

DIPLOMA

WILDERNESS FIRST RESPONDER *Advanced First Aid focusing Sea Kayaking*

September 26, 2021 at Nevlunghavn, Norway.

This is to certify that

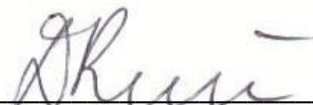
Øystein Pilskog

has attended and successfully completed the Wilderness First Responder course with focus on patient care in a coastal environment 1 to 24 hours from professional aid.

The course comprises 60 hours of training and lectures.

See backside for course content and used literature.

The course was held in Norwegian and in accordance with Norwegian Resuscitation Council Guidelines (2015), recommendations from the Norwegian First Aid Council, Wilderness Medical Society Guidelines as well as common Norwegian emergency medicine procedures and protocols.



David Rohrmüller
Course leader

COURSE CONTENT:

- Scene safety, assessment and scene leadership. Contact methods with the outside world.
- Primary and Secondary Surveys (ABCDE, SAMPLER), vital signs, incl breath sounds, RR, SPO2, PR, NIBP.
- Airway, Breathing, Circulation assessment and management (“A&M”) including (“incl”) methods of freeing airways, assisted ventilation, bleeding control, shock and wound management.
- Cardio-Pulmonary Resuscitation without an AED, choking, recovery position.
- Head, chest, abdominal, spinal and extremity trauma A&M incl splinting with traction-, flexible, improvised splints, bandaging, spine management manually, with cervical collars and spine splint.
- Medical emergency A&M incl anaphylaxis, asthma, chest pain, diabetes, drowning, epilepsy, stroke.
- Environmental emergency A&M: Basic marine envenomation and injuries, drowning, hypo- hyperthermia, cold water immersion, lightning strike.
- Burns, dental problems, eye injuries, pain management, psychological problems and management.
- Expedition challenges incl constipation, diarrhea, dehydration and hydration, genitourinary tract disorders.
- Rapid extraction as well as planned transportation of casualties.
- Familiarization with common personal and emergency medication and administration including the use of auto injector.
- Administration of intra muscular (IM) injection.
- Practical training in complex scenarios including communication with doctors and prehospital personnel.

LITERATURE:

Førstehjelp på Tur, Lena Fauske, FriFlyt Forlag. 2019.

Wilderness Medical Society Guidelines. Various dates.

Wilderness and Rescue Medicine, J. Isaac & D. E. Johnson. Jones & Bartlett Learning; 6th edition (2012)

Oxford Handbook of Expedition and Wilderness Medicine, Chris Johnson (2015).

MOM, Medisinsk Operativ Manual, OUS versjon 2021.

Felleskatalogen. 2021. <https://felleskatalogen.no>

INSTRUCTOR

David Rohrmüller, *national registered nurse, national registered paramedic, offshore medic, trained flight paramedic, DiMM (International Diploma in Mountain Medicine)*.