

Source:

1 | **diff between normal first aid and wilderness first aid**

1.1 | **when you are 2 hours away from a hospital**

1.1.1 | **either far or will take a while to get there**

2 | **requires**

2.1 | **improv**

2.2 | **thinking on the fly**

2.3 | **treating without 100% diagnosis**

2.4 | **think about what body systems are being impacted**

3 | **body systems**

3.1 | **respiratory system**

3.1.1 | **nose, mouth, airway, lungs, diaphragm**

3.1.2 | **things that could go wrong**

1. liquid in the lungs
2. puncture to the lungs (rib or external)
3. choking on something or anything that blocks your airway
4. allergies and asthma - anaphalaxis

3.2 | **cardiovascular system**

3.2.1 | **heart, vessels**

3.2.2 | **things that could go wrong**

1. bleeding
 - (a) some blood vessels are important (corodal, femeral arteries)
2. heart damage
3. blood clot / swelling
4. infection

3.3 | **musculoskeletal system**

3.3.1 | **things that could go wrong**

1. sprain, strain, twisted ankle, jammed finger
2. break

3.4 | **these other ones aren't going to be focused on as much**

3.4.1 | **integumentary system**

3.4.2 | **nervous system**

3.4.3 | **digestive system**

3.4.4 | **urinary system**

3.4.5 | **reproductive system**

3.4.6 | **endocrine system**

3.4.7 | **lymphatic/immune system**

4 | **patient assessment**

4.1 | **scene safety and sizeup**

4.1.1 | **is this a safe situation for you to go into?**

4.1.2 | **if you get hurt or sick, then you become a second patient**

4.1.3 | **unsafe things like**

1. a rock falling, bees, a cliff, etc

4.1.4 | **personal protective equipment**

1. gloves? goggles?

4.2 | **ABCs (to address urgent issues)**

4.2.1 | **Airway**

1. problems
 - (a) obstructed?
 - (b) damage to the lungs?
2. ways to see (bad)

- (a) choking
- (b) coughing
- (c) wheezing
- (d) swelling

3. ways to see (good)

- (a) speaking / screaming (their airway is clear)
- (b) chest rise / fall (esp if laying down)
- (c) **pay attention to if this stops happening**

4. resolve it

- (a) heimlich maneuver (IF THEY ARE NOT COUGHING)
- (b) if coughing, KEEP COUGHING, pat on back

4.2.2 | Breathing

1. problems

- (a) quality of breath (hyperventilation bad)
- (b) a tightening sound may indicate constriction of airway

2. ways to deal

- (a) for allergies / asthma - epipen/inhaler
 - i. they should administer it themselves if able
 - ii. tripod position - lean them forwards or sitting up
 - iii. a bag valve mask

4.2.3 | Circulation

1. problems

- (a) puncture wounds or losing blood

2. look for

- (a) pulse
 - i. close pulses will be stronger, so a strong radial (wrist) pulse is good

3. ways to deal

- (a) IF HEART NOT BEATING (no pulse) cpr - chest compressions
- (b) major bleed
 - i. direct, well aimed pressure
 - ii. pressure dressing
 - A. pack gauze on wound then wrap as tight as possible WITHOUT cutting off bloodflow
 - iii. stuff the wound
 - iv. tourniquet
 - A. you won't really come across a situation where this is the best option
 - B. only happens in a severed or nearly severed limb (if its dangling/detached)
 - C. the patient will lose a limb

4.2.4 | **Is there anything that will be a threat in five minutes?**

4.3 | **figuring out what is going on**

4.3.1 | **overview**

1. 'make a diagnosis' or as close to one as possible

4.3.2 | **history/SAMPLE**

1. ask questions
 - (a) what happened?
 - (b) are you sick? did you eat something?
 - (c) get the story of the day

4.3.3 | **head to toe**

1. overview
 - (a) look and listen to see what's going on

4.3.4 | **vital signs**

1. overview
 - (a) cues about how the body is doing
2. is
 - (a) heart rate
 - i. typically 60-100 for resting
 - ii. might be up if they are hurt or panicked
 - (b) respiratory rate
 - (c) blood pressure (unlikely to have the equipment)
 - (d) pupils? bad if
 - i. head injury - maybe diff pupil size
 - ii. not responding to light
 - iii. really large
 - (e) mental state
 - i. how conscious are they

4.4 | **fix it**

4.4.1 | **wound**

4.4.2 | **break/strain**

4.4.3 | **sickness**

4.4.4 | **evacuation**

5 | **this vs that?**

5.1 | **break vs muscle strain**

5.1.1 | **is it stable or not? can you walk on it / can you get yourself out?**

5.2 | **a closed break is not so bad but an open break is very bad**

6 | **situations**

6.1 | **minor wound / scrape**

6.1.1 | **proirites**

1. infection

(a) area may be red, warm, throbbing, smell, leaking puss

(b) how to clean a wound

- i. first remove debris (dirt, pebbles) (tebridement)
- ii. flush with clean water (pressure behind water is good)
- iii. disinfectant (alcohol or peroxide)
 - A. dont put alcohol directly on an open wound (may dry it out)
 - B. use it around the wound on the skin
 - C. dab with alcohol splashed gauze (dont wipe)
 - D. thin layer for creams and ointments

(c) bandage it if:

- i. may get dirty again
- ii. if it might bleed again
- iii. maybe for comfort
- iv. otherwise, open air is better

2. bleeding control

6.2 | **ankle/joint assesment**

6.2.1 | **elevated vitals, swelling, says ankle got stuck between rocks and got twisted**

6.2.2 | **maybe:break, strain, sprain, roll, etc**

1. break
 - (a) bone damage
2. strain / sprain
 - (a) tendon or ligament damage
3. how to tell the difference
 - (a) something in the middle of a limb, it's probably a break
 - (b) something at a joint, it's usually a strain or sprain
 - (c) breaks are point tender, strains/sprains are area tender

6.2.3 | **ask: can it be moved?**

6.2.4 | **swollen, area pain, not much movement, from an ankle roll implies sprain**

1. should use a splint (stop the movement, hold tight in a comfortable location)
2. can also use compression (stretchy bandage)
3. ice pack to help with swelling, or advil

6.2.5 | **to get out**

1. is it stable? can she walk?
2. if not, call for the team with the litter/stretchers ('call for help with evacuation')
3. maybe use a sitting litter (put arms around someone and carry them out)

6.3 | **environmental illness (very hot or very cold)**

6.3.1 | **symptoms**

1. shivering
2. slurred speech
3. weird walking / hand fumbles
4. mumbles, stumbles, fumbles, grumbles
5. **get out of wet clothing**
6. layers / blankets
7. have them move (not sweaty but warm)
8. warm or maybe sugary drink

6.4 | **dehydration / hyperthermia**

6.4.1 | **heat exhaustion**

6.4.2 | **symptoms**

1. if they feel hot
2. haven't had enough water
3. not able to regulate heat
4. dizzy/lightheaded
5. stumbling or spacey
6. stop sweating is very bad

6.4.3 | **hyponutremia**

1. make sure they eat something (or get electrolytes) while drinking water

6.4.4 | **heat stroke**

1. rare (desert with no water for days)

7 | **if you got lost**

7.1 | **it depends**

7.1.1 | **what happened to get you lost**

7.1.2 | **don't go offtrail, have a compass and map. tell someone where you are going and when you will be back!**

7.1.3 | **can you backtrack safely, as that will be the best bet**

1. don't wander because you may get more lost

7.1.4 | **get to higher ground visibly**