



COURSE OUTLINE:

Day 1

Introduction

What is Wilderness Medicine?

Medical Legal Issues

Risk Management

EMS System

Anatomy & Physiology

Cardiopulmonary System

Perfusion

Preventing Disease Transmission

Basic Life Support

Adult & Child

Urban CPR lecture & demonstration

Wilderness CPR Considerations

CPR Practical

Airway Adjuncts Module

Securing an Airway

OPA/NPA

Skill Station

Day 2

Scenario Hotspot

Patient Assessment

Scene Size-Up

- BSI
- Scene Survey
- MOI
- C-Spine Consideration
- Number of Patients
- Consider Back-Up

Initial Assessment

- ABCDE
- Stop and Fix Life Threats

Focused History and Physical Exam

- SAMPLE
- Vitals
- OPQRST
- 1ST STEP
- Head to Toe Exam

On-Going Assessment

- Monitor ABC's
- Monitor Interventions
- Documentation

Initial Assessment

Rodeo

Skills Stations

Scenarios

Bleeding & Shock

Soft Tissue Injuries

Wilderness wound management

Aggressive Bleeding Control

Hemostatic Agents

Infections

MRSA

Hygiene

Burn Management

Day 3

Scenario Hotspot

Orthopedic Injuries

Skeletal System

Stable vs. Unstable

Injuries

Sprains and Strains

Dislocations

Fractures

Improvised splints

Splint Skill Station

Spinal Injuries

Focused Spinal Assessment

Moving Patients

Back Boarding/Improvised

Traumatic Brain Injuries

Chest & Abdominal Injuries

Day 4

Medical Emergencies

Diabetic Emergencies

Respiratory Emergencies

Anaphylaxis

Cardiac Emergencies

Stroke

Medical Emergency Rodeo

Day 5

Scenario Hotspot

Medical Emergencies

Behavioral Emergencies Module

Seizure Disorders

GI Disorders

Acute Abdomen

Gender Specific Problems

Medical Emergency Rodeo

Day 6

Environmental Medicine

Heat and Cold Injuries

Water Emergencies

Lightning Injuries

High Altitude Illnesses

Bites and Stings

Marine Envenomations

First-Aid Kits

Day 7

Group Scenarios

Improvised Litters

Litter Carrying Techniques

Basic Triage

Radio Protocol

Helicopter LZ

Evacuations

Final Practical Scenario Workshop

Night Scenario

Day 8

Final Written Exam

Final Practical

Solo Scenarios

Group Student-Run Scenarios

Closure

Additional Modules

Included In DMM's Curriculum:

- *Airway Adjuncts*
- *Risk Management*
- *Behavioral Emergencies*
- *KTD/SAM Sling*
- *Marine Envenomations*
(Ocean-based classes only)