

Accredited Course Report Academy Transcript

Course Name: Wilderness First Aid

Total Fellow Credits = 20.125 credits

CORE Module 1 - Introduction to Extreme Environment Medicine (C1-IEEM)

Module Nesting	Topic Code	Topic	Credit point value for the topic
C1-IEEM	1.01	Equipment, kit and carriage	0.5
C1-IEEM	1.02	Introduction to earths geography	
C1-IEEM	1.03	Planning an expedition	
C1-IEEM	1.04	Risk assessment and planning	0.5
C1-IEEM	1.05	Roles and Responsibilities in an austere environment	0.5

CORE Module 2 - Leadership in Austere Environments (C2-LAE)

Module Nesting	Topic Code	Topic	Credit point value for the topic
C2-LAE	2.01	Incident debriefing	
C2-LAE	2.02	Communication (human skills)	
C2-LAE	2.03	Evacuation planning	0.5
C2-LAE	2.04	Improvised litters and carries	0.5
C2-LAE	2.05	Search and Rescue (SAR) techniques	0.5
C2-LAE	2.06	Team dynamics and conflict resolution	0.25
C2-LAE	2.07	Leading teams	0.25

CORE Module 3 - Expedition Field Skills (C3-EFS)

Module Nesting	Topic Code	Topic	Credit point value for the topic
C3-EFS	3.01	Basic and improvised shelters	
C3-EFS	3.02	Communication (satellite phone, radio procedures)	
C3-EFS	3.03	Dynamic route planning	
C3-EFS	3.04	Fire starting and safety	
C3-EFS	3.05	Food planning & preparation in an austere environment	
C3-EFS	3.06	Knots for safety and rescue	
C3-EFS	3.07	Navigation fundamentals	
C3-EFS	3.08	River crossing techniques	
C3-EFS	3.09	Swift water rescue techniques	
C3-EFS	3.10	Vertical rescue techniques	
C3-EFS	3.11	Weather interpretation in the field	
C3-EFS	3.12	Water purification techniques	

CORE Module 4 - Expedition Medicine Skills (C4-EMS)

Module Nesting	Topic Code	Topic	Credit point value for the topic
C4-EMS	4.01	Basic pharmacology	0.5
C4-EMS	4.02	Improvised splints	0.5
C4-EMS	4.03	Major haemorrhage management	0.5
C4-EMS	4.04	Medical planning	0.25
C4-EMS	4.05	Medical kit planning	0.5
C4-EMS	4.06	Wound care and field cleaning	
C4-EMS	4.07	Wound packing	0.5
C4-EMS	4.08	Patient Packaging	0.5
C4-EMS	4.09	Extrication Techniques	0.5

CORE Module 5 - Medical Emergencies in Austere Environments (C5-MEAE)

Module Nesting	Topic Code	Topic	Credit point value for the topic
C5-MEAE	5.01	Cardiac - Acute coronary syndrome in the remote setting	0.25
C5-MEAE	5.02	Cardiac - CPR in Unique Environments	0.25
C5-MEAE	5.03	Cardiac - Resuscitation - Adult	0.5
C5-MEAE	5.04	Cardiac – Managing SVT	
C5-MEAE	5.05	Medical - Acute dystonic reaction in the field	
C5-MEAE	5.06	Medical - Adrenal insufficiency	
C5-MEAE	5.07	Medical - Anaphylaxis and allergy	0.5
C5-MEAE	5.08	Medical - Diabetic emergencies	0.5
C5-MEAE	5.09	Medical - Field dentistry	
C5-MEAE	5.10	Medical - Managing ocular injuries and irritation	0.25
C5-MEAE	5.11	Medical - Meningococcal septicaemia	
C5-MEAE	5.12	Medical - Nausea and vomiting	0.25
C5-MEAE	5.13	Medical - Sepsis	0.25
C5-MEAE	5.14	Neurological - Autonomic dysreflexia	
C5-MEAE	5.15	Neurological - Seizure	0.25
C5-MEAE	5.16	Neurological - Stroke / Transient Ischaemic Attack	0.25
C5-MEAE	5.17	Respiratory - Acute pulmonary oedema	0.25
C5-MEAE	5.18	Respiratory - Airway obstruction (foreign body)	0.25
C5-MEAE	5.19	Respiratory - Asthma	0.25
C5-MEAE	5.20	Respiratory - Chronic obstructive pulmonary disease	0.25
C5-MEAE	5.21	Respiratory - Croup	0.25
C5-MEAE	5.22	Respiratory - Epiglottitis	0.25
C5-MEAE	5.23	Respiratory – Hyperventilation / panic attacks	0.25
C5-MEAE	5.24	Respiratory - Pulmonary embolus	
C5-MEAE	5.25	Respiratory - Tracheostomy emergencies	
C5-MEAE	5.26	Toxicology - Chemical Exposure	
C5-MEAE	5.27	Toxicology - Drug overdose	0.25
C5-MEAE	5.28	Toxicology - Carbon monoxide	
C5-MEAE	5.29	Toxicology - Corrosive agents	
C5-MEAE	5.30	Toxinology - Envenomation - Reptiles	0.25
C5-MEAE	5.31	Toxinology -Envenomation - Snakes	0.5
C5-MEAE	5.32	Toxinology -Envenomation - Spiders	0.25
C5-MEAE	5.33	Toxinology -Hymenoptera bites and stings	
C5-MEAE	5.34	Toxicology -Toxic metals	
C5-MEAE	5.35	Trauma - Burn injuries	0.5
C5-MEAE	5.36	Trauma - Chest injuries	0.5
C5-MEAE	5.37	Trauma - Crush injuries	0.5
C5-MEAE	5.38	Trauma - Dental injuries	
C5-MEAE	5.39	Trauma - Disc battery ingestion	
C5-MEAE	5.40	Trauma - Electric shock	0.25
C5-MEAE	5.41	Trauma - Fluid injection injury	
C5-MEAE	5.42	Trauma - Hypovolaemic shock	0.5
C5-MEAE	5.43	Trauma - Lightning injury	0.25
C5-MEAE	5.44	Trauma - Limb injury	0.5
C5-MEAE	5.45	Trauma - Massive haemorrhage control	0.5
C5-MEAE	5.46	Trauma - Pelvic injury	0.5
C5-MEAE	5.47	Trauma - Resuscitation - Traumatic	0.25
C5-MEAE	5.48	Trauma - Spinal cord injury	0.25
C5-MEAE	5.49	Trauma - Traumatic animal attacks	0.25
C5-MEAE	5.50	Trauma - Traumatic Brain Injury	0.5
C5-MEAE	5.51	Trauma - Trauma in Pregnancy	1.0
C5-MEAE	5.52	Trauma - Wound management (gluing)	
C5-MEAE	5.53	Toxicology - Plants	
C5-MEAE	5.54	Airway management	0.25
C5-MEAE	5.55	Stabilising a patient in a remote setting	0.5
C5-MEAE	5.56	Pain Management in the wild	0.25
C5-MEAE	5.57	Paediatric patients	0.25
C5-MEAE	5.58	Pain Management	
C5-MEAE	5.59	Ultra Sound in the Field	

ELECTIVE Module 6 - Altitude Medicine (E6-AM)

Module Nesting	Topic Code	Topic	Credit point value for the topic
E6-AM	6.01	Altitude physiology	
E6-AM	6.02	Altitude illness (HACE)	
E6-AM	6.03	Altitude illness (HAPE)	
E6-AM	6.04	Effects of altitude on pre-existing medical conditions	
E6-AM	6.05	High altitude pharmacology	
E6-AM	6.06	Risk management – Altitude and tools (Lake Louise score)	

ELECTIVE Module 7 - Desert Medicine (E7-DeM)

Module Nesting	Topic Code	Topic	Credit point value for the topic
E7-DeM	7.01	Celestial navigation (fundamentals)	
E7-DeM	7.02	Exposure	
E7-DeM	7.03	Desert dermatoses and dry skin conditions	
E7-DeM	7.04	Heat illness and dehydration	1.0
E7-DeM	7.05	Heat stroke	0.25
E7-DeM	7.06	Ocular foreign body intrusion	

ELECTIVE Module 8 - Dive Medicine (E8-DiM)

Module Nesting	Topic Code	Topic	Credit point value for the topic
E8-DiM	8.01	Dive planning and profiles	
E8-DiM	8.02	Safety equipment	
E8-DiM	8.03	Currents & Tides	
E8-DiM	8.04	Diving physiology	
E8-DiM	8.05	Diving emergencies - DCI	
E8-DiM	8.06	Diving emergencies - AGE	
E8-DiM	8.07	Dysbarisms & Barotrauma	
E8-DiM	8.08	Diving emergencies (unspecified)	
E8-DiM	8.09	Shallow water Blackout	

ELECTIVE Module 9 - Flight Medicine (E9-FM)

Module Nesting	Topic Code	Topic	Credit point value for the topic
E9-FM	9.01	Altitude physiology and oxygen systems	
E9-FM	9.02	Aviation medical systems	
E9-FM	9.03	Crew Resource Management (CRM)	
E9-FM	9.04	Escape and survival	
E9-FM	9.05	Gravitational physiology and the effects G forces	
E9-FM	9.06	Landing zone marking and safety	
E9-FM	9.07	Low level medical retrieval	
E9-FM	9.08	Motion & Air sickness	
E9-FM	9.09	Safety around helicopters	
E9-FM	9.10	Spatial disorientation	

ELECTIVE Module 10 - Humanitarian Healthcare (E10-Hc)

Module Nesting	Topic Code	Topic	Credit point value for the topic
E10-HM	10.01	Community hygiene	0.25
E10-HM	10.02	Clinical management of vulnerable populations	
E10-HM	10.03	Distilling water in the field	
E10-HM	10.04	Field sterilisation of equipment (clinical)	
E10-HM	10.05	Fundamentals of epidemiology	
E10-HM	10.06	Healthcare in resource poor environments	
E10-HM	10.07	Human rights in health care	
E10-HM	10.08	Intro to international community development	
E10-HM	10.09	Obstetric emergencies in the field	
E10-HM	10.10	Principles of public health	
E10-HM	10.11	Resuscitation - Paediatric	
E10-HM	10.12	Sustainability and development	
E10-HM	10.13	WASH principles	
E10-HM	10.14	Mass water purification	
E10-HM	10.15	Controlled Human Infection Models (CHIMs)	
E10-HM	10.16	Respiratory bacterial infections	
E10-HM	10.17	Vaccine education and delivery	
E10-HM	10.18	Infectious disease mapping	
E10-HM	10.19	Outbreak management and safety	

ELECTIVE Module 11 - Marine Medicine (E11-MaM)

Module Nesting	Topic Code	Topic	Credit point value for the topic
E11-MaM	11.01	Confined space resuscitation techniques	
E11-MaM	11.02	Envenomation – Marine stings	0.5
E11-MaM	11.03	Hand Arm Vibration Syndrome (HAVS)	
E11-MaM	11.04	Marine environment search and rescue	
E11-MaM	11.05	Shallow water blackout	
E11-MaM	11.06	Sunburn and dehydration	
E11-MaM	11.07	Wound management (suturing)	
E11-MaM	11.08	Fish hook removal techniques	
E11-MaM	11.09	Person-over-board / recovery	
E11-MaM	11.10	Transferring a patient vessel to vessel	

ELECTIVE Module 12 - Mountain Medicine (E12-MoM)

Module Nesting	Topic Code	Topic	Credit point value for the topic
E12-MoM	12.01	Avalanche safety	
E12-MoM	12.02	Avalanche rescue	
E12-MoM	12.03	Brief overview of HAPE & HACE	
E12-MoM	12.04	Search and rescue in mountainous terrain	
E12-MoM	12.05	Vertical rescue techniques	

ELECTIVE Module 13 - Polar Medicine (E13-PM)

Module Nesting	Topic Code	Topic	Credit point value for the topic
E13-PM	13.01	Frost bite and trench foot	
E13-PM	13.02	Hypothermia	0.5
E13-PM	13.03	Overview of polar medicine	
E13-PM	13.04	Resuscitation - Hypothermic	0.5
E13-PM	13.05	Snow blindness	

ELECTIVE Module 14 - Space Medicine (E14-SM)

Module Nesting	Topic Code	Topic	Credit point value for the topic
E14-SM	14.01	Effects of zero gravity on the human body	
E14-SM	14.02	Isolation and confinement	
E14-SM	14.03	Muscle loss	
E14-SM	14.04	CBRIN	
E14-SM	14.05	Space sickness	
E14-SM	14.06	Space travel & aerospace medicine	
E14-SM	14.07	Nutrition in Space	
E14-SM	14.08	Life Support Systems	
E14-SM	14.01	Effects of zero gravity on the human body	

ELECTIVE Module 15 - Tactical Medicine (E15-TaM)

Module Nesting	Topic Code	Topic	Credit point value for the topic
E15-TaM	15.01	AAO	
E15-TaM	15.02	Blast injuries	
E15-TaM	15.03	CBRIE	
E15-TaM	15.04	Hunting Accidents	
E15-TaM	15.05	Penetrating injury (high velocity)	0.25
E15-TaM	15.06	Penetrating injury (slow velocity)	0.25
E15-TaM	15.07	Principles of TCCC	

ELECTIVE Module 16 - Tropical Medicine (E16-Tro)

Module Nesting	Topic Code	Topic	Credit point value for the topic
E16-Tro	16.01	Hyperthermia	
E16-Tro	16.02	Mosquito borne illness	
E16-Tro	16.03	Respiratory diseases (such as measles, respiratory syncytial virus, tuberculosis)	
E16-Tro	16.04	STIs	
E16-Tro	16.05	Tick removal (Lyme disease)	0.25
E16-Tro	16.06	Tropical diseases	
E16-Tro	16.06	Tropical skin conditions	

ELECTIVE Module 17 - Travel Medicine (E17-Tra)

Module Nesting	Topic Code	Topic	Credit point value for the topic
E17-Tra	17.01	Chronic diarrhea in the returned traveller	
E17-Tra	17.02	Haemorrhagic fevers	
E17-Tra	17.03	Infectious disease in adventure travel	
E17-Tra	17.04	Parasites in a traveller	
E17-Tra	17.05	Traveller's diarrhea	
E17-Tra	17.06	Travel dermatology	
E17-Tra	17.07	Yellow fever	
E17-Tra	17.08	Integrating travel health into practice	
E17-Tra	17.09	Fundamentals of travel medicine	
E17-Tra	17.10	Hepatitis	
E17-Tra	17.11	Drugs and Alcohol Abroad	
E17-Tra	17.12	Fever in returned travellers	

ELECTIVE Module 18 - Sports and Endurance Medicine (E18 -SEM)

Module Nesting	Topic Code	Topic	Credit point value for the topic
E18-SEM	18.01	Exercise-Associated Muscle Cramps	
E18-SEM	18.02	Orthopaedic injuries	0.25
E18-SEM	18.03	Lower limb splinting	0.25
E18-SEM	18.04	Hyperkalaemia & Hypokalaemia	
E18-SEM	18.05	Rhabdomyolysis	

ELECTIVE Module 19 – Universal Skills (E19 -US)

Module Nesting	Topic Code	Topic	Credit point value for the topic
E19 -US	19.01	Cultural considerations in health care	
E19 -US	19.02	Law and ethics	0.25
E19 -US	19.03	Peer support / seeking help	
E19 -US	19.04	Primary patient assessment	0.5
E19 -US	19.05	PTSD versus PTG	
E19 -US	19.06	Self-care (nutrition, sleep and exercise)	
E19 -US	19.06	Self-care (mental health)	
E19 - US	19.07	Operations management	
E19 - US	19.08	Time Criticality	1.25
E19 - US	19.09	Managing the deteriorating patient	0.5
E19 - US	19.10	Fire Suppression	
E19-US	19.11	The importance of deliberate documentation	
E19-US	19.12	Multi-Casual Management	0.25
E19-US	19.13	AI in Remote Health Care	
E19-US	19.14	Safe Defibrillation	0.25

ELECTIVE Module 20 – Telehealth (E20 - TeH)

Module Nesting	Topic Code	Topic	Session name and mode of delivery (theory/practical)
E20 -TeH	20.01	Telehealth Terminology	0.5
E20 -TeH	20.02	Equipment, technical, and network requirements	
E20 -TeH	20.03	Remote patient monitoring (RPM) and mobile health (mHealth)	
E20 -TeH	20.04	Assessment considerations	
E20 -TeH	20.05	Medico-legal consideration	

Application Explanation

- One credit point is the equivalent of approximately one hour of **practical work** on a specific topic, (0.75 credit points = 45 minutes, 0.5 credit points = 30 minutes, 0.25 credit points = 15 minutes).
- One credit point is the equivalent of approximately a day (8 hours) of **theoretical work** on a specific topic (1 hour = 0.125 credits).

