

Remote Medical Responder Course 7-13 October 2023.

Evening Study Reading Schedule and Assessment dates.

### Saturday 7<sup>th</sup>

Day 1: Course

Night 1:

Large White Book:

Unit 1

WFR manual: Sections 1 and 2, Appendix A

### Sunday 8<sup>th</sup>

Day 2: Course

Night 2;

White Book: Unit 2 .

Communications notes – pro words and phonetic alphabet

WFR manual: Section 3

Appendix B and C,

Jim Duff book: Just have a quick flick through to familiarise yourself with the text and what it covers/ where everything is within the book.

### Monday 9<sup>th</sup>

Day 3: Course

WFR exam/quiz (mcq and a few written answers) for recert candidates: Day 3 (last thing).

Night 3:

White Book: Unit 3

WFR manual: Gender specific illnesses and abdominal problems

Chapters: Sections 4 and 5

Jim Duff book: Gender specific illnesses. Abdominal problems.

Oxygen exam pre study - pages 94 -100 and pages 160 – 168 re Oxygen Admin.

Tuesday 10<sup>th</sup>

Day 4: Course

Oxygen Administration Exam at 14.00

Night 4:

White Book: Unit 4 & 5

WFR manual: Section 6

Jim Duff book: **Altitude Section including practical checks for altitude related illnesses.**

Wednesday 11<sup>th</sup>

Day 5: Course

Night 5:

White Book: **Full manual for QNUK First Responder exam tomorrow. Exam is based on the white book only – i.e. is a non - wilderness context assessment.**

WFR manual: Section 7

Evening Visit to Ogwen Valley Mountain Rescue 19.00 tomorrow.

Thursday 12<sup>th</sup>

Day 6: Course:

**QNUK First Responder Exam/quiz (mcq) day 6 at 15.00**

Night 6:

WFR manual: **Full Manual for exam on day 7**

Jim Duff book: Dislocation reduction techniques

Friday 13<sup>th</sup>

Day 7: Course

RMR: WFR Exam/quiz (mcq plus some written answers), Day 7 plus individual practical assessments (last thing).