

# ADVENTUREMED

Wilderness Medicine Education®

## SAMPLE WFR COURSE SCHEDULE:

<b>Day 1</b>	
8:00 am	Registration and Intro to Course
9:00 am	Patient Assessment Scene Size-up(Safety, BSI, etc.)
10:00 am	Patient Assessment Primary Survey (ABCDE)
11:00 am	Patient Assessment Secondary Survey (Vitals, History, Head to Toe)
12:00 pm	
1:00 pm	WORKSHOP-Patient Assessment Demonstration and Practice
2:00 pm	WORKSHOP-Primary and Secondary Survey practice
3:00 pm	CPR/BLS for healthcare providers
4:00 pm	CPR/BLS for healthcare providers
5:00 pm	CPR/BLS for healthcare providers
6:00 pm	CPR/BLS for healthcare providers
7:00 pm	CPR/BLS for healthcare providers
<b>Day 2</b>	
8:00 am	Bleeding and shock
9:00 am	Wound and Burn Management
10:00	WORKSHOP-Wound Management
11:00 am	WORKSHOP-Wound Management
12:00 pm	
1:00 pm	Hike and Scenarios
2:00 pm	Hike and Scenarios
3:00 pm	Hike and Scenarios
4:00 pm	Hike and Scenarios
5:00 pm	
6:00 pm	Fractures
7:00 pm	Dislocations
8:00 pm	WORKSHOP-Improvising Splints/Traction Splints
9:00 pm	WORKSHOP-Improvising Splints/Traction Splints
<b>Day 3</b>	
8:00 am	Chest Injuries
9:00 am	Abdominal Injuries
10:00 am	WORKSHOP-Scenario with Abdominal Assessment
11:00 am	Head and Spine Injuries
12:00 pm	
1:00 pm	WORKSHOP-Spinal and Head Injuries: Spine Immobilization
2:00 pm	Near Drowning/Lightening
3:00 pm	Heat Induced Injuries
4:00 pm	Hypothermia and Cold Injuries/Frostbite
5:00 pm	
6:00 pm	Recertification Written and Practical Exam/Scenarios for full cert
7:00 pm	Recertification Written and Practical Exam/Scenarios for full cert
8:00 pm	Recertification Written and Practical Exam/Scenarios for full cert
9:00 pm	Recertification Written and Practical Exam/Scenarios for full cert

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BWLS Schedule Continued...

## Day 4

8:00 am	Animal Bites and Insect Stings
9:00 am	Anaphylaxis and Allergies
10:00 am	Athletic Injuries
11:00 am	First Aid Kits/Water Purification
12:00 pm	
1:00 pm	Hike and Trauma Scenarios
2:00 pm	Hike and Trauma Scenarios
3:00 pm	Hike and Trauma Scenarios
4:00 pm	Hike and Trauma Scenarios
5:00 pm	
6:00 pm	Medical Problems Abdominal Pain
7:00 pm	Medical Problems Heart, Lung, Diabetes
8:00 pm	WORKSHOP-Moving the Injured Patient/ litters and carries
9:00 pm	WORKSHOP-Moving the Injured Patient/ litters and carries

## Day 5

8:00 am	Gender Specific Emergencies
9:00 am	Obstetrical Emergencies
10:00 am	Psychology in the Wilderness
11:00 am	Neurologic Emergencies
12:00 pm	
1:00 pm	WORKSHOP -Complete patient assessment drills
2:00 pm	WORKSHOP -Complete patient assessment drills
3:00 pm	Complex Scenarios
4:00 pm	Complex Scenarios
5:00 pm	Complex Scenarios
6:00 pm	Complex Scenarios

## Day 6

8:00 am	Diving Medicine
9:00 am	Altitude Illness
10:00 am	Avalanche Medicine (TO BE MODIFIED FROM AWLS LECTURE)
11:00 am	Law and the Wilderness
12:00 pm	
1:00 pm	Sports Nutrition and hydration (LECTURE NOT YET WRITTEN)
2:00 pm	Misc wilderness problems (skin, blisters, dentistry, eyes) (ch 23, 25)
3:00 pm	Misc wilderness problems (skin, blisters, dentistry, eyes) (ch 23, 25)
4:00 pm	Flex Hour for Review and Practice
5:00 pm	Flex Hour for Review and Practice

## Day 7

8:00 am	Poisoning Emergencies
9:00 am	Evacuation Guidelines
10:00 am	Evacuation guidelines/test review
11:00 am	Test Review
12:00 pm	
1:00 pm	Written Exam
2:00 pm	Written Exam
3:00 pm	Practical Exam

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4:00 pm

Practical Exam

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