

WEMT Module Course Registration

October 4, 2006

Dear WEMT Candidate,

Thanks for your interest. The class will be held January 7-13, 2007 sponsored by the San Juan School of Wilderness and Emergency Medicine of the San Juan Island Emergency Medical Services. The course will be held on Orcas Island at Camp Orkila. We are excited that you have expressed interest in the Wilderness EMT Module course. We hope that you will not only have a fun and enjoyable experience but that you will also move closer to achieving your personal goals. This course is approved for 48 CEU hours in various categories including trauma, medical, environmental, and triage through the State of Washington.

The activity you are doing is: the **SOLO Wilderness EMT Module** with the **prerequisites** of active EMT certification (state or national registry) and current CPR. Upon successful completion of the entire course, practical, and written, you'll receive a SOLO WEMT certification which is for a period of 3 years and renewable with continuing education. This certification is subject to your local laws governing EMT scope of practice in your state or territory.

Cost \$400 includes WEMT course, textbooks and materials, all meals and community housing at Camp Orkila during the course!.

RN's, PA's, and MD's can take this course and receive Wilderness First Responder certification!

Normal price for this course is \$800 plus meals and lodging! So this is a deal! ☺

You MUST complete the enclosed application and send with your full payment and copies of your certification cards by no later than December 1, 2006. It is first come and first served. So get it in NOW. San Juan County EMTs are first priority.

Take special note of necessary equipment that you will need to bring with you.

We look forward to working with you over this week long. Please call us with questions. It is very important that you are diligent in completing and returning the necessary information in this packet. We are here to answer any questions that you may have. The class will fill up on a first paid, first served basis. We look forward to serving you.

Sincerely,



Jim Cole, M.A., NREMT-P, WEMT

WEMT Clothing List

You will need to bring the following items to facilitate a safe, fun time. For comfort and safety concerns, please read this list and bring the necessary items.

FEET:

- _____ 1 pair boots (high top leather or leather/nylon/GORTEX are best)
- _____ 1 pair sneakers for climbing, around camp, etc.
- _____ 3 pairs wool or polypropylene socks
- _____ 1 pair warm, wool or synthetic fleece pants (to be kept in a Zip-lock for safety against hypothermia)
- _____ 2 pair loose fitting, rugged trousers for warmer days (60% nylon/40% cotton like Dickies will do)
- _____ 1 pair hiking shorts (nylon is best, cotton/nylon blend is good, cotton is ok)

UPPER BODY:

- _____ 2 T-shirts (one has to be nylon/cotton blend or poly for colder day, one can be cotton for warmer days)
- _____ 1 long sleeved wool or synthetic fleece shirt (cotton/nylon blend may substitute)
- _____ 1 heavy weight, long sleeved wool or poly fleece sweater
- _____ 1 warm jacket
- _____ 1 nylon raincoat, poncho, or rain suit (pants not required but very helpful)

HANDS AND HEAD:

- _____ 1 wool, fleece or poly stocking cap that covers the ears (not cotton)
- _____ 1 pair light, warm gloves or mittens (wool, fleece or poly, not cotton)
- _____ 1-2 handkerchiefs (large bandana type)

MISC. GEAR:

- _____ 1 jack-knife if you already own one (don't go out and buy one)
- _____ 1 each: unbreakable plastic cup, bowl and large eating spoon (med. size)
- _____ 2 Water bottles (32 oz or more like a Nalgene, etc.)
- _____ 1 headlamp & set of extra batteries (pack batteries reversed so won't turn on in your pack)

- ___ 1 small toilet kit (trial sizes) (toothpaste, toothbrush, comb, deodorant, shampoo etc)
- ___ 1 small towel (light weight, rolled with rubber bands)
- ___ 3 large garbage bags plus 20 gallon size "ZIP-LOCK" food storage bags to keep clothes waterproof
- ___ Pens or pencils
- ___ 1 small tube of sun screen
- ___ 1 lip balm with UV protection
- ___ 1 one baseball cap or visor
- ___ 1 backpack sufficient to pack everything except sleeping bag.
- ___ 1 sleeping bag in a stuff sack (20 degree or better, zero is best) NON-COTTON
- ___ 1 sleeping pad and or camp chair
- ___ Any medication prescribed by your doctor.

OPTIONAL EQUIPMENT: Camera, film, gaiters, sunglasses, spending money for trip into town on personal time.

GLASSES OR CONTACTS: Be sure to bring an extra pair of glasses. Contacts are fine but take more sanitary care, time and attention. Bring glasses as a back-up to contacts.

FABRICS: Synthetics such as fleece and pile, polypro, capelin, nylon and silk or wool products should be selected over cotton clothing. Many of these synthetics absorb little or no water whereas cotton will absorb 80% of its weight in water. Also, unlike cotton, synthetics and wool wick moisture away from the body and insulates even when wet. Check the label and get a high % synthetic or wool. Cotton is dangerous and life threatening in cooler outdoor weather. (Note: fleece does not include cotton fleece materials)

BOOTS: Boots should be broken in and water proofed with sealer. We recommend you buy them early and wear them around for a few weeks or so.

Medical Information Form

Name: _____ Birth date: ____/____/____ Circle: male / female

Home Address: _____ City, State, Zip _____

Home Telephone #: (____) _____ - _____ Business Telephone #: (____) _____ - _____

Family Physician's Address & Phone: _____

Person to be contacted in case of illness or Injury:

Contact's Name: _____ Relationship to you: _____

Address: _____

Phone: _____ Business Phone: _____ Cell/Pager: _____

In the event of an emergency I hereby give permission to the physician selected by the instructor to hospitalize, secure proper treatment, and to order injections, anesthesia, or surgery.

Print your name: _____ Date: _____

Signature: _____

Insurance Company & Health Policy Number: _____

WEMT MODULE COURSE PARTICIPANT AGREEMENT, RELEASE, AND ACKNOWLEDGMENT OF RISK

In Consideration of the services of the San Juan Island EMS, their agents, owners, officers, volunteers, participants, employees, and all other persons or entities acting in any capacity on their behalf (hereinafter collectively referred to as "SJIEMS"), I hereby agree to release, indemnify, and discharge the SJIEMS, on behalf of myself, my children, my parents, my heirs, assigns, personal representative and estate as follows:

1. I acknowledge and voluntarily agree to participate in the SOLO Wilderness EMT Module Course sponsored by the San Juan Island EMS to be held January 7-13, 2007 at Camp Orkila. I recognize the potential hazards of my participation, as this course is conducted in a wooded area with known risks such as environmental hazards, wild animals, and falls from heights. I further acknowledge that my participation in outdoor adventure based activities such as wilderness medical courses, climbing, backpacking, and high and low challenge course activities entails known and unanticipated risks which could result in physical or emotional injury, paralysis, death, or damage to myself, to property, or to third parties. I understand that such risks simply cannot be eliminated without jeopardizing the essential qualities of the activity. Furthermore, the SJIEMS guides/instructors/facilitators have difficult jobs to perform. They seek safety, but they are not infallible. They might be unaware of a participant's fitness or abilities. They might misjudge the weather, the elements, or the terrain. They may give inadequate warnings or instructions, and equipment being used might malfunction.
2. I expressly agree and promise to accept and assume all of the risks existing in this activity. My participation in this activity is purely voluntary, and I elect to participate in spite of the risks.
3. I hereby voluntarily release, forever discharge, and agree to indemnify and hold harmless SJIEMS from any and all claims, demands, or causes of action, which are in any way connected with my participation in this activity or my use of the SJIEMS equipment or facilities, including any such claims which allege negligent acts or omissions of the SJIEMS.
4. Should the SJIEMS or anyone acting on their behalf, be required to incur attorney's fees and costs to enforce this agreement, I agree to indemnify and hold them harmless for all such fees and costs.
5. I certify that I have adequate insurance to cover any injury or damage I may cause or suffer while participating, or else I agree to bear the costs of such injury or damage myself. I further certify that I have no medical or physical conditions which could interfere with my safety in this activity, or else I am willing to assume – and bear the costs of – all risks that may be created, directly or indirectly, by any such condition.
6. In the event that I file a lawsuit against the SJIEMS, I agree to do so solely in the State of Washington, County of San Juan, and I further agree that the substantive law of that state shall apply in that action without regard to the conflict of law rules of that state. I agree that if any portion of this agreement is found to be void or unenforceable, the remaining portions shall remain in full force and effect.

By signing this document, I acknowledge that if anyone is hurt or property is damaged during my participation in this activity, I may be found by a court of law to have waived my right to maintain a lawsuit against the SJIEMS on the basis of any claim from which I have released them herein.

I have had sufficient opportunity to read this entire document. I have read and understood it, and I agree to be bound by its terms.

		/ /
Name of STUDENT (printed)	Signature of STUDENT	Date

	/ /
Signature of WITNESS	Date

WEMT Module Application

San Juan School of Wilderness and Emergency Medicine

San Juan Island EMS

PO Box 1518

Friday Harbor, WA 98250

360-378-5152

Name of Applicant: _____

DOB: _____

Sex: _____

Address: _____

Email: _____

City: _____

State: _____

Zip Code: _____

Phone: (_____) _____

Circle Level: EMT, RP, RN, MD

- PLEASE RETURN ALL FORMS AND COURSE FEES (\$400 AS DESCRIBED IN THE LETTER TO THE ADDRESS ABOVE BY NO LATER THAN December 1, 2006. \$200 is NON-REFUNDABLE but is transferable to another individual if necessary.
- Include **copy of current EMT and CPR** certification cards with this application!
- Have your **signature witnessed and dated.**
- *Bank check or money order made out to "San Juan Island EMS."*
- **Return check and ALL forms to the above address.**
- ***Incomplete applications or partial funds will NOT reserve a spot in the class.***

Date Received: _____

Deposit: \$ _____

Misc: \$ _____

Balance Due: \$ _____

Student: _____

Notified: _____

Commonly Asked Questions about the Wilderness EMT Module

What makes the SOLO Wilderness EMT program different from other medical programs? SOLO's Wilderness Medical programs are taught by advanced level EMT's with many years of backcountry rescue experience. These experiences have prepared them with a wide spectrum of knowledge and practical skills which make the courses rich and engaging. The concepts taught during the programs have been applied in actual wilderness settings in a variety of terrain and weather conditions.

The WEMT course covers three important areas typically not presented in other medical training programs.

1. Prolonged treatment of the patient- When transport times extend into hours and days, the phases of patient care that usually take place in the hospital must be carried out in the field. WEMT training prepares students for this situation.

2. Limited Equipment- In a remote wilderness setting there is usually very limited equipment available for use in the treatment of a patient. During the course students learn how to improvise the tools and equipment they need. This is one of the most important concepts of wilderness medicine. WEMT students also learn how to adapt and use standard ambulance equipment for extended transport problems.

3. Difficult Environments- Remote environments bring many challenges to rescuers. The extremes of cold and heat make dealing with patients even more difficult. During the course, students learn how to recognize the effects of these environmental changes in their patients and how to protect themselves from the same effects.

What type of certification do I receive when I complete the course? You will receive a SOLO Wilderness EMT certificate of completion. This certifies that you have completed the requirements for the 48 hour WEMT program.

Will I receive continuing education credit? EMT-B's, EMT-I's, and EMT-P's will receive up to 48 hours of official continuing education credit issued by CECBEMS. Each state sets its own guidelines for qualifying CE credits. You should contact your state for specific details.

How much time is spent in the classroom and how much outside? The course includes lecture and discussion as well as hands-on practical training and experience. About half of the time will be classroom discussion. Much of the hands on training takes place outside the classroom. You will be involved in various simulated training scenarios throughout the course during which practical skills are emphasized. These simulations will be developed during the course and represent the various skill areas covered in the curriculum. These simulations are videotaped and used as a learning tool during class.

How rigorous are the outdoor training and simulations? The main emphasis of the course is rapid patient assessment and the application of life saving techniques and skills. Appropriate evacuation and wilderness rescue are important components of this goal. The WEMT course is not,

however, a detailed course in high angle rescue techniques and does not include extended hiking and climbing. Special courses covering these skills are available as separate training programs. The portions of the course that do require physical effort are tempered to accommodate a wide range of skills and abilities. If you have a physical condition or injury which limits involvement in strenuous activities, this does not exclude you from enrollment in the program.

How many written tests should I expect to take during the course? Students should expect to be presented with a quiz every day of class. There is also a final written and practical exam that will be given during the last day of class. All written and practical quizzes and tests do count toward final credit for the class. A minimum of 70% on the written exam and “pass” on the practical exam are required for certification.

Do I need to purchase a textbook? No. All of the text materials we use will be provided for you as a part of the fee for the course.

What skills will I be able to use as a WEMT that I am not allowed to use now? First it is vital that each WEMT student understand that no one is allowed to use any skills (even within the level of your current certification) without appropriate authorization from your state and local medical control. In other words, you must receive permission from your physician advisor before you can perform any acts or skills you learn during this or any other training program. There are several unique skills and techniques that you will gain from the course. These are modified treatment procedures for Wound Care, Fractures and Dislocations, Medication Administration, Modified CPR, Hypothermia, and Spine Management. These modified techniques can only be used when specific conditions exist. These conditions include: Extended transport times (longer than 1-2 hours), appropriate training, and appropriate authorization from your legal state and physician advisor.

Why should I enroll in the SOLO WEMT program? The SOLO WEMT course is a fast moving and challenging continuing education program for EMT's at any level. You will learn how to re-package the knowledge and skills that you already have into a compact, down to earth easy to access format. Your assessment skills will be sharpened as you apply them during many hours of hands on practice. Your ability to work with patients over an extended time will be greatly enhanced. If you have the potential of working in unfriendly environments away from the hospital or ambulance, this course provides essential training that may save a patient's life as well as your own. Whether you are strictly a search and rescue member working in the backcountry, or a person who rarely works away from an ambulance, the WEMT course will help you to gain confidence and make you better at what you do.

What should I bring to the course? Bring a notebook and writing materials for the classroom. Bring appropriate clothing for the weather conditions. This should include jackets, rain gear, gloves or mittens, hat, shell pants and shell jacket if available, durable water-proof shoes or boots, and a flashlight or headlamp. You will need a water bottle, a sleeping bag, pad, and all toiletries and towels.

Any other questions? Contact San Juan School of Wilderness and Emergency Medicine at 360-378-5152 or by email at wemt@sanjuanems.org. Additional information can be found on our website at www.sanjuanems.org.

Wilderness EMT Module Credit Breakdown

<u>TOPIC</u>	<u>Assigned Hours</u>
Airway Assess/Tx	2 Hours
BLS Review and Practice	1 Hour
Medial Assess/Tx	10 Hours
Trauma Assessment	8 Hours
Trauma Triage	2 Hours
Trauma Treatment	12 Hours
Pediatric Assess/Tx	4 Hours
Geriatric Assess/Tx	4 Hours
<u>Environmental Emerg.</u>	<u>5 Hours</u>
TOTAL	48 Hours

Curriculum for WEMT Module

The curriculum for the WEMT expands the scope of practice for most EMT's. The material is presented at a higher level and includes the adaptation of ambulance and advanced equipment for use in remote environments. Emphasis is also placed on rapid assessment and evacuation skills.

PATIENT ASSESSMENT

- review of patient assessment skills
- systems and techniques for prolonged transport
- rapid access of assessment skills

BODY SYSTEMS

- review of mechanism of illness and injury
- anticipated problems during prolonged transport
- modified treatment procedures for delayed or prolonged transport, including the presentation of wilderness model field protocols for CPR, hypothermia treatment, wound care and the treatment of fractures dislocations and spine injuries

MEDICAL/RESCUE GEAR

- litters and splints, principles / techniques of improvisation
- use of IV fluids, MAST, oxygen, airways, respiratory equipment and other advanced equipment in extreme environments

TRAUMA

- principles of injury and application for prolonged transport
- modified treatment technique for fractures and dislocations
- managing injured spines during prolonged transport in difficult environments
- wound management in prolonged transport

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 backcountry toxins

BACKCOUNTRY MEDICINE

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

WILDERNESS RESCUE

- rescue operations
- personal preparedness
- principles of litter evacuation, packaging and improvisation

WEMT Checklist

Please complete and send the following:

- Module Application Form
- Signed and witnessed waiver
- Medical Information Form
- Bank check/money order \$400 made out to "San Juan Island EMS"
- Copy of *current* EMT/National Registry/Medical Certification
- Copy of *current* CPR

By December 1, 2006, send to:

San Juan Island EMS

P.O. Box 1518

Friday Harbor, WA 98250-1518