



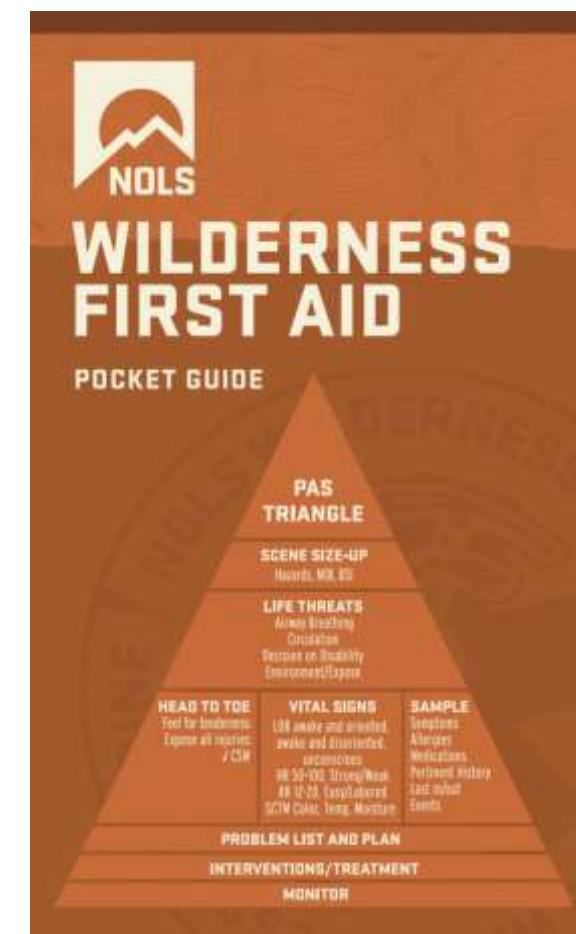
NOLS Wilderness First Responder Course

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Engaged Living

SUMMARY

The NOLS Wilderness course was a 10 day program with a 1-day break and 2 night time sessions. The course occurred at the reception area at Government Canyon park. The class was from 8-5pm. In both the morning and afternoon sessions, the instructor informed us about the different types of things we can encounter in the wilderness such as injuries or diseases, and how to treat them. They also had us practice the procedures we had to do such as the PAS system, which allows us to thoroughly observe someone that needs help and possibly figure out a way to help them before the emergency help arrives. During the practice sessions, some were chosen to act as the patients while the other half had to group into 2s and be the rescuers. The goal was to figure out the patient's problem and be able to give them the appropriate immediate care while waiting for first responders. We learned how to write SOAP notes, which summarizes what we did to the patient and it is presented to the possible first responder we encounter. This experience was able to expand my knowledge on how to give medical care, and I was able to get certificates that could help save someone's life in the future.



https://cdn.shopify.com/s/files/1/1110/4434/products/Wilderness-Medicine-pocket-guide_1024x1024.png?v=1523952752

SPICES

This experience is engaged living because it is an overall 10-day outdoor pursuits program presented by UTSA and run by NOLS. The entire experience was done in the Government Canyon park, which had little to no cellphone service. Although it was like a class, I had to change some of my normal routines and adapt to the wilderness lifestyle. I had to think as if I was in the wilderness instead of a normal classroom.

HERBS

The experience embodied resilience, benevolence, and support in the HERBS categories because I had to learn how to work with other people to help solve the problems different types of patients had in different environments. There was a scenario where the instructors made the environment seem like we were in a storm and our items were those that we could carry. We had to figure out ways to treat the patients and bring them to safety.

LEARNING OUTCOMES

Creative courage was a learning outcome learned during the experience because I had to learn to use what I had and what was around me to produce products like a sling. During one of the night sessions, each group had to make a leg cast. Using the clothes, bags, and other items we had, we had to combine those items together to create a leg cast that immobilized the legs and would not fall apart easily. Another learning outcome that I learned was adaptability and resilience. My mind went blank on the first group rescue we had, and the patient that I was trying to help gave me advice and had to help me out on following the PAS system. Both team and independent learning and decision making were learning outcomes because we had to figure out how to help our patients as a single rescuer or group rescuers.



<https://sierrarescue.com/wilderness-first-aid-improvised-splints/>

IMPACT

The Wilderness course has helped me gain more knowledge on various information such as what to do when I or someone get stung or bitten, how to help someone who has hypothermia, fire burns, blisters, sprains, lacerations, and more. I learned how to be more creative and be able to use my knowledge to create things I didn't know I could make such as slings and casts. The experience has also impacted me to be a little more social. I had to communicate more with my rescue partner or group and with the patient(s).

ADVICE

An advice I would give to another person is to do something they are interested in or would like to do. The experience does not have to be related to what they are studying in school. If they believe it can make an impact on them or have fun while doing the activity, then they should do it. I decided to choose this activity because I had an interest in the medical field and doing more outdoor activities, plus it gives 3 different certificates that could be useful for me in the future.