



## Travel Med First Responder/Wilderness First Responder

### Day One

Intros, logistics, course overview

General Principles 1 & 2

Patient Assessment System (PAS)

BLS Skills – Assessment, CPR, Airways, Controlling bleeding, etc

Secondary Survey Skills

Intro to Travel Medicine

### Homework/Reading

WARM Sections I – II

Yellow Book (YB) Assignment

### Day Two

Quiz 1 (PAS)

Red Flag /Green Flag Drills

Circulatory System

Respiratory System

Asthma

Nervous System

Hypoglycemia

PAS Drills (international)

WARM III – IV

Workbook

YB Assignment

### Day Three

Quiz Game 1

WB Review

Travel Med: Prevention

Musculoskeletal: Pelvis/Femur, Splinting

Dislocations

Wounds & Burns

PAS Drills (international)

WARM V - VI

Workbook

YB Assignment

### Day Four

Quiz 2

WB Review

Spinal Assessment

Lifting, Moving, Extrication

Travel Med: Response (Med Resources & Decision Making)

Travel Med: Avoidance (Pathways of Disease)

Vector Bourne Diseases

Simulation 1

WARM Finish

YB Assignment

Day Five

Quiz Game 2  
Workbook Review  
Backboards/litters  
Improvised litters  
Allergy and Anaphylaxis  
Toxins, Bites & Stings (International)  
PAS Drills (International)  
Simulation 2

Day Six

Illness Based Scenario Tabletops

Quiz 3  
Remote Medicine Rodeo  
Remote Medicine: An Approach to Illness  
Travelers Diarrhea  
Advanced First Aid Kits & Remote Medical Oversight  
PAS Drills (International)

Day Seven

Study, Study, Study

Thermoregulation  
Drowning  
Lightning  
Remote Medicine:  
PAS Drills (international)  
Simulation # 3  
Exam Review

Day Eight

Diving  
Altitude  
Med Legal  
Skills Assessment  
Written Exam  
Course Evaluation  
Celebrate