
Wilderness First Responder (WFR)

WEMSI

The **Wilderness Emergency Medical Services' Institute** is an internationally renowned academic institution based in Pittsburgh in the USA: <http://www.wemsi.org>

The Training Team are a highly experienced team of doctors, nurses and paramedics who have diverse skills' and experience base.

For general information, please contact: enquiries@glenmorelodge.org.uk; or, for more detailed medical information, contact - wemt@wildmedic.org.uk

The Course

The First Responder certificate is growing in reputation as a global standard in training. The Wilderness First Responder Course includes the First Responder Syllabus and applies it to remote situations including protracted care issues.

The WFR course focuses on extending students basic knowledge of first aid through lectures containing theory and practical sessions and scenarios applying the techniques. Treatment plans are taught by concepts to allow the students to apply them in diverse situations.

Students are engaged and encouraged to gather data to enable an on-line doctor to make a diagnosis and direct basic treatment. The course develops the ability to gather and communicate medical and scene information and focuses on the following core competences:

- Effective patient assessment in diverse environments and situations
- Safe, appropriate use of oxygen, AED and Entonox
- Basic treatment for fractures including traction
- Transportation of casualties
- Triage and scene management
- Long-term patient management

Retention of skills is ensured through a proven learning system, this involves a four-step process: theory, demonstration, practical, and finally, scenarios. All students are continually assessed in and out of doors throughout this intensive course.

The course develops a supportive learning environment to allow students and trainers to give and receive feedback. The atmosphere is relaxed and enjoyable to ensure that everyone is open to learning. The course is a continually learning process both from the faculty of trainers and from other students. Mentoring is used to allow students to be coached on a one to one level throughout the course.

The course is designed for those working in remote locations for those with support from another more experienced medic or online support from a doctor. Those attending have included Mountain Rescue teams and remote exploration team members and many more from adventure tourism.

Course Pre Requisites

To get the most out of this course you need to already hold a basic 2 day First Aid Certificate or equivalent plus have some experience in the outdoor environment.

Accreditation

Conforms to the US National First Responder Curriculum
Conforms to the Wilderness Medical Society Guidelines
Certificated by Medical Expertise as a HSE First Aid at Work course
Certificated by WEMSI as a Wilderness First Responder

Arrival & Departure Information

You must arrive at Glenmore Lodge on the Sunday evening to start the course at 1930 hrs having had a dinner meal. Please note that a meal is not provided on the evening of arrival. Rooms are not usually available until 19.00 hrs. No meal is provided on the night of arrival or departure, however our bar serves meals from 17.00 hrs to 20.50 hrs (Wed-Sun) 17.00 hrs to 18.50 (Mon-Tue).

Your course will end around midmorning on the final day. We would ask that you vacate your rooms no later than 10.00 hrs to allow the rooms to be made ready for the next guests.

Equipment Lists

Glenmore Lodge has a large and very comprehensive store of up to date clothing and equipment. You are welcome to use your own equipment and pick and choose odd items from the store. Your instructor will want to check that personal equipment is appropriate for the activity.

GLENMORE LODGE CAN SUPPLY:

- ✓ Basic waterproof jackets and trousers
- ✓ Leather Boots
- ✓ Helmets
- ✓ Day & Expedition Sacs

EQUIPMENT YOU NEED TO BRING WHICH WE DO NOT HAVE IN THE STORES.

Listed here are the essentials, this is not an exhaustive list.

- ✓ Informal clothing for leisure wear
- ✓ Warm outdoor wear
- ✓ General trekking trousers are recommended, not jeans though.
- ✓ Fleece/insulated jacket
- ✓ Waterproof jacket
- ✓ Waterproof overtrousers
- ✓ Hat & gloves***
- ✓ Vacuum Flask & Water Bottle ***
- ✓ Box or bag for packed lunch.
- ✓ Blister kit/ small first aid kit
- ✓ Personal toiletries & medications (towels are provided)
- ✓ Suncream – you just never know! ***
- ✓ Spare towel
- ✓ An alarm clock
- ✓ Glenmore Lodge also has a pool, sauna, gym & climbing wall - so don't forget your swimming/gym/climbing kit!

Items marked *** are available in our shop subject to availability.

Wilderness First Responder Course Programme

	AM	PM	EVE
Sunday			Welcome & Introduction - 1930 hrs
Day 1	Registration Introduction Legality & Drugs Case Studies Scene Management Patient Assessment	Basic Life Support (ABC) Choking Drowning Shock Management Oxygen Entonox Epinephrine	Skill stations (4) Medical kit Patient Assessment CPR & AED Patient Assessment
Day 2	Review ABC Airway Management C-Spine Management Bleeding	ABC CPR AED Skill stations Wound Cleaning Oxygen and Entonox CPR sign off	Scenarios Patient Assessment Lecture Altitude Bites and Stings
Day 3	Review Mechanism of Injury Trauma injuries Sprains & Strains Fractures & Dislocations Burns	Trauma injuries Head Spinal Internal Minor Procedures (Blisters) Scenarios (2) Fractured Lower legs Head injury	Scenarios (4) Fracture Sprain Bleed Burn
Day 4	Review Medical Conditions A Diabetes Asthma Epilepsy Heart Conditions D & V When to get help Scenario (2) Dehydration / Diabetic Hypothermia / Cardiac	Medical Conditions B Psychiatry Allergies Scene Management Triage Scenario (4) Mass Casualty (3) Mass Casualty (4)	Lecture Stress management Revision Q & A Session
Day 5	Environmental factors Outdoor hazards Hypo/er themia Hypoglycemia Dehydration Children and Infants Scenarios Medical Condition Deteriorating Shock Femur Traction Head Injury	Packaging Transportation options Emotional support Team roles discussion Patient Hand-over / Recording Scenarios Fractures Bleeding Lightning CPR & AED Patient assessment	Lecture Death and Dying Course Exam MCQ

Day 6	Final Scenario All day exercise.	Final Scenario	Final Dinner
Day 7	Presentation of Certificates and Course close Depart after Tea and Coffee 10.00		

Essential Reading

You will need to buy the following book which will prepare you for and support the sessions delivered during the course:

Wilderness First Responder 3rd Edition by Buck Tilton

ISBN 13: 9780762754564 **ISBN 10:** 0762754567

A comprehensive text which will expand your medical knowledge beyond a basic first aid level.

Useful Websites

www.wemsi-europe.org	Wilderness Emergency Services Institute
www.wildmedic.org	Wemsi-europe's academic resource site
www.basp.org.uk	British Association of Ski Patrollers