# Wilderness First Responder (WFR “woofer”) Details

During the course, students learn the essential principles and skills required to assess and manage medical problems in isolated and extreme environments for days and weeks if necessary. All eligible students who successfully complete the course will receive Wilderness First Responder, Anaphylaxis, and Healthcare Provider level CPR certifications. The CPR course is based on the 2015 ILCOR/AHA guidelines.  All WMA certifications remain valid for three years. The course is registered for 70 hours of continuing education credit through the CAPCE.

This course is hosted by Grand Valley State University’s Outdoor Adventure program. It utilizes the Wilderness Medical Associates curriculum and is taught by Adventure Training Consultants.

# Topics:

1. General principles of wilderness and rescue medicine
2. Patient assessment and emergency care
3. Environmental medicine including but not limited to altitude illness, heat and cold related illness and injury
4. Backcountry medicine
5. Musculoskeletal problems
6. Wound management
7. Practical skills including splinting, litter packing and medical kit preparation
8. WMA wilderness protocols including but not limited to spine injury assessment and dislocation reduction.

Visit <https://www.wildmed.com/course-type/wilderness-first-responder/> for full WMA WFR course details.

Difficulty/Skill Level: No previous medical experience/ training required

Pre-Requisites:

Must be 18 years of age by the start of the course.

# Miscellaneous

On campus lodging is available upon request at an additional but very reasonable cost. The approximate rate is $32 per night for a single occupancy room.

Recertification is an available as a hybrid option including for certifications received from other medical schools. This option includes an approximate 12-hour e-learning module followed by 2 days of in-person instruction. Follow the link below for additional eligibility requirements. <https://www.wildmed.com/course-type/wfr-recertification/#eligibility>