



Wilderness First Aid for Nurses and EMTs

Friday and Saturday, September 29 – 30, 2023

Dartmouth Hitchcock Medical Center

Auditorium F (Friday)

Lebanon, NH

Auditoria A – D (Saturday)

Boston Lot (Outside Activities)

To participate in this learning activity, you must view all the pre-course videos and slides. The videos take about 35 minutes to view in full. Please ensure you complete the pre-course learning, or you will not be prepared for this course. The time it takes to view the videos has been calculated into the contact hours awarded for this course.

1. Patient assessment, Primary Survey, Secondary Survey (7:18 minutes)
 - <https://www.youtube.com/watch?v=9fy8jn0-0zc>
2. Splinting Upper extremity/SAM (7:54 minutes)
 - <https://www.youtube.com/watch?v=3nMS3HkV7sM>
3. Splinting Shoulder (2:53 minutes)
 - <https://www.youtube.com/watch?v=gtDNhIEqhvQ>
4. Splinting Clavicle (3:06 minutes)
 - <https://www.youtube.com/watch?v=jO2eBvy5gSo>
5. Splinting Lower leg splint (2:32 minutes)
 - <https://www.youtube.com/watch?v=iY5AxRkZOok>
6. Pelvic Wrap (1:19 minutes)
 - <https://www.youtube.com/watch?v=wyLGa0nkBxA>
7. Hypothermic Wrap Demonstration - (3:45 minutes)
 - <https://www.youtube.com/watch?v=DVYydzin79c>
8. C spine & wraps 1 & 2 person log roll (2:53 minutes)
 - <https://www.youtube.com/watch?v=TJa9lvUUQdk>
9. Making rope hypo wrap (3:55 minutes)
 - <https://youtu.be/f1PYnel1g14>
10. Litter carry - 2 person carry (1:00 minute)
 - <https://www.youtube.com/watch?v=YD2kuEzDznl>
11. Litter carry - Group (4:14 minutes)
 - <https://www.youtube.com/watch?v=JnJtY6D2s3w>
12. Compass and Map – Terms (2:54 minutes)
 - <https://www.youtube.com/watch?v=6mTISEANFFY>
13. Map and Compass – Tips for Use (44 seconds)
 - <https://www.youtube.com/watch?v=gVckFHa7aV8>
14. Review MARCH, AVPU, SAMPLE
 - https://dh.cloud-cme.com/assets/dh/PDF/2022/MARCH_AVPU_SAMPLE.pdf

**Identify Mechanisms of Injuries for the
video's splinting and class activities**

- **Video 2: distal radius fracture** – fall on an outstretched hand
- **Video 3: shoulder dislocation** – fall sideways or backward (relocated and apply shoulder immobilizer) *increase ability to use the forearm without rotating the shoulder
- **Video 4: fractured clavicle**, chest wall injury, fractured rib fractures – hit from the side or fall forward
- **Video 5: non-weight bearing lower leg injury**, ankle fracture/twisting, fracture tib/fib- fall from height, twisting ankle while hiking and unable to walk (ankle hitch)
- **Video 6: pelvis fracture** – fall backward onto butt or rotational injury rolling down/off an incline
- **Video 7: Hypowrap races**
- **Video 8: Cervical spine injury** – single person and two-person roll - any type of fall with neck tenderness or unconscious person
- **Video 9: Hypo wrap and makeshift litter carry** – injuries with hypothermia and need for carry out
- **Video 10: Fireman 2-person carry** – short distance with two people and a non-ambulatory patient
- **Video 11: Team litter carry with rotations** - longer distances with makeshift litter non-ambulatory or unconscious patient
- **Videos 12 & 13: Compass basics** – will practice in class
- **Video 14: MARCH, AVPU, SAMPLE, CARTS** – acronyms and what they mean (day 1)