Recreation 434: Wilderness First Responder

SIU INSTRUCTOR:
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Pulliam

Wilderness Medical Associates Instructor(s):
Darren Stokes, MS, WEMT
Gavin Dawson, WEMT

COURSE DESCRIPTION:
The Wilderness First Responder program is the ideal medical training for leaders in remote areas including outdoor educators, guides, military, professional search and rescue teams, researchers, and those involved in disaster relief. The curriculum is comprehensive and practical. It includes the essential principles and skills required to assess and manage medical problems in isolated and extreme environments for days and weeks if necessary.

COURSE OBJECTIVES:
The Wilderness First Responder curriculum is written in-house by a team of remote medical rescue researchers and professionals. Ongoing evidence based research and review contributes to a unique and innovative approach to patient care in backcountry and austere settings. The curriculum is comprehensive, complete, and kept current on an annual basis. This is the most current and cutting edge course of any first response medical training (urban or remote) in the world.

- The General Principles of Wilderness and Rescue Medicine with an emphasis on the prevention and identification of medical emergencies, appropriate technology, and risk management.
- Patient assessment and emergency care including CPR, basic Life support, and the emergency treatment of anaphylaxis and asthma.
- Environmental Medicine including altitude illness, hypothermia and heat illness, frostbite and cold injury, lightning, submersion, and environmental toxins.
- Backcountry Medicine including the assessment and treatment of common medical problems.
- Musculoskeletal Problems including unstable and stable injuries overuse syndromes, and dislocations.
- Wound management including open fractures, lacerations, burns and blisters.
- Practical skills including splinting, bandaging, litter packaging and medical kit preparation.
- WMA International Wilderness Protocols including wound cleaning and exploration, spine injury assessment, dislocation reduction, CPR in the remote setting, and anaphylaxis and asthma.

REQUIRED TEXT:
Wilderness and Rescue Medicine (Sixth Edition)
Jeffrey E. Isaac & David E. Johnson

Additional Readings as provided

Class Policy: The following policies will be utilized in this course to assist in making the learning environment more conducive.

- Please no texting during class (during breaks is fine).
- All coursework required for SIU is due at the beginning of class on the day listed or when requested on the course schedule. Late work will not be accepted. Exceptions that have been pre-arranged with me may still be marked down for being late.
- Academic dishonesty will not be tolerated.
  - Any work where cheating or plagiarism is suspected will receive no credit.
  - Any work turned in that is not original to YOU and THIS COURSE will receive no credit.
  - Acts of plagiarism may result in failure of the course. CITE YOUR SOURCES CORRECTLY.
- Each class contains essential material. Absences will not be admitted. Because of the material and timeframe of this course all students will be required to be on time and stay throughout the duration of each class period. Missing any of the course periods may result in a failing grade and/or failure to obtain certification from WMA.

Student Accommodations: If special accommodations are needed, please address them with myself and/or disability support services (618-453-5738; http://disabilityservices.siu.edu/) to ensure that those needs are met in a timely manner.

CLASS ASSIGNMENTS:

The majority of class assignments will be administered from the WMA instructors and graded by them with the help of the SIU attending instructor. However because this course does not only allow for the chance of obtaining a certification but also affords the students a chance to obtain 3 (400 level) academic credits, there is one extra assignment involved.

FINAL ASSIGNMENT (Due via email on/before February 1st, 2016 by 4:30 p.m.)

UNDERGRADUATE

Students will be required to complete a reflection paper about their transformation from college student to Wilderness First Responder to professional. Students should emphasize their aspirations for use of their newly gained wilderness medical skills in a professional setting and how they foresee them being implemented in the years to come.

As GRADUATE

Graduates will conduct a literature review of a specific medical field, practice, or trend and produce 5 article critiques with proper APA 6th addition formatting. MORE INFO FORTHCOMING
Class Participation/Professionalism: As an outdoor leader and participating student you are expected to act in a professional manner. Therefore, you will be graded on “pulling your weight” in small group work, “giving it your all” in class work, and your overall engagement during class. This is a subjective estimate of your contribution to class discussions, simulation participation, and adhering to class policy. This factor will be considered in the case of borderline grades (e.g., a “B” might get raised to an “A” OR vice versa).

Class Evaluation:

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<thead>
<tr>
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<th>Undergraduate</th>
<th>Graduate</th>
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<tbody>
<tr>
<td>Quiz 1</td>
<td>6.25%</td>
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<tr>
<td>Quiz 2</td>
<td>6.25%</td>
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<tr>
<td>Simulation SOAP</td>
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<tr>
<td>Final Assignment</td>
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<td>Class Participation</td>
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<tr>
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<tr>
<td>Final Written Exam</td>
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<td><strong>Total</strong></td>
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Grade Scale: 100 – A – 90 – B – 80 – C – 70 – D – 60 – F – 0
Course Dates and Outline:

DATES AND COURSEWORK ARE TENTATIVE AND MAY BE CHANGED AT ANY TIME BY THE INSTRUCTORS.

DAY 1:
Registration and Introduction
General Principles
Primary Assessment Skills
Cardiopulmonary Resuscitation (CPR)

Homework:
WRM: Chapters 1-5, 7, 9
Field Guide (FG): pp. 1-23, 60-61, 63

DAY 2:
Patient Assessment System
Vital Signs and SOAP notes
Respiratory System
Circulatory System
PAS Drills

Homework:
WRM: Chapters 6, 11, 12, 13, 15
FG: pp. 24-27, 35-37, 81-82
Workbook: “read me first” and “sample”
Workbook (WB): write #2, read #5

DAY 3:
Homework Review
Nervous System
Musculoskeletal System
Splinting
Lifting, Moving, Extrication (LME)
Backboards and Litters
Spine Management

Homework:
WRM: Chapters 10, 14, 16
FG: pp. 28-30, 40-42, 64-65
WB: write #10, read #7

DAY 4:
Homework Review
Quiz 1
PAS Drills
Dislocations
Wounds and Burns
SIMULATION 1

Homework:
WRM: Chapters 8, 24
FG: pp. 44-46, 62, 83-88
WB: write #18, read #3, 11

DAY 5:
Homework Review
Allergy/Anaphylaxis and Lab
PAS Drills
Hypothermia
Hypowrap Demo and Practice
Improvised Litters/Carries
SIMULATION 2

Homework:
WRM: Chapters 25, 26, 28, 29
FG: pp 47-50, 52-55
WB: write #19, read #25
DAY 6:
Homework Review
Quiz 2
Hyperthermia
Drowning/Lightning
Altitude/Frostbite/Avalanche
PAS Drills

Homework:
WRM: Chapters 17-23, 30
FG: 56-58, 66-76
WB: write #21, read #26

DAY 7:
Homework Review
Toxins/bites/stings
Backcountry Medicine (Rodeo)
Search and Rescue
SIMULATION 3

Homework:
WRM: Finish!
Study-Study-Study!

DAY 8:
Q and A
Final Exam
Practical Skills Evaluation
Clean-up Equipment
Med Kits
Continuing Education and Graduation

Homework:

EMERGENCY PROCEDURES

Southern Illinois University Carbondale is committed to providing a safe and healthy environment for study and work. Because some health and safety circumstances are beyond our control, we ask that you become familiar with the SIUC Emergency Response Plan and Building Emergency Response Team (BERT) program. Emergency response information is available on posters in buildings on campus, available on the BERT’s website at www.bert.siu.edu, Department of Public Safety’s website www.dps.siu.edu (disaster drop down) and in the Emergency Response Guidelines pamphlet. Know how to respond to each type of emergency.

Instructors will provide guidance and direction to students in the classroom in the event of an emergency affecting your location. It is important that you follow these instructions and stay with your instructor during an evacuation or sheltering emergency. The Building Emergency Response Team will provide assistance to your instructor in evacuating the building or sheltering within the facility.