

SOLO WFA AGENDA

*** Subject to change ***

Day 1: Starts at 8:30 am

Welcome and introductions

**SOLO – History and future
Levels of wilderness training
Wilderness vs. urban**

Section I: PATIENT ASSESSMENT
BSI and scene survey
Primary survey lecture & demo
Decrumpling and BEAM practice
Secondary survey/ vitals lecture
SOAP notes and rescue plan
PA practice station

Lunch: 12:00 pm

Section II. SOFT TISSUE INJURIES
Bleeding & soft tissue injuries
Review of shock
Burns and blisters
Long term wound care and infection control
PRACTICE SCENARIOS

Section III. ENVIRONMENTAL EMERGENCIES
Drowning process
Lightning, North American bites and stings
Heat, food, water, S & S of heat emergencies

END OF DAY 1: Ends at 5:00 pm

**** CPR will require an additional 2 hours added to the first day****

DAY 2: Starts at 8:30 am

SCENARIO REVIEW

Section III. (cont.) ENVIRONMENTAL EMERGENCIES

**Cold injuries
Hypo wrap and practice**

Section IV. SPINAL ASSESSEMENT AND MANAGEMENT

**MOI and spinal assessment
Spinal clearing**

Section V.. MUSCULOSKELETAL INJURIES

**Assessment and principles of management
Assessment and treatment of sprains and fractures
Principles of splinting (BUFF) and practice session
“Competition & fashion show for splints”- Both
Practice scenarios**

Lunch: 12:00 pm

Section VI. MEDICAL EMERGENCIES

**Common medical emergencies in the wilderness
Changes in LOC
SOB problems with airway and breathing
Chest pain and MI
Allergies and anaphalaxis – Epi pens
Practice scenarios**

Section VII: Review and suggestions

**FINAL – Quizzes
FINAL – SCENARIOS
WRAP UP & GRADUATION**

Day 2 ends at 5:00 pm