmental, situational and group variables and to make educated decisions to minimize dangers to you while at the same time providing an enjoyable and memorable experience.

Pre-course Preparation:

No pre-course study is required although it is recommended to read over the text. **You do need to create Moodle account with Wilderness Medical Associates.**

Wilderness Medical Associates now uses an education platform called Moodle for pre-course paperwork and post-course evaluations and PDF certifications. The following steps will guide you through creating an account and enrolling into your course. Please visit our [Moodle Help page](#) for more assistance.

Step 1 (NEW): Click on this enrollment link or copy it and paste it into a web browser:

<https://courses.wildmed.com/login/index.php?enrollkey=33665>

- **Existing users**, sign in using your WMA Moodle login information. The 'enrollment key' will be entered automatically. When you click 'Log in', you will be automatically enrolled in your upcoming course. If the enrollment key does not populate, enter **33665**.
- **New users**, click 'Create new account' and follow the directions on the New Account page. The 'enrollment key' will be entered automatically. You will be automatically enrolled in your upcoming course when your account is created. If the enrollment key does not populate, enter **33665**.

Note: The enrollment link above is for enrollment only. Once enrolled, please use <https://courses.wildmed.com/login/index.php> to log in and access your course via the Dashboard.

Step 2: Complete the Start Here and Course Paperwork Sections. Complete these sections as directed in your course. Please review the **Start Here** section and complete all items in the **Required Pre-Course Paperwork** section to unlock additional pre-course work, if applicable.

After Your Course: Course Evaluation & WMA Certification Card. Once you have completed your course, you can 1) complete a course evaluation and 2) generate a PDF copy of your WMA certification. Both are located in the **Course Evaluation and Electronic Certification** section.

Important Classroom Details

IT IS CRITICAL THAT YOU ARE PREPARED WHEN YOU COME TO CLASS.

Make sure you have had adequate sleep and it would be best not to work all night the night before class. Hangovers are another bad idea. Be prepared to be outside in all weather; **let me stress, be prepared to be outside in all weather.**

We will be practicing our skill scenarios in real conditions that may mean outside in the pouring rain, the snow, the mud or other unpleasant conditions. Dress warmly in layers and bring a change of clothes for scenarios is a good idea.

BRING OLD CLOTHES TO CLASS TO WEAR FOR SCENARIOS. At times you will be playing a patient. Some of the make up we use stains clothing and some scenarios will force you to lay in snow, slush and mud. Clothing may get cut up.

If you have any physical limitations that keep you from performing this type of scenario let your instructor know in advance.

MOST IMPORTANTLY, BE INVOLVED IN THE CLASS AND ASK QUESTIONS IF SOMETHING DOES NOT MAKE SENSE.