

Course Code & No. - Section: ODAL 250 - Section 1
Course Title (Credits): Wilderness First Responder (3)
Term & Year: Spring 2014
Course Ref. No. (CRN): 10235

Instructor: Rosie Hackett and WMI staff
Phone(s): 775-831-1314 ext. 7499 (weekdays, 9 a.m.- 5 p.m.) or **530-307-9103** cell
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Office: TCES 2nd floor
Office Hours: NA

Class Meeting Time: January 6th-January 15th 8am-5pm
Location: TCES 106 & TCES 139

Prerequisites (from Catalog): NONE
Corequisites (from Catalog): NONE

Course Description

This course prepares students to handle medical emergencies when help is miles away and dialing 911 is not an option. Through classroom lectures, field instruction, and role playing scenarios, students will learn to handle emergency situations that involve prolonged patient care, severe environments, and improvised equipment. A Wilderness First Responder (WFR) and a CPR (cardiopulmonary resuscitation) certification is provided to those students who meet all course criteria.

Essential for anyone who spends significant time in remote places or who has a professional career in the outdoors, the Wilderness First Responder (WFR) course will prepare you to make difficult medical decisions. This course is fast-paced and engaging. You'll spend half your time outside of the classroom doing hands-on skills and realistic scenarios. In addition to scenarios, you'll participate in a full-scale night mock rescue. The curriculum encompasses a wide range of topics including long-term patient care, wound management, straightening angulated fractures, reducing dislocations, litter packaging and administering medications. You'll complete this course with the tools and confidence to manage patients in the backcountry for multiple days. The intensive 80-hour curriculum is nationally recognized and supported by the Wilderness Medicine Institute's Medical Advisory Panel. You'll be taught by dynamic educators who have practiced both wilderness and urban medicine. This 10-day course is ideal for all professionals operating in remote environments. Adult/child CPR certification is included. The WFR course is pre-approved for 70 hours of EMT CEU's by CECBEMS.

CANCELLATION AND REFUND POLICY

If a student cancels or withdraws from a course, within 30 days of the course start date and once the course has begun, tuition is non-refundable and non-transferable!

Student Outcomes

Upon successful completion of this course, a student will be able to:

1. Demonstrate both preventative medicine techniques and first aid techniques to prevent and treat common illnesses and injuries in the wilderness environment.
2. Apply a patient assessment system in an emergency scenario.
3. Dramatize an evacuation plan of specific steps, including a SOAP note, for a wilderness medical emergency.
4. Demonstrate competence in Basic Life Support (BLS)/CPR.

Methods of Assessing Student Outcomes (revised)

Student outcomes will be assessed using the following:

1. Class Participation
2. Oral presentations
3. Written work
4. Skills demonstration
5. Paired/group activities
6. Peer feedback
7. Role playing scenarios
8. Case Studies
9. SOAP notes
10. Pre/post assessment

Required Texts and MaterialsMaterials:

- Instructor handouts/ WFR textbooks
- Independent research

Class Format/Equipment

Check in is at 7:45 AM on the first day of the course. Course days run from 8:00am – 5:00pm. Two evening sessions will be scheduled. The format for this 80-hour WFR is classroom lectures integrated with practical scenarios, skills practice sessions, case studies, role-playing and simulated rescues. Attendance is required for all scheduled classes. Scenarios, and practice sessions will take place both inside and outside. Please bring outdoor clothing appropriate for laying on the potentially wet, muddy or snowy, cold ground playing the role of both rescuer and patient. Frequently stage (moulage) blood and make-up will be used to emphasize the reality of a scenario. Generally the classroom environment lends itself to a pair of comfy shoes/slipper and a crazy creek-type chair.

You will need: a large day pack with multiple layers, water bottle, waterproof tops and bottoms, sturdy boots, head lamp or flashlight and a watch with a second hand. A 4-hour evening, outdoor mock rescue is part of the curriculum, so please dress accordingly.

Consequences for Violating the Faculty/Student Honor Code:

SNC students and faculty share the responsibility for maintaining an environment of academic honesty. Thus, all are responsible for knowing and abiding by the SNC Faculty/Student Honor Code published in the current SNC catalog. Faculty are responsible for presenting the Honor

Code and consequences for violating it to students are the start of their classes and for reporting all incidences of academic dishonesty to the provost. Students are responsible for knowing what constitutes CHEATING, PLAGIARISM, and FABRICATION and refraining from these and other forms of academic dishonesty. Violations of the honor code become part of a student academic record.

SNC'S DISCIPLINARY SANCTIONS FOR HONOR CODE VIOLATIONS:

- 1st Offense: Student receives a zero for assignment/exam and counseling with faculty on the honor code, consequences for violating the honor code, and the value of academic honesty in learning.
- 2nd Offense: Student fails course and receives counseling with faculty on the honor code, consequences for violating the honor code, and the value of academic honesty in learning.
- 3rd Offense: Student is expelled.

Academic Accommodations: In accordance with the Americans with Disabilities Act and Section 504 of the Rehabilitation Act of 1973, students with a documented disability are eligible for support services and accommodations. If a student wishes to request an accommodation, please contact the Director of Academic Support Services, Henry Conover, at (775) 831-1314 x7534, hconover@sierranevada.edu or go to the OASIS offices on the third floor of Prim Library within the first week of the semester.

Grading Policy: Participation is everything!

Students grades will be determined as follows:

- Class Participation: 800 (10 pts/class hour)
- Skills Demonstration: 50
- Final Exam: 100
- Final SOAP Report: 50

Total Points Possible: 1000

NOTE: All students will receive a letter grade unless otherwise specified.

NOTE: Students must receive a B or better to receive the official WFR certification from WMI.

Assignment:

FINAL SOAP NOTE: You will be given the opportunity to do a final edited SOAP note of a scenario/case study that occurred during your WFR class. Please turn both versions of the SOAP note into your WFR instructors at the end of the course. This will account for 50 points of your final grade for the course.