



Acadia Mountain Guides Climbing School

Wilderness EMT Upgrade Course Information

Thank you for your interest in a Wilderness Medical Associates Wilderness EMT Upgrade course. Please read over the following information in its entirety, you are responsible for all information contained therein and if you have any unanswered questions, please contact Jon Tierney at Acadia Mountain Guides, (207) 461-4338.

About the course: The Wilderness Medical Associates WEMT Upgrade course builds on the EMS professional's training and expertise to meet the special challenges of unconventional settings. It is designed for EMS personnel working in search and rescue, disaster response, remote job posts, and on wilderness expeditions. Sometimes "wilderness" situations can occur in urban environments such as large-scale disasters.

The evidence-based curriculum is comprehensive and practical, including all of the essential principles and skills required to assess and manage medical problems in remote and extreme environments. Our emphasis on understanding body systems and medical principles gives students the skills and confidence to adapt and respond.

The curriculum emphasizes wilderness medical protocols, appropriate technology, prolonged patient care and the leadership role in managing medical emergencies in the field. The course upgrades state EMT certification to WEMT.

Each day is devoted to classroom interaction and outdoor practical skills and scenarios. You should expect rescue scenarios with made-up victims and simulated wounds to prepare you for backcountry emergencies to occur continuously throughout the course.

Class Schedule and Location:

April 30, Friday 5 – 9 pm, Bangor. Exact location to be determined.

May 1-2, Saturday/Sunday, 8:00 am -- 6:00 pm, Bangor. Exact location to be determined.

May 8-9, Saturday/Sunday, 8:00 am – 6:00 pm, Bangor. Exact location to be determined

** At Capital Base. You can park behind the building and enter the door on the parking lot side adjacent to the bays. Door is coded but we will be standing by just before class time.

Course Fee: \$350.00

Lead Course Instructor/Coordinator: Jon Tierney, WEMT-P, I/C, will be the lead instructor coordinator for this program. Work Phone: 866-7562, Cell Phone: 461-4338, email: climb@acadiamountainguides.com.

Prerequisites: The prerequisite for certification at the Wilderness EMT level is a current EMT certification (basic, intermediate or paramedic). PA's, RN's and MD's may also participate in the course for a Wilderness EMT Audit card. Others with medical backgrounds (e.g. military medics, EMT's with expired licenses, and foreign pre-hospital personnel) will be admitted to the course on a case by case basis.

Certification / Renewal: All EMT's who successfully complete the WEMT Upgrade course will receive a WEMT certification card and an Anaphylaxis certification card from Wilderness Medical Associates. Non EMT's who successfully complete the course will receive a Wilderness EMT Audit card. Certifications and Audits remain valid for three years.

Within three years, graduates may recertify the Wilderness portion of their certification (provided their EMT license is current) by way of a 16 hour Recertification course or a 24 hour Challenge course. To renew their EMT license they must follow the procedures and requirements of the issuing state.

This course is approved by CECBEMS for 45 advanced CEH's and by Maine EMS for: Category 1 - EMS Ops: 12 hrs, Category 2 - BLS Topics: 26 hrs, and Category 3 - BLS Skills: 16 hrs.

Instructor Profile: Jon is an internationally licensed IFMGA mountain guide. He has been examined and certified at the international standard by the AMGA as a Rock Guide, Alpine Guide, and Ski Mountaineering Guide. He has been an active outdoor educator and paramedic since the eighties. He teaches courses in avalanche science, wilderness travel, mountaineering, and technical rescue as well as wilderness medicine. Jon co-founded and directed the University of Maine outdoor program for seventeen years. He owns Acadia Mountain Guides Climbing School and continues to work as a paramedic in Maine. Jon began exploring outdoors and climbing in the mid 70s. His first expedition was hiking the Long Trail with a fellow 8th grader. With a passion for rock, snow, and ice, Jon's accomplishments as a climber and guide include over 70 high altitude peaks as well as difficult first ascents worldwide. Within the AMGA has served on the Board of Directors, Technical Committee and as an Instructor/Examiner. Jon was the primary author of the nationally recognized Top Rope Site Manager course curriculum. Most recently he co-founded the non-profit Professional Climbing Instructor's Association (PCIA) and is the current PCIA Educational Director. Formerly he worked as a climbing and backcountry ranger at Rocky Mountain National Park where he helped to institute wilderness medical and Advanced Life Support practices and he has served as a search and rescue volunteer on Denali. Jon remains active in Maine search and rescue. For the past two decades, he has strived to synthesize good concepts, challenge usual paradigms, and develop new ideas to raise guiding and educational standards.

Supplies: [Wilderness and Rescue Medicine](#), by Isaac & Johnson, 2007.
[Wilderness Medicine Workbook](#).
[Field Guide](#)
[Lecture Notes](#)
[SOAP Notes](#)

All of the above supplies are included in the course fee. You will also need to provide a roll of Duct Tape (bring in by second class) and old throwaway clothing is also needed for simulations. A headlamp is needed for the outdoor simulations.

SAM Splint \$14.00. These will be available at class.

Grading: You will need to read and practice outside of class. WMA requires 100% attendance at all classes. Please do not ask for an exception unless it is an emergency. Grades are based on attendance, course participation, and performance on both written and practical evaluations. To pass, students must have a cumulative average of 80% or better.

Attendance / Participation (punctuality, etc.)	20%
Written Exams	20%
Written work (short quizzes, SOAP notes, case interviews)	20%
Practical (Individual, small group and self) Evaluation	40%

Quizzes: The quiz questions will be short answer and multiple choice and there will be 10 - 20 on each quiz. Quizzes will begin promptly at the start of a class and must be completed and turned into the instructor within a set time period. Quizzes will be graded and returned to the students for study aids. All quizzes and exams must be turned into the instructor at the end of the course.

Attendance, Class participation and teamwork: This is essentially a grade on your attitude, your work ethic, your participation and your ability to work with others as a team during the class.

Practical: This will cover all practical skills and group scenarios.

Workbook Assignments: With each reading assignment there will be a workbook assignment. Workbooks need to be brought to every class; they will be reviewed for completeness during the quiz or exam.

Homework, Reports and Team Scenarios: Readings and case studies will be assigned. These will be collected and graded. There will be oral reports assigned that will need to be done at a couple different points during the class; these may also be graded. Teams in the class will be assigned scenarios that will also be graded. Written material will be evaluated on content, professional appearance including spelling and grammar.

Class Preparation and general information: It is safe to say that this class will be different from most classes you have taken. The course seeks to instill the core values of wilderness leadership and EMS organization: teamwork, professionalism and integrity. You will often operate independently caring for patients for minutes to days until advanced further help can arrive, For this reason we have to get the absolute most we can out of every second of the training which means keeping the class engaged and active from minute one. You will be involved from minute one, there will be discussions, team activities, oral reports, scenario based learning, video-taped scenario based learning, simulations made as real as possible and an intense level of practice, evaluation and follow up practice.

You should expect to be outside regardless of the weather; working on your hands and knees (in the mud and snow) and carrying loaded litters over rough terrain and through brush. For your own personal safety and comfort, please come to class prepared to go outside on a moments notice. Please bring your notebook along with a way to use it, (yes, even in the rain or snow) for each class.

IT IS CRITICAL THAT YOU ARE PREPARED WHEN YOU COME TO CLASS. Do not plan on leaving at exactly the stated end time everyday, some exercises may take us over by 30 – 60 minutes. Plan to be there later and on the days you can leave on time you will be happy. Come to class prepared to work both physically and mentally. Make sure you have had adequate sleep and it would be best not to work all night the night before class, Be prepared to be outside in all weather; **let me stress, be prepared to be outside in all weather.** We will be practicing our skill scenarios in real world conditions which could mean outside in the pouring rain, the snow, the mud or other unpleasant conditions. Having a change of clothes for scenarios is a good idea. Some of the moulage we will be using stains clothing and some scenarios will force you to lay in snow, slush and mud, so as well as a change of clothes or two, dress warm and in layers. **BRING OLD CLOTHES TO CLASS TO WEAR FOR SCENARIOS.** If you have any physical limitations that keep you from performing this type of scenario let me know in advance, To prepare academically for class you should do the following: read the assigned chapters to be covered in that class in advance, pay special attention to the key points that are mentioned in class. Prepare a list of questions for discussion of points that are not quite clear to you for class. After class re-read the assigned chapters, do the workbook, study any hand-outs, returned assignments or homework. **MOST IMPORTANTLY, BE INVOLVED IN THE CLASS AND ASK QUESTIONS IF SOMETHING DOES NOT MAKE SENSE.**

Policies and Cancellations: 100% attendance is required for certification. Classes missed due to weather cancellations will need to be made up at some point.

Lateness and Leaving Early Policy: People are expected to come to class on time and not leave before the conclusion of class. If personal needs require someone to be late or leave early they may do so at their own discretion as long as it does not cause a disruption to the class. If it becomes a chronic problem they will need to meet with the lead I/C to discuss a solution. Many classes will begin with a quiz which will be timed; extra time or make up quizzes will not be routinely allowed so being late may affect your grade.

Class Cancellation Policy: In recent years people's tolerance for inclement weather seems to have changed proportionately with the increase in local media hysteria over snow flurries being labeled the storm of the millennium. For this class the rule of common sense will apply. If the roads are truly unsafe you may assume that class is cancelled and by unsafe I mean icy, clogged with several inches of snow or near zero visibility. I do not anticipate canceling many, if any classes due to weather. Having said this the disclaimer is that if you feel the conditions are unsafe for you to drive to class this will be considered an excused absence and you will be allowed to make arrangements to make up what you have missed with no penalty incurred. If for some other reason class needs to be cancelled, I will contact you by phone and email prior to class. No extra hours are built in to this program so any cancelled classes will need to be made up afterward.

Class Conduct Policy: The simple golden rule of treat others as you would wish to be treated is in effect. You are expected to treat all fellow students, guests, volunteers, and instructors with respect and courtesy. No harassment of any kind will be tolerated; any language, conversations, jokes, or other material that could be deemed offensive to anyone will not be allowed in class. Any issues violating this policy are to be brought to the attention of the lead I/C immediately. Students may receive a warning but most likely will be dismissed from class for violation of this policy.

ETOH or Drug Use: No alcohol or drug use will be tolerated at all in class. Justified complaints of drug or alcohol use during class or clinical will result in immediate dismissal from the program.

Curriculum: This course presents nationally standardized curricula. The style and content of the course are the result of input from outdoor educators, medical experts, search and rescue personnel, EMS field providers and prior students. Certification through Wilderness Medical Associates will be granted following successful completion of the course.

Patient Assessment

- systems and techniques for delayed/ prolonged transport

Prolonged Transport

- review of the mechanisms of illness and injury
- anticipated problems during prolonged transport
- modified treatment procedures for the wilderness context

Medical / Rescue Equipment

- litters and splints - principles and techniques of improvisation

Trauma

- principles of injury and application in the wilderness context
- modified techniques for treatment of fractures and dislocations
- managing the injured spine during prolonged transport in difficult environments
- wound management in the wilderness

Environmental Medicine

- hypothermia and hyperthermia
- near-drowning
- frostbite and cold injuries
- altitude and diving medicine
- lightning injuries
- sun exposure

Toxins

- snakebite, marine toxins, insect bites and stings, plants and other common wilderness toxins

Backcountry Medicine

- routine management and prevention of some common medical problems encountered in the wilderness: sprains and strains, diarrhea, seasickness, minor wounds, urinary infections, dental problems, headaches, etc.
- first aid kits designed for the backcountry.

Wilderness Rescue

- personal preparedness
- litters and evacuation
- knots and rope management

Leadership

- accident analysis and prevention
- emergency procedures

Some thoughts to ponder about:

“To think of others before ourselves, and to realize the need for helping without thought of reward and with this kindness a cheerfulness that becomes infectious and helps others in times of stress and strain.” - Kurt Hahn – Outward Bound motto.

“People are unhappy, not because their standards are too high, but because their performance has been, and is, too low. The solution is not to lower the aim, but to increase the accomplishment.” - William Glasser

In the days when an ice cream sundae cost much less, a ten year old boy entered a coffee shop and sat at a table. A waitress put a glass of water in front of him. “How much is an ice cream sundae,” “Fifty cents,” replied the waitress. The little boy pulled his hand out of his pocket and studied the number of coins in it. “How much is a dish of plain ice cream” he inquired. Some people were now waiting for a table and the waitress was a bit impatient. “Thirty-five cents,” she said brusquely. The little boy again counted the coins. “I’ll have the plain ice cream,” he said. The waitress brought the ice cream, put the bill on the table and walked away. The boy finished the ice cream, paid the cashier and departed. When the waitress came back, she began wiping down the table and then swallowed hard at what she saw. There, placed neatly beside the empty dish, were two nickels and five pennies. - unknown