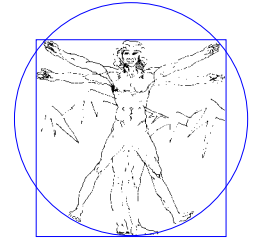


# the Wilderness Medicine Training Center



## Course Registration Form

Name \_\_\_\_\_ Home Phone \_\_\_\_\_

Address \_\_\_\_\_ Work Phone \_\_\_\_\_

\_\_\_\_\_ E-mail \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip code \_\_\_\_\_

Sponsor: Westminster College

Distance Learning Project (DLP):

Wilderness First Responder

Wilderness EMT

Practical Session Dates: March 12-16, 2010

Location: Salt Lake City, UT

Cost: \$450 if registered by January 30, 2010; \$495 after

Discounts apply when the registration and full payment are postmarked prior to or on the cut-off date. Course fees are due upon registration and are not refundable unless the course is canceled. Payments postmarked after the cut-off date are not eligible for course discounts. All major credit cards are accepted. Make checks payable to Westminster College.

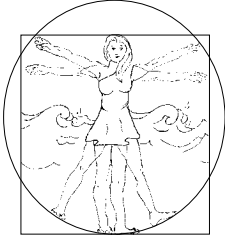
Credit card type \_\_\_\_\_ Number \_\_\_\_\_ 3-digit Security Code \_\_\_\_\_

Your Signature \_\_\_\_\_ Today's Date \_\_\_\_\_

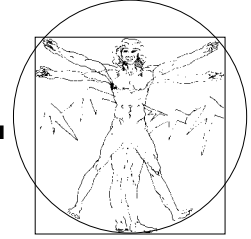
Please complete the attached release form and return it with your registration and payment:

DLP WFR/WEMT  
attn: Liz Rogers  
Westminster College  
1840 South 1300  
East SLC, UT 84105

NOTE: You must have a current EMT certification to receive a WEMT certification. The WFR & WEMT DVD's and Tests are different; the practical skills are the same.



# the Wilderness Medicine Training Center Inc.



## Agreement of Responsibility

Distance Learning Project courses offered by the Wilderness Medicine Training Center, Inc. are rigorous and require your full attendance and participation. You may find them mentally, physically, and emotionally demanding. You must successfully complete the didactic material and on-line testing prior attending the on-site practical session; if for any reason what-so-ever you are unable to successfully complete the didactic material and on-line testing prior to the start of the practical session, you will not be admitted to the practical session nor will you receive a refund. While every effort has been made to provide the materials required for you to successfully complete the distance learning portion of the course, including testing, the Wilderness Medicine Training Center does not assume responsibility for or guarantee your success.

Class time during the on-site practical session may exceed ten hours per day plus homework. You should be comfortable reading technical information, be able to write clearly, be able to communicate easily with other people, and you should be physically capable of lifting and carrying a minimum of 50 pounds without injury and moving safely in the outdoors in rough challenging terrain and environments without supervision. You are expected to bring the functional outdoor clothing that will protect you from the environment while participating in simulations. During simulations, skills practice, and some demonstrations you will be acting as a patient and as a rescuer; this requires you to touch and be touched by others during a patient exam and subsequent treatment. To protect your personal space you **MUST** wear your bathing suit (jog bra) and/or shorts under your simulation clothing for all PAS Labs; they will **NOT** be cut. Simulations may take place in water, on rocks, on uneven terrain, on steep slopes, on snow and in rain, snow, wind, or bright sun. The course does **NOT** require you to put yourself at risk of injury or illness. If you feel at risk at any time and for any reason during the course, **STOP** your participation in the activity and bring your concerns to the course instructors. Make a plan to address your concerns and resume your participation once you feel safe. Therefore, during your participation in any Wilderness Medicine Training Center, Inc. course, you are responsible for your emotional and physical safety at all times.

The Wilderness Medicine Training Center, Inc. agrees to present skills and techniques according to the practice guidelines established by the Wilderness Medical Society<sup>1</sup>, the National Association of EMS Physicians<sup>2,4,5</sup>, and the spine management guidelines established by Peter Goth, MD<sup>3</sup>. The Wilderness Medicine Training Center, Inc. is not liable if you do not adhere to those standards in a field situation. Nor does the Wilderness Medicine Training Center, Inc. authorize you to use the skills presented. Your authorization will need to come from a licensed medical control (usually a physician advisor).

Once you have successfully completed the didactic session, on-line testing, and on-site practical portions of your Distance Learning Project (DLP) course, you will receive a certification card. This card acknowledges that you have successfully demonstrated the skills presented during your course according to the above practice guidelines at the time of your course. It does not certify that you will be able to continue to perform at that level. It is your responsibility to stay current with both your understanding and practice. Most medical control personnel require certification as a base-line for authorization.

If you have participated in a Wilderness First Aid or a special contract course, you will receive a completion card from the Wilderness Medicine Training Center, Inc. A completion card certifies that you were present and engaged during the entire workshop but does not certify that you are proficient in the skills presented. WMTC completion cards meet the first aid requirements of Labor & Industries, Boy Scouts of America (including Philmont Scout Ranch), American Camping Association, and many other state and federal agencies.

1. Forgey, W.W.: Wilderness Medical Society Practice Guidelines, Merrillville, ICS Books, c1995, c2001, c2005.
2. Goth, Peter and Garnett, George: Clinical Guidelines for Delayed or Prolonged Transport, Lenexa, National Association of EMS Physicians, c1991-1993
3. Goth, Peter: Spine Injury: Clinical Criteria for Assessment and Management, Augusta, Medical Care Development, Inc., c1994.
4. Hopson, Laura R. et al: Guidelines for Withholding or Termination of Resuscitation in Prehospital Traumatic Cardiopulmonary Arrest, NAEMSP Position Paper, c2002
5. Domeier, Robert M., Indications for Prehospital Spinal Immobilization, NAEMSP Position Paper, c1999

Your signature below indicates that you understand the above statements, meet the minimum course requirements, and that you are willing to abide by them. That you will not hold the Wilderness Medicine Training Center, Inc., Sponsors, Instructors, etc. responsible or liable for your use of the material taught during your course OR for your emotional or physical safety before, during, or after your course. You also agree to be financially responsible for equipment and supplies damaged beyond normal wear and tear as determined by your instructors. and/or the course sponsor.

Type of DLP Course (circle one): WEMT    WFR    WAFA    Review    WFA    Contract

Name of Course Sponsor: \_\_\_\_\_

Location of Course: \_\_\_\_\_

Course Dates: \_\_\_\_\_

\_\_\_\_\_  
Your Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Please Print Your Name Clearly

\_\_\_\_\_  
Signature of parent or guardian if under 18 years

# DLP Wilderness First Responder & WEMT

## Westminster College ~ Salt Lake City, UT

### Distance Learning Presentations

Refer to DLP WFR/WEMT DVD for details

### General Presentations

- Course Introduction & Medical/Legal Concepts
- General Concepts in Patient Care
- Body Defenses
- Basic Pharmacology
- Patient Assessment System (PAS)

### Trauma Presentations

- Introduction to Trauma
- Increased ICP & Concussion
- Bleeding & Volume Shock
- Respiratory Distress & Arrest
- Stable & Unstable Extremity Injuries
- Dislocations
- Wounds
- Spine Assessment

### Environmental Presentations

- Dehydration
- Heat Illnesses
- Sun-related Injuries
- Hypothermia
- Cold Injuries
- Near Drowning
- Allergies
- Wilderness Toxins
- Lightning Injuries
- Acute Mountain Sickness
- Diving Injuries
- Sea & Motion Sickness

### Medical Presentations

- Infectious Diseases
- Gastrointestinal Problems
- Genitourinary Problems
- Diabetes
- Respiratory Infections
- Asthma
- Atherosclerosis, Heart Attack, Angina & Stroke
- Seizures
- Ear Problems
- Eye Problems
- Nose Problems
- Tooth & Gum Problems

### DLP On-site Practical Session

**Dates: March 12-16, 2010**

#### Day 1: Friday March 12th

- Course Introduction
  - Patient Assessment System Part 1 Review
  - Basic Life Support Skills Lab & Simulation
  - Patient Assessment System Part 2 Review
  - Simulations
- Evening Session: CPR & AED Skills Lab

#### Day 2: Saturday March 13th

- Case Study Homework Review
  - Wound Cleaning Lab
  - Basic Extremity Splinting Lab
  - Spine Assessment Lab
  - Simulations
- Evening Session: Injection Lab & Allergies/Toxins Quiz

#### Day 3: Sunday March 14th

- Case Study Homework Review
- Spine Assessment Quiz
- Spine Management Lab
- Video Simulations
- Optional Evening Review Session

#### Day 4: Monday March 15th

- Case Study Homework Review
- Dislocations Lab
- Hypothermia Packaging Lab
- Improvised Litters & Carries Lab
- Advanced Extremity Splinting Lab
- Video Simulations

#### Day 5: Tuesday March 16th

- Case Study Homework Review
- Environmental & Medical Mini-Simulations
- Video Simulations
- Medical Equipment/First Aid Kits
- Course Debrief & Closing
- Clean-up

## General Course Information

Courses taught by the Wilderness Medicine Training Center are rigorous and require your full attendance and participation. You may find them mentally, physically, and emotionally demanding. Class time during your practical session may exceed ten hours per day plus homework. You should be comfortable reading technical information, be able to write clearly, be able to communicate easily with other people, and you should be physically capable of lifting and carrying a minimum of 50 pounds without injury. During simulations, labs, and some demonstrations you will be acting as a patient and as a rescuer; this requires you to touch and be touched by others during a patient exam and subsequent treatment. To protect your personal space you must wear your bathing suit (jog bra) and/or shorts under your simulation clothing for all PAS Labs; they will NOT be cut. You are responsible for your emotional and physical safety at all times during the course.

The Wilderness Medicine Training Center agrees to present skills and techniques according to the practice guidelines established by the Wilderness Medical Society<sup>1</sup>, the National Association of WMS Physicians<sup>2</sup>, and the spine management guidelines established by Peter Goth, MD<sup>3</sup>. The Wilderness Medicine Training Center is not liable if you do not adhere to those standards in a field situation. Nor does the Wilderness Medicine Training Center authorize you to use the skills presented. Your authorization will need to come from a licensed medical control (usually a physician advisor).

When you have successfully completed the course, you will receive a certification card from the Wilderness Medicine Training Center valid for three years. This card acknowledges that you have successfully demonstrated the skills presented during your course according to the above practice guidelines<sup>1,2,3</sup>. It does not certify that you will be able to continue to perform at that level. It is your responsibility to stay current with both your understanding and practice. Most medical control personnel require certification as a base-line for authorization. You must take and pass an approved Review course before your certification expires (see the WMTC web site for details). You MUST bring a copy of your current EMT certification to receive a WEMT card.

During your practical session you will be spending quite a bit of time outside (snow, rain, hopefully sun, etc.). You will likely get very dirty during many of the labs and simulations. Bring clothing appropriate to the weather. It should be tough and old enough to withstand a beating. You will also need to bring a notebook, pen, pencil, watch, daypack, water bottle, and two sets of old clothing that may be cut during simulations (two long sleeved shirts, two pair of long pants, and 2 t-shirts). "Cutable" clothing is required for the video simulations and practice. To maintain your personal space bring shorts or a bathing suit (jog bra for women) to wear under your clothes during practice sessions and simulations. They will NOT be cut. Many students find that they benefit from bring multi-colored pencils or pens for note taking.

You must sign the attached "Agreement of Responsibility" as it acknowledges your understanding of the above information; if you choose not to sign the agreement, you will not be able to participate in the course.

Course tuition includes instruction, the DLP DVD, the Art & Technique of Wilderness Medicine and the Wilderness Medicine Handbook. Class begins at 8 AM each morning, breaks for lunch from between 12-1, and ends most days about 6 PM. Exact times for evening sessions will be announced at the start the course by your instructor.

## Lab Descriptions

- Basic Life Support Lab (BLS): This lab includes basic adult CPR training and certification<sup>4</sup>. It assesses all elements of the Scene size-up and Initial Patient Exam.
- Dislocations Lab: This lab deals with assessing and treating dislocations in the field. It includes training in the reduction of simple dislocations of the patella, digits, and shoulder.
- Wounds Lab: This lab focuses on practical cleaning methods for "high risk" wounds; one of the more common injuries in the outdoors. The texture and anatomy of pig's feet are very close to human skin and musculature....
- Extremities Splinting Labs: Various materials are used to teach students how to improvise effective extremity splints with available gear. Bring one of your cutable T-shirts.
- Spine Assessment & Lab: Teaches students how to assess and rule out possible spine injuries in a wilderness context.
- Spine Management Lab: This lab focuses on lifting and moving spine injured patients and subsequent immobilization on a backboard or litter.
- Injection Lab: This lab offers hands-on instruction in injectable epinephrine required for the treatment of systemic allergic reactions. Students will inject themselves or another student with sterile water.
- Improvised Litters & Carries Lab: This lab shows students how to improvise and package different litters, to create alternate methods for evacuating non-spine injured patients, and to improvise traction splints.
- Simulations: Each course has numerous simulations designed to help you practice in a realistic environment; the final three will use video and reviewed immediately afterward for enhanced learning. Fake wounds, blood, etc. are used to increase reality. During simulations, labs, and some demonstrations you will be acting as a patient or a rescuer; this requires you to touch and be touched by others during the patient exam and subsequent treatment. To protect your personal space you must wear a bathing suit (jog bra) and/or shorts under your simulation clothing for all PAS Labs and simulations. Cutable long shirts and pants are required for all the PAS & Treatment Labs.

1. Forgey, W.W.: **Wilderness Medical Society Practice Guidelines**, Merrillville, ICS Books, c1995, 2000, 2005.

2. Goth, Peter and Garnett, George: **Clinical Guidelines for Delayed or Prolonged Transport**, Lenexa, National Association of EMS Physicians, c1991-1993

3. Goth, Peter: **Spine Injury: Clinical Criteria for Assessment and Management**, Augusta, Medical Care Development, Inc., c1994.

4 WMTC Wilderness CPR & AED certification is based on guidelines from the American Heart Association, the Wilderness Medical Society and the National Association of EMS Physicians