

# OSSTF PD Fund

## Wilderness Advanced First Aid Course Summary

The past four days (and they were FULL days!), I took part in a Wilderness Advanced First Aid course. Wilderness Medical Associates, who internationally is the largest and most respected wilderness first aid training organization, put on an exceptional course. This intensive, in-depth course provided me with not only the knowledge of why and how to treat various injuries, conditions, and ailments, but also provided me with lots of hands-on practice in realistic, simulated emergency situations. The course taught how to manage both life-threatening and non-life-threatening medical emergencies, when hospitals and rescue services may not be available for an extended time period. While I have held this certification in the past, it has been a number of years since my last course and it was important to learn the new or changed procedures which reflect the most up-to-date research and best practices in the industry. The course goes way beyond the scope of standard first aid, including things such as anaphylaxis management, a spinal assessment and a spine clearing exam, advanced wound cleaning management, splinting and tractioning musculoskeletal injuries (i.e.. sprains and fractures), joint dislocation reduction (putting joints back in place), backcountry medicine, and patient packaging and evacuation techniques. The course focused our learning and treatment for emergency situations that involve prolonged patient care, severe environments, and improvised equipment. Not only will the information and skills learned from the course help prepare me for potential incidents while teaching the Outdoor Education Program at Michipicoten High School (though prevention is key!), but the course content, teaching methods and resources learned and acquired will also be helpful and incorporated into my classroom. Additionally, the networking that went on with course participants and instructors, as with most conferences, was excellent. Ideas, resources, equipment, and partnerships were shared and formed which will again benefit the outdoor ed. program and my teaching practice. Overall, the experience was wonderful and more than what I could have hoped for. It most definitely provided an opportunity for me to grow as a teacher and as a learner. I would like to thank OSSTF for contributing towards my professional development and making it possible for me to attend this necessary training.