

Skills Competencies- Student Requirements	Where to Find in Coursera
<p>Primary Assessment</p> <ul style="list-style-type: none"> • Cover ABCDE of the Primary Assessment in proper order. • Demonstrate proper action of visual and manual blood sweep as part of C. • Demonstrate understanding of what each letter (A-E) of Primary Assessment represents. • Articulate or demonstrate protecting patient from the environment as part of E. 	<p>Course: Wilderness First Aid- Introduction, Week 2</p> <p>Basic Patient Assessment: <u>Video:</u> Basic Patient Assessment- ABCDE Part 1 <u>Video:</u> Basic Patient Assessment- ABCDE Part 2 <u>Reading:</u> ABCDE Reading <u>Video:</u> Primary Survey</p> <p>ABCDE Skills: Reading: Videos on Head Tilt and Jaw Thrust <u>Video:</u> Pulses <u>Video:</u> Direct Pressure</p> <p>Vital Signs: <u>Video:</u> Vital Signs (includes information about AVPU, part of D in ABCDE)</p>
<p>Physical Exam</p> <ul style="list-style-type: none"> • Tell patient why they are doing physical exam. • Follow prioritized order of importance starting with head and finishing with back or arms. • Look at patient’s face while palpating. • Look in eyes, ears, and mouth. • Palpate using massage strength. • Stop, expose, note, and re-cover injuries as found, explaining what is going on to patient. • Palpate neck, chest, 4 quadrants of the abdomen, pelvis, legs, arms then back (unless started with back). 	<p>Course: Wilderness First Aid- Introduction, Week 2</p> <p>Secondary Assessment: <u>Video:</u> Secondary Assessment <u>Video:</u> Physical Exam</p>

<p>Solo Log Roll</p> <ul style="list-style-type: none"> • Properly positions patient before rolling. • Demonstrate proper rescuer hands placement. • Successfully roll patient, without letting patient flop at the end 	<p>Course: Wilderness First Aid- Introduction, Week 3</p> <p>Patient Movement Video: Patient Movement</p>
<p>Improvised C-Spine Protection (with Sam splint, jacket, or large pack)</p> <ul style="list-style-type: none"> • Administer improvised protection without excessive movement of patient’s head. • If using a Sam splint or jacket, put the device under patient’s chin. • Create a relative comfortable and restraining enough C-collar that the patient, when asked, has difficulty moving head. • Articulate why they chose the system chosen. 	<p>Course: Wilderness First Aid- Introduction, Week 3</p> <p>Spinal Clearance and Stabilization <u>Video</u>: Spinal Cord Basics <u>Video</u>: Spinal Cord Immobilization <u>Video</u>: C-Collar <u>Reading</u>: Spinal Stabilization</p>
<p>Demonstrate patient positioning for shock and increased Intracranial Pressure (ICP)</p> <ul style="list-style-type: none"> • Recognize a patient who is in or going into shock. • Recognize a patient who is suffering from increased ICP. • Demonstrate appropriate field treatment for shock (insulation from cold, elevate legs, and emergency evacuation). • Demonstrate appropriate field treatment for increasing ICP (elevate upper body 30 degrees, keep warm, and emergency evacuation) 	<p>Course: Wilderness First Aid- Traumatic Injuries, Week 1, and Week 2</p> <p>Week 1: Shock <u>Video</u>: Shock</p> <p>Week 2: Head Trauma <u>Video</u>: Head Trauma <u>Reading</u>: Head Injuries and What to Do</p>

<p>Improvised Pressure Dressing or Tourniquet</p> <ul style="list-style-type: none"> • In the event of imaginary massive bleeding, make a choice between a tourniquet and pressure dressing. • Articulate why they chose tourniquet or pressure dressing. • Demonstrate proper application of improvised pressure dressing or, • Demonstrate proper application of improvised tourniquet. 	<p>Course: Wilderness First Aid- Traumatic Emergencies, Week 4</p> <p>Soft Tissues and Wound Management <u>Video:</u> Soft Tissue Injuries and Wound Management <u>Reading:</u> Soft Tissue Injuries and Wound Management</p> <p>Practice Application Set 1 <u>Video:</u> Pressure Dressing <u>Video:</u> Additional Pressure Dressings and Tourniquets</p>
<p>Lower Arm or Lower Leg Splint</p> <ul style="list-style-type: none"> • Fully expose the limb. • Look for blood. • Check CSM distal to the injury. • Pad so that no rigid part of the splint is in contact with skin or even one layer of clothing. • Add rigid material (Sam splint, sticks, tent poles, rolled up magazine(s), cardboard, etc. • Wrap with ace wrap, ripped up clothing, bandanas, etc. • Re-check CSM distal to the injury. • Build a splint so that the joint on either side of the injury is difficult for the patient to move. 	<p>Course: Wilderness First Aid- Traumatic Injuries, Week 3</p> <p>Splinting and Dislocations <u>Video:</u> Splinting and Dislocations</p> <p>Extremity Trauma Practical <u>Video:</u> Lower Arm Splints <u>Video:</u> Buddy Sling <u>Video:</u> Unstable Arm Full Scenario <u>Video:</u> Ankle Splints <u>Video:</u> Knee Splints</p> <p>Additional Readings Not on Coursera: <u>Reading:</u> How to Build a Splint https://docs.google.com/document/d/1aO4VweOgnJ3pAx-OzFbZ_mS8Ndyqnre4jcBPTuj87Yw/edit</p> <p><u>Reading:</u> Practice Building a Splint https://docs.google.com/document/d/1byHTkCjsgXYVWmB9Gik4cU4tQdpag9GS8aJt4-JtDCU/edit</p>