

Park Management 19 Wilderness First Responder Course Syllabus—Spring 2009

Course:	Park Management 19 -- Section 70731
Class Time:	Monday & Wednesday 5:45-9:45 p.m. & Weekend Field Trips (see schedule below)
Course Location:	West Valley College, AAS-37 and selected on and off-campus sites
Instructor:	Kim Aufhäuser
Office:	AAS-37A
Office Hours:	Wednesday, 4:15-5:45 p.m. (will change after 3/25) and by appointment.
Telephone:	408/741-2403 FAX: 408/741-2145
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Instructor Website:	http://instruct.westvalley.edu/aufhauser
Park Mgmt. Website:	http://www.westvalley.edu/wvc/pm

TEXT:

Required Textbooks:

First Responder, 8th ed. Bergeron, Prentice Hall. ISBN: 978-0136140597

NOLS Wilderness Medicine, T. Schimelpfenig. Stackpole Press. 2006. ISBN: 978-0811733069

Recommend Textbooks:

Pocket Reference for the EMT-B and First Responder; 2nd(revised) ed. Elling

Field Guide of Wilderness & Rescue Medicine, 4th ed., Morrissey. Wilderness Medical Associates. 2009. ISBN: 978-0970464675

Optional Workbook:

First Responder Workbook, 8th ed.; Bergeron & Bizjak

I will be providing a bibliography of other readings for those interested in expanding their knowledge of pre-hospital medical care.

READING & PREPARATION:

Based on the schedule in the syllabus and any updates provided by the instructor, the student must read and be familiar with the material prior to it being covered in class.

COURSE CERTIFICATE:

I intend to offer the following certificates to those who qualify. First Responder (based on the U.S. Department of Transportation's curriculum), Wilderness First Responder, and American Heart Association or American Red Cross's CPR for the Professional Rescuer and AED.

To receive these certificates the student must have a final grade of "B" or better, demonstrate mastery of required skills, actively participate in the class. See section on attendance and grading below.

COURSE OBJECTIVES:

Pre-hospital medical care in America is changing. An increasing number of people are traveling greater distances away from pre-hospital paramedic services and definitive hospital care. This is placing a greater need on public land agency personnel, guides, camp counselors, and other outdoor employees and

enthusiasts to have greater knowledge and experience to prevent and treat a wide array of illnesses and traumatic injuries in geographically isolated areas. Additionally, there is increasing risk that large population centers will be subjected to major natural or human caused incidents leaving many people sick or injured and the local EMS resources overwhelmed.

MAJOR TOPICS:

The EMS System	Soft Tissue Injuries And Burns
Legal And Ethical Issues, Roles And Responsibilities	Fractures And Dislocations
The Human Body	Athletic Injuries
CPR And Airway Management	Head, Neck, Back And Chest Injuries
Patient Assessment & Documentation	Environmental Emergencies
Shock	Wilderness Evacuation
Medical Emergencies	Critical Incident Stress
Childbirth, Infants And Children	Wilderness Medical Kits
Pharmacology	

METHOD OF EVALUATION:

Grades will be determined through the use of the following: quizzes, mid-course and final exam, practical testing, class participation, and mastery of required skills. A cumulative point system will be used to determine a percentage grade. Approximate low end percentage scores for grades are 90%= A, 80%= B, 70%= C, 60%= D, <60% F.

There may be one or more quizzes administered any time during the class period or during field outings. Quizzes are never announced and may not be made up. Skills testing will occur, when appropriate, during or at the conclusion of each chapter. The written mid-course exam will serve as the D.O.T. First Responder final exam. That will be given on March 4th. The final written exam will be taken on March 25th (last class meeting). The skills final exam will be taken throughout the final weekend field trip (March 20-22). Each of you will need to have ten 20 question Scantrons™. You will also need one 100 question Scantron™ forms. There is no extra credit for this course.

Quizzes	≈ 200 points
Skills Mastery	≈ 200 points
Attendance	100 points
Scenarios	100 points
Homework Assignments	50-100 points
Written Mid-course Exam	100 points
Written Final Exam	≈ 150 points
Total	≈ 950 points

SKILLS PROFICIENCY TESTING:

Throughout this course your skills competency will be tested. It will be the your responsibility to ensure that your skills testing sheets are completed and signed off by me or one of my proctors. You will not be issued replacement skill testing sheets. Don't loose them.

IMPORTANT DATES:

- No class (school holiday) on Monday, February 16th
- PRAC conference -- March 9-12, 2009 at San Luis Obispo.
- Weekend field trips are: Friday→Sunday, February 27-March 1 and March 20-22.

ATTENDANCE REQUIREMENTS:

The classroom portion of this course begins at 5:45 p.m. Arriving 5-30 minutes late will cost you 25 points. Arriving more than 30 minutes late without prior approval from me will be considered absent. The first two absences will cost you 50 points each. Unless approved by me in advance, students must attend all of the field trip days to receive credit.

REQUIRED SUPPLIES, PERSONAL PROTECTIVE EQUIPMENT (PPE) AND CLOTHING:

Classroom: I urge you to wear comfortable loose fitting clothing that will facilitate both sitting during lecture/discussions and participating in skills sessions.

Field Clothing: While I will provide you with additional specifics for these trips, in general you must wear protective clothing appropriate for the weather and activities to be encountered. Boots must have aggressive non-slip soles providing good ankle support and protection and pants must be long and loose fitting. I always wear long sleeve shirts for protection, warmth and versatility. Utilize the concept of layering when dressing, and do not wear cotton garments. Cotton in February (think cold rain) is foolish and dangerous. "Cotton kills." Wear clothing that can take the abuse of being outdoors and getting stained and dirty. History (and experience) has shown me that you will. Consider having a complete change or two in your car.

Every class meeting and field trip: In addition to your textbooks, note taking materials, and binder, you **must** bring the following materials and equipment to every class meeting and both field trips. You will need items 1-5 by the second class meeting and items 6-10 by the fifth class meeting. I will discuss and display these items during the first class meeting.

1. Wristwatch w/sweep second hand or digital watch with seconds display (pocket or belt watches or clocks on your cellular phone are not acceptable). Make your timepiece durable and easy to read. Mine is inexpensive & waterproof.
2. Headlamp (you must be able to have your hands free for patient care. You will not be permitted to put your mini-mag in you mouth. I personally carry two headlamps. The second (backup) is one of those small ultra-light weight LED types. More than once having two has come in handy.
3. Penlight or mini-mag. I find this useful for checking the pupils. My headlamp is too cumbersome in daylight and too bright to be comfortable for the patient's eyes at night.
4. Clear uncolored safety glasses w/ side protection panels. These must comply with ANSI standards (most safety glasses do) and protect your entire eye orbit from impact or splash of bodily fluids. If you wear corrective lenses they must cover the entire orbit and have some form of side protection. I do not like photo-reactive lenses as I feel it is important for the patient to see your eyes and you must be able to see exact colors. Lenses must not be reflectorized or mirrored.
5. CPR pocket mask (I mean the real pocket mask not the smaller pocket shields)
6. Bandage scissors. Try the local hardware or auto supply store. They are usually cheaper.
7. 24-hour pack. Called by different names, it is a pack that you are able to live out of while on an operation for 24 hours. This should include food and fluids, spare batteries for the lights, foul weather gear, etc. Mine will **not** include a sleeping bag as it does not get cold enough nor a stove and cooking gear as I find that wasted space and weight. I will have 5000Kcal. of food and three to four liters of water (I carry powered Gatorade) though.
8. Two bandannas. If you have a choice, bring larger ones.
9. A pants belt. If you normally wear one that is sufficient.
10. One or more of the following: Crazy-creek-type camp chair, an ensolite or inflatable ground pad, a ground tarp (in additional to a space blanket)
11. Also nice to have but not required are boot gaiters to keep rain, grit and dirt out of my boots as I thrash about the woods.

Note on first aid kits: Many of you already have a basic first aid kit. Bring what you have to every class. For those of you who don't, you must have a kit by the second field trip (though you will find one useful for the first field trip). I will spend some time during the first field trip discussing the virtues of pre-made and custom kits.

WEBSITE INFORMATION:

A copy of this syllabus and select handouts are downloadable as PDF files off my school website at <http://instruct.westvalley.edu/aufhauser>. There is a link to download (free) Acrobat Reader if you need that file. These files should work regardless if you are on a PC or a Mac.

LAB FEE:

There is a \$30.00 lab/materials fee for this course. This should have been collected from you at time of registration. There will be an additional charge of \$8 for the CPR training. See below for details.

CPR TRAINING AND CERTIFICATION:

This course requires that you possess current training and valid certification in *Professional Rescuer CPR and AED* prior to the conclusion of this class. Many of you undoubtedly already possess this training and certification. If you show me your card (which is valid for at least 6 months beyond the end of this course) then there is nothing further for you to do. If you do not have a valid *Professional Rescuer CPR and AED* then you need a course pronto. You can obtain a course from either American Heart Association or American Red Cross, at West Valley College (Health Ed 011.5) or from me. Two local park rangers (both former students) who have been teaching the *Professional* course for several years have offered to instruct a course just for us. The date will be Friday, February 6, 2009 from 8:00 a.m. – 5:00 p.m. in AAS-37. The instructors are volunteering their time and are charging us only for the cost of the cards and some gear rental. The cost will be \$8. Bring cash to this class and wear comfortable clothing.

STUDENT AND INSTRUCTOR RESPONSIBILITIES:

There are all sorts of important information available in the College Catalogue.

SPECIAL ACCOMMODATION:

If you need a special accommodation for a learning disability, please talk to me at your earliest convenience so that we can work together in accommodating your needs. If you are uncertain as to whether you need such accommodations, I recommend that you chat with me or visit the Disability and Educational Support Program for a consultation (no charge for students). All these conversations are confidential. West Valley College makes reasonable accommodations for persons with documented disabilities.

PROHIBITIONS:

- any video recording equipment
- family, friends, loved ones, significant others, pets, etc. unless they are registered in the course
- firearms, prohibited drugs and all forms of alcoholic beverages

CLASSROOM DECORUM:

As a courtesy to your fellow students and me please switch your pagers and cell phones off or put them on non-audible (vibrate) mode. I don't allow hats or sunglasses to be worn inside the classroom. In the field, hats and sunglasses that protect your head, face, ears and eyes are okay and encouraged. When working on patients you must wear your clear lenses. West Valley College is a non-smoking campus, which means that you can only smoke in the parking lots. On field trips, smoke only do so in safe locations and always downwind from me and other students. If you chew tobacco products, the same courtesy.

TOUCHING:

This class requires each student to touch other students, instructors, proctors, and victims (role-players) as well as to be touched by students, instructors, proctors and victims (role-players). This touching will include but not limited to patient assessment, simulated CPR (you will not actually perform full chest compressions on any roll-player), obstructed airway maneuvers and artificial respiration (you will not actually ventilate roll-players), treatment of medical conditions and emergencies, treatment of traumatic (including skeletal) injuries, conditions and emergencies, and during triage (MCI) drills. All of this touching serves an educational purpose, is an essential component of this course and must be conducted in an appropriate manner.

EMERGENCY PROCEDURES:

West Valley College is one of the safest campuses in California. However, earthquakes and other incidents have been known to happen. The college has developed an emergency procedures plan. This document includes how to respond to emergencies that might occur on campus and in the classroom. A condensed version in the form of a yellow colored flip chart is posted along with other emergency information on the bulletin board at the southeast corner of the classroom near the fire extinguisher and first aid kit and near the northwest door. At our Sanborn shop (Quonset) this information is located near the large first aid box on the south (green) wall.

I strongly urge each of you to have basic emergency supplies in your car. You must have a flashlight (or headlamp) with you at all times during this class (see section on required equipment).

EVACUATION: In the event of an evacuation, the emergency assembly area for this classroom is near the bus stop in Lot #3. Take all of your belongings with you. While we will try to evacuate together as a group, if you get separated we will regroup at our assembly area in lot #3. Do not leave campus or the assembly area unless instructed to do so by me or another responsible official (college administrator, police, fire, etc.). At Sanborn, meet back at the shop or the closest safe location from where we are working. At other off-campus locations we will announce where the assembly areas are. When in doubt, ask!

Please note the following important numbers and locations of emergency equipment:

life threatening emergency – regular pay phones	911
life threatening emergency - campus phones	9-911
student health services on campus for medical assistance	x4000
safety escort	x2092
nearest accessible campus phone (my office)	x2403 (741-2403)
nearest public phone	located just outside the exit door next to the AAS division office (741-9939)
nearest fire alarm	outside north and south door
nearest fire extinguisher	inside south door
nearest first aid kit	1. SE corner of AAS-37 near fire extinguisher 2. Division Office 3. Career Programs Office
nearest flashlight	inside south door next to fire extinguisher & first aid kit
nearest automatic external defibrillator (A.E.D)	Southwest corner of the AAS building near the Career Programs office next to the phone.
first aid kits at Sanborn	1. In Quonset on green wall 2. Vehicle storage box & instructor's knapsack

SAFE FIELD OPERATIONS:

CAUTIONS/HAZARDS/WARNINGS: The purpose of spending part of this class outdoors and in the woods is to give you practice and ultimately test you under circumstances similar to what you may encounter in “real life”. This includes reduced light and darkness, remote settings, off and on-trail, cold and/or wet conditions, and injured or difficult (including combative) patients. As with all operations of this kind, there is an assortment of environmental hazards. All are quite manageable with awareness and attention to safety. Here are a few (but not all) of the obvious ones.

While this is not the usual season for rattlesnake they might be out. Protective clothing and watching where you put your body parts is key against rattlesnake strikes. Though probably unnecessary to mention, don't play with snakes and if you see one immediately let everyone else know it's location. Ticks are avoided with proper clothing and frequent inspections. This means checking your entire body including armpits, scalp, back and groin. There is plenty of poison oak (a.k.a. PO) and some of it will be in leaf. If you don't know what the stuff looks like, ask! I will do all I can to choose routes to avoid the stuff but you still have to beware.

From time to time we may be working on, around and near steep (or nearly vertical) slopes or near areas that may be wet, muddy and slippery. You must use all the necessary precautions to prevent gear from disappearing or people from falling or slipping.

STOP: This is another linchpin of our safety program. If *anyone* sees something they believe is dangerous or an accident about to happen they should shout **STOP!** loud enough to be heard by those affected. Examples might be: you see someone about to step on a rattlesnake; the litter team is walking too close to a cliff edge and they are not responding to your urgings to move away, etc. The second part of this is while anyone can shout “STOP”, only the person in charge of the operation can say “GO”. This is critically important during operations when there are several activities going on simultaneously.

A word about skills practice, skills testing and the scenarios. This is what makes or breaks this course for you. You can read the books and capture the intellectual knowledge. Having “book smarts” is important and vital for the success of any student. What is essential is the hands-on. Throughout this class we will be practicing on ourselves, each other and on role-players. From time to time I will select a few of you to be role-players. Consider this a different form of learning the same skills. Whatever the exercise or skills to be learned, I want you to treat the scenarios as if they were real. Treat the patient(s), whether it is a classmate or an actor you have never seen before, as if their lives depended on your actions and treat the location and circumstances for what it is. Use your first aid gear, radios if you have them, and remember with all the action, confusion and noise swirling around to be safe and enjoy.

When we are running the more complex field scenarios all the proctors (evaluators) will be wearing a brightly colored reflector zed traffic vest at all times. Ignore them unless you get completely “stumped”. If they offer you advice or suggestions listen to them. If they give you orders or ask you to step away from the scene for a few moments comply with them. They know what your are going through and have been “in the trenches”. Anybody else in the scenario, unless the proctor tells you otherwise, are “fair game” and should be considered part of the activity. This includes people you don't recognize.

If you are a role-player, behave like a real victim but remember that “turn-about is fair play”. In other words, if you are a victim on this skill set, you will be the rescuer on the next. Don't take advantage of your partner.

The role-players I bring in are good. All have done this before and are most convincing. They are all volunteers (students, actors or rangers) who have been through courses similar to this as students. They are trained and practiced in being realistic and will unnerve some of you. That is the point. If you goof around with them or don't take them seriously they and the proctor will “have you for breakfast”. They may gripe, scream, and insult you. They may even tell you that you are hurting them or to get away from them. Treat this like it is for real but pay attention to the following phrase (this applies to anyone being a victim). If the proctor or victim/role-player says “STOP, THIS IS NOT A DRILL...” then immediately stop and figure out what is going on. The proctor may use this if you are about to do something that is too

dangerous. The patient may shout this if you are indeed really hurting them or they fear you are about to do real harm to them. Again, if you hear the phrase, "STOP, THIS IS NOT A DRILL..." followed by some additional information, immediately comply. It does not mean the scenario is over just that you may have to change what you are doing.

Additionally, should I or anyone else need to stop the scenarios because a **true emergency** has occurred, I or you will announce on the radio or by word of mouth; "THIS IS NOT A DRILL, THIS IS AN EMERGENCY! THIS IS NOT A DRILL!" and then follow-up with specific information. It is imperative that whoever is in charge of each scenario confirms that this is indeed not a drill and then responds to my direction. If you hear it or need to use it, it will be a true emergency. I will never use this phrase in practice

COURSE SCHEDULE *(subject to change)*

All classes meet at AAS-37 unless specified!
skills practice will be part of class meetings

February 2	Outline of Course—how this class is run Introducing the EMS System The Well-Being of the First Responder Legal and Ethical Issues, Roles and Responsibilities
February 4	The Human Body Lifting and Moving Patients
February 6	<i>PROFESSIONAL RESCUER CPR & AED CERTIFICATION</i>
February 9	Airway Management Oxygen Therapy Patient Assessment
February 11	Patient Assessment
February 16	NO CLASS-School Holiday
February 18	Patient Assessment & Patient/Run Documentation, Radio Communications Medical Emergencies
February 23	Medical Emergencies Bleeding, Soft Tissue Injuries
February 25	Muscle and Bone Injuries Access & Triage
February 27- March 1	Field Trip – West Valley College Campus Fri: 8:30 a.m.- ≈10p.m., Sat:8:30 a.m.- ≈midnight, Sun: 9 a.m.- ≈4 p.m. First Aid Kits, Skills Practice Patient Assessment, Bandaging, Dressing and Splinting, Patient Packaging and Transport, Field Scenarios and Testing

March 2	Childbirth, Infants and Children Pharmacology DOT-First Responder exam review
March 4	Final Exam for DOT-First Responder Wilderness Emergency Medical Care Differences and Special Considerations Legal Issues Patient Assessment
March 9	Airway and Breathing & CPR Bleeding & Shock Head Injuries and Neurological Emergencies Chest and Abdominal Injuries Spinal Injuries
March 11	NO CLASS
March 16	Diabetic Emergencies Allergic Reactions and Anaphylaxis Thermal Injuries (burns and heat and cold induced) Wilderness Medical Kits Wound and Infection Management
March 18	Immersion and Submersion Incidents Lightening Injuries & Altitude Common Simple Wilderness Medical Problems Field Trip update
March 20-22	Field Trip – WVC-AAS-37 and Sanborn County Park (<i>info sheet provided</i>) Fri: 8:30 a.m.- ≈10p.m., Sat:8:30 a.m.- ≈midnight, Sun: 9 a.m.- ≈4 p.m. Fractures, Dislocations, Splinting, and Athletic Injuries, Soft Tissue Injuries Emergency Procedures for Outdoor Groups, First Aid Kits Wilderness Transport of the Sick or Injured Skills Practice Patient Assessment Bandaging, Dressing and Splinting Spinal Injuries, Patient Packaging and Transport Field Scenarios and Testing
March 23	North American Bites and Stings Poisoning Emergencies Communicable Diseases Gadgets and Gizmos Final Exam Review
March 25	Final Examination Written and Practical