



# WILDERNESS ADVANCED LIFE SUPPORT (WALS)



**Bangor, ME • November 23 - 26**

**MD/DO: \$1300.00 • PA/NP: \$1200.00 • Resident \$800.00 • RN / Paramedic / AEMT: \$700.00**



Apply up to date medical knowledge and critical thinking skills in remote and resource challenged patient care settings. Join us in Bangor, Maine – only 50 minutes from Acadia National Park.

**Target audience:** advanced medical practitioners (MD/DO, PA/NP, RN, paramedic or an AEMT with ALS experience) interested in rescue, mass casualty, and remote outdoor environments or urban areas in disaster.

WALS is Wilderness Medical Associates International's most advanced course. This 36 hour course is constantly evolving course and is highlighted by discussions of new and controversial ideas and the appropriate application of technologies. The learning environment is challenging, stimulating, and fun.

The style of the course is the result of input from outdoor educators, medical experts, search and rescue personnel, and field providers. Certification through Wilderness Medical Associates International will be granted following successful completion of the course.

The WALS curriculum is written in-house by a team of medical and rescue professionals and researchers. We do the research and find the evidence supporting this unique approach to medicine in austere settings. The curriculum is comprehensive, complete, and kept current on an annual basis. We believe that this is the one of the most relevant and peer supported medical curriculums for remote and extreme environments in the world.

## Continuing Education

Up to 36 hours continuing education hours through your respective accrediting organizations (WMS / ACCME, CAPCE). *WMS FAWM Candidates:* This course has been approved for Fellowship in the Academy of Wilderness Medicine (FAWM) credits through the Wilderness Medical Society. Actual credits awarded depend on personal credit needs and history.

## Instructor Team:

**Jon Tierney:** Course host. RN / Paramedic, Fellowship in Wilderness Medicine, Wilderness Paramedic, retired Flight Paramedic, RN, IFMGA/AMGA Mountain Guide, former NPS climbing and backcountry ranger. WMAI Lead Instructor since 1980s.

**Evie Marcolini:** Emergency Medicine and Neuro-critical Care Physician at Dartmouth-Hitchcock. Former Outward Bound instructor.

**Paul Marcolini:** Paramedic, retired Flight Paramedic, former climbing ranger and EMS co-coordinator and QI Coordinator for Denali National Park and Rainier National Park. Former Outward Bound instructor and course director. WMAI Lead Instructor since 1980s.



**Space is limited. Register through [AcadiaMountainGuides.com](http://AcadiaMountainGuides.com)  
[climb@acadiamountainguides.com](mailto:climb@acadiamountainguides.com) 207-866-7562**



# Wilderness Advanced Life Support Course Information



Thank you for your interest in our Wilderness Advanced Life Support course. Please read over the following information and if you have any remaining questions, please contact the office!

The Wilderness Advanced Life Support (WALS) is Wilderness Medical Associates International's most advanced level course. Our 36-hour course is run over 4 days. It is open to certified or licensed advanced level medical practitioners (MD/DO, RN, NP, RN, paramedic or an AEMT with ALS experience) involved or interested in rescue, mass casualty, and remote outdoor environments or urban areas in disaster or crisis. This constantly-evolving course is highlighted by discussions and hands-on practice of new and controversial ideas and the appropriate application of technologies in austere settings. The learning environment is challenging, stimulating, and fun.

## Description:

- The style of the course is the result of input from outdoor educators, medical experts, search and rescue personnel, and field providers. Certification through Wilderness Medical Associates International will be granted following successful completion of the course.
- The Wilderness Advanced Life Support (WALS) curriculum is written in-house by a team of medical and rescue professionals and researchers. We do the research and find the evidence supporting this unique approach to medicine in austere settings. The curriculum is comprehensive, complete, and kept current on an annual basis. We believe that this is the most relevant and peer supported medical curriculum for remote and extreme environments in the world.
- Three year certification through Wilderness Medical Associates International will be granted following successful completion of the course.

## Who should take the course?

The course is intended for advanced practitioners including paramedics, RN's, NP's, PA's, MD/DO's with an interest in providing care in remote settings or advising outdoor groups and programs.

## Pre-requisites:

Participants must be ALS-trained with current certification, i.e.: EMT-P and ALS trained AEMT / EMT-I, Physician Assistant (PA), Registered Nurse (RN), Nurse Practitioner or Physician (MD or DO). Others admitted on a case-by-case basis.

**Tuition:** MD/DO: \$1300.00, PA/NP: \$1200.00, Resident \$800.00, RN / Paramedic / AEMT: \$700.00



## Acadia Mountain Guides Climbing School

92 Main Street • Orono

AcadiaMountainGuides.com

climb@acadiamountainguides.com 207-866-7562



**To Register:** Register online at [WALS – Wilderness Advanced Life Support](#) or call 207 866-7562, Mon - Sat, 10:00 am - 6:00 pm.

**Payment:**

Full payment is required for registration.

**Cancellations:**

When you book a course with Acadia Mountain Guides you are agreeing to our cancellation policy. Please realize that if your travel does not go according to plan in any way and for any reason, we are unable to provide credits or refunds outside of what is described below. We strongly recommend that you purchase trip insurance to protect your activity purchase against unforeseeable circumstances which include but are not limited to:

- Anticipation of Inclement Weather
- Flight and Travel Delays and Conditions
- Personal or work schedule changes
- Injury or Illness of self or family member

If you cancel more than 21 days in advance you may put the deposit toward a future course or receive a refund of 75% of your deposit. Cancellations made within twenty-one (21) days of program forfeit full tuition rate. Alternatively, if you find a replacement you will receive a 100% refund. A full refund will be given if Acadia Mountain Guides Climbing School must cancel the course.

**Instructor Profiles:** It matters who teaches your course!

**Jon Tierney:** Course host. RN / Paramedic, FAWM, WP-C, FP-C, retired Flight Paramedic, RN, IFMGA/AMGA Mountain Guide, former NPS climbing and backcountry ranger. WMAI Lead Instructor since 1980s. [See full bio here.](#)

**Evie Marcolini:** Emergency Medicine and Neuro-critical Care Physician at Dartmouth-Hitchcock. Former Outward Bound instructor.

**Paul Marcolini:** Paramedic, retired Flight Paramedic, former climbing ranger and EMS co-coordinator and QI Coordinator for Denali National Park and Rainier National Park. Former Outward Bound instructor and course director. WMAI Lead Instructor since 1980s.

**Continuing Education:**

Physicians, physician assistants, nurses, paramedics and other ALS certified professionals may receive up to 36 hours continuing education hours.

**Physicians:** This activity has been planned and implemented in accordance with the Essential Areas and Policies of the [Accreditation Council for Continuing Medical Education](#) through the joint providership of the Wilderness Medical Society and WMAI. The [Wilderness Medical Society](#) is accredited by the ACCME to provide continuing medical education for physicians and designates this educational activity for a maximum of 36 *AMA PRA Category 1 Credits*<sup>™</sup>.

**WMS FAWM:** This course has been approved for Fellowship in the Academy of Wilderness Medicine (FAWM) credits through the Wilderness Medical Society. Actual credits awarded depend on personal credit needs and history.

**Nurses:** Most State Boards of Registered Nurses accept AMA Category 1 Credit as meeting continuing education requirements for license renewal. Nurses should check with their state board regarding use of CME Credit.

**Physician Assistants:** The American Academy of Physician Assistants accepts Category 1 CME approval from organizations accredited by the ACCME.

**Paramedics / AEMTS:** The course is registered for 36 hours of continuing education credit through CAPCE.

**Dates:** November 23 – 26th. Class will begin at 8:30 a.m. and end at approximately 6:00 p.m. These days will be long and intense. Get a good rest and get personal matters out of the way before the course.

**Location:** at Alpenglow Adventure Sports, 753 Stillwater Ave., Bangor, ME

Much of this course will be taught outside. Please be prepared for what mother nature provides us.

**Meals:**

Please bring an easy to eat lunch, snacks and drinks for each day. We will have about a 30 – 45 minute lunch break each day. Many restaurants and fast food services are within a mile distance.

**Lodging:**

There is a wide selection of lodging options in Bangor, ME – all within a 1 – 3 mile drive.

**WIFI and Cell:**

WIFI is available onsite and cell coverage is good in the area.

**Inclusions:**

- 3 year certification from Wilderness Medical Associates International.
- Course Texts; SOAP Notes, Wilderness and Rescue Medicine, and The Wilderness Medical Associates Field Guide, Case Study Workbook, Lecture Notes.

**Exclusions:**

- Meals and lodging
- Participants should bring old clothes and extra clothes for scenarios
- Transportation to / from local scenario sites
- Instructor gratuities

**Supplies:** You will need a headlamp, a roll of Duct Tape and old throwaway shirts, socks and pants for simulations.

**Texts included with course:**

Wilderness and Rescue Medicine: A Guide for Basic & Advanced Practitioners

Wilderness Medicine Workbook

Field Guide of Wilderness & Rescue Medicine

WFR Class Notes

SOAP Note Book

**Permanent Gear Discount Perk- 25% off outdoor gear.**

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

**Learning Goals:**

- Understand the challenges and limitations of working in a remote/resource challenged, patient care setting.
- Explain principles of preventive care for patients and team members when faced by environmental challenges.
- Perform an accurate patient assessment when access to advanced diagnostics are not available
- Via case studies and in practice during patient-oriented drills, demonstrate decision making ability for treatments and evacuations in remote resource/challenged patient care settings.
- Further develop improved critical thinking and diagnostic/analytical skills enabling optimum decision-making
- Demonstrate the skills, knowledge and abilities to provide basic and advanced emergency for a care for wide array of injuries and conditions in a remote setting
- Utilize useful medical and basic rescue equipment often available in a remote/resource challenged patient care setting.
- Clearly communicate diagnosis and treatment plan to victims, rescue workers and other expedition members
- Discuss how to manage the site environment to avoid additional injury to the victim while keeping the site safe for other expedition participants
- Decide which medications and equipment that might be useful and appropriate in a variety of remote/resource challenged patient care settings.



## Draft WALs Course Outline:

### **Day 1 (0830 – 1815+/-)**

0.5 hrs	Intro - Logistics and Introduction to course –
1.25 hrs	General Principles in Wilderness Medicine - both pathology and wilderness/rescue
1.25 hrs	Patient Assessment System (PAS) Scene
	Managing a Lost person / SAR Scene – Formal ICS
	Backcountry Group ICS
	Hike, Help or Helo
	Heli Ops / Safety
	Hypothermia Wrap
.5 hrs	Lunch
0.25 hrs	Patient Assessment System (PAS) Primary
0.25 hrs	BLS in the backcountry (PM), protocol review
1.5 hrs	Tools & Tech: Tourniquets, Airway Management, BVM Extension, IV Warming, RSI
	Review, Vacuum Splints
0.5 hrs	Patient Assessment System (PAS) Secondary Quick Review / SOAP
1.5 hrs	Group Scenario 1 - Scene Mgmt and BLS/ALS focus
	Debrief Day Wrap-up
	Homework Cases

### **Day 2 (0830 – 1815+/-)**

1.5 hrs	Small Group PAS Drill Critical Systems Round 1, BLS to Critical Care, Practical and Disc.
2.0 hrs	Small Group PAS Drill Critical Systems Round 2, BLS to Critical Care, Practical and Disc.
	TBI – Mild / Severe - altered mental status in the backcountry
.5 hrs	Lunch
1.5 hrs	Spinal Assessment and Spinal Cord Protection
1.5 hrs	Litter / Trail lowers, Vacuum matt and improv spine splint / collars
2.0 hrs	Group Scenario 2
	Debrief Day Wrap-up

### **Day 3 (0830 – 1815+/-)**

0.75 hrs	Discussion - Integrating WMED into daily practice
1.5 hrs	Small Group PAS Drill Critical Systems Round 3, BLS to Critical Care, Practical and Disc.
0.5 hrs	Asthma / Anaphylaxis practical
0.75 hrs	Hypothermia
0.75 hrs	Cold injury / Frostbite
0.5 hrs	Lunch
0.5 hrs	Hyperthermia / Hyponatremia
1.0 hrs	Wound Assessment and Management
0.5 hrs	Burn Care Assessment and Management
2.5 hrs	Small Group Scenarios / Discussion
	Debrief Day Wrap-up

### **Day 4 (0830 – 1815+/-)**

1.0 hrs	Pharmacology – pain, antibiotics, others
0.75 hrs	Musculoskeletal assessment and Mgmt
1.5 hrs	Splinting / Dxl Reduction Stations
2.0 hrs	Backcountry Rodeos “Clinic medicine in the austere”
0.5 hrs	Lunch
0.75 hrs	Altitude
0.5 hrs	Avalanche
0.75 hrs	Toxins / Bites
2.0 hrs	Group Final Scenario

## Pre-course Preparation:

Wilderness Medical Associates uses an education platform called Moodle for pre-course paperwork and study materials along with post-course evaluations and PDF certifications. The following steps will guide you through creating an account and enrolling into your course.

**You must create an account on wildmed.com and then enroll in the WMAI Moodle learning management system. Directions below.**

**WALS, Course ID #34250, scheduled for 3/29/2024 through 4/1/2024 located in Bangor**

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=35047>

- **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 35047.
- **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 35047. **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.**

**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.

### **Class Engagement:**

It is safe to say that this class will be different from many classes you have taken. You are being prepared for entry into a profession and this is the critical time to instill the core values of wilderness leadership and EMS organization: teamwork, professionalism, and integrity. You will often operate independently caring for patients for minutes to days until advanced further help can arrive. For these reasons we have to get the absolute most we can out of every second of that training which means keeping the class engaged and active from minute one. You will be involved from minute one, there will be discussions, team activities, oral reports, scenario based learning, simulations made as real as possible and an intense level of practice, evaluation and follow up practice. You should expect to be outside regardless of the weather. You will be working on your hands and knees (in the mud and snow) and carrying loaded litters over rough terrain and through brush. For your own personal safety and comfort, please come to class prepared to go outside on a moment's notice. Please bring your notebook along with a way to use it, (yes, even in the rain or snow) for each class.



### **Minimum Registration Requirements**

A minimum of six (6) participants are needed to run this program and there is a maximum of 21. The decision to run the program will be made three weeks prior to the start date. In the case of low registration, you will have the options of joining another program, receiving a refund or possibly paying an additional amount to allow the program to run with lower numbers.

### **Have a group?**

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.

**IT IS CRITICAL THAT YOU ARE PREPARED WHEN YOU COME TO CLASS.** Do not plan on leaving at exactly the stated end time every day, some exercises may take us over by 30 – 60 minutes. Plan to be there later and on the days you can leave on time you will be pleasantly surprised. Come to class prepared to work both physically and mentally.



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.

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