

WILDERNESS FIRST RESPONDER COURSE OUTLINE - CFT-0014



**Schedule may vary based on location*

DAY ONE - TOPIC	TOTAL TIME
Introduction & Course Overview	45 minutes
Role of the Medical Officer	45 minutes
Medical Legal Issues in Remote Care	45 minutes
Scene Size-Up	30 minutes
Primary Survey	45 minutes
Physical Exam	30 minutes
Lunch	1 hour
Physical Exam Continued	30 minutes
Vital Signs	1 hour
Patient History	1 hour
Lifting & Moving Patients	1 hour
Documentation	30 minutes

DAY TWO - TOPIC	TOTAL TIME
Basic Airway Management & Oxygen Administration	2 hours
CPR for the Healthcare Provider	2 hours
Lunch	1 hour
CPR for the Healthcare Provider continued	3 hours
CPR in Remote Environments	30 minutes
Communication	30 minutes

DAY THREE - TOPIC	TOTAL TIME
Introduction to Student Teaching Topics	15 min
Shock	1 hour
Scenario	30 minutes
Thoracic Trauma	1 hour 45 minutes
Scenario	30 minutes
Lunch	1 hour
Head Injuries	1 hour
Scenario	30 minutes
Spinal Injuries	2 hours
Scenario	30 minutes

DAY FOUR - TOPIC	TOTAL TIME
Student Teaching Topics	30 minutes
Wound Management & Infection	2 hours
Scenario	30 minutes
Dental Emergencies	1 hour
Lunch	1 hour
Musculoskeletal Injuries	3 hours 30 minutes
Break	2 hours
Evening Review	3 hours

DAY FIVE - TOPIC	TOTAL TIME
Student Teaching Topics	30 minutes
Respiratory Emergencies	1 hour
Scenario	30 minutes
Cardiac Emergencies	1 hour
Scenario	30 minutes
Motion Sickness	30 minutes
Lunch	1 hour
Abdominal Pain	1 hour
Altered Mental Status	3 hours

DAY SIX - DAY OFF
(Please note that some courses are in a 9-day format without a break. Schedule may also vary by location.)

DAY SEVEN - TOPIC	TOTAL TIME
Student Teaching Topics	30 min
Genitourinary Medicine	1 hour
Allergic Reactions & Anaphylaxis	1 hour
Medication administration	1 hour
Mass- Casualty Incidents	1 hour
Lunch	1 hour
Cold Emergencies	2 hours 30 minutes
Scenario	30 minutes
Heat Emergencies	1 hour

DAY EIGHT - TOPIC	TOTAL TIME
Student Teaching Topics	30 min
Altitude	1 hour
Scenario	30 minutes
Lightning	1 hour

DAY EIGHT - TOPIC	TOTAL TIME
Immersion & Submersion	1 hour
Lunch	1 hour
Camp Hygiene	1 hour
Scenario	30 minutes
Search and Rescue & Group Management	1 hour 30 minutes
Break	2 hours
Austere Patient Care and Survival Lab	3 hours

DAY NINE - TOPIC	TOTAL TIME
Student Teaching Topics	1 hour 30 minutes
Plant & Chemical Poisoning	1 hour
Scenario	30 minutes
Lunch	1 hour
Animal Attacks & Envenomation	1 hour
Remote Medical Kit & Supplies	1 hour
Knowledge & Skills Review	2 hours

DAY TEN - TOPIC	TOTAL TIME
Open Review	1 hr
Written Exam	3 hr
Practical Testing	4 hr