

WILDERNESS MEDICAL ASSOCIATES INTERNATIONAL

SEPTEMBER 2024 NEWSLETTER

Turn Over a New Leaf this September with WMA International



Whether you're just beginning your journey or are an experienced practitioner, WMA International offers a comprehensive range of courses tailored to meet your needs at every level. From foundational training in [Wilderness First Aid](#) to advanced certifications like [Wilderness EMS Upgrade](#) and [Wilderness Advanced Life Support](#), our programs are designed to equip you with the skills and knowledge necessary to Face Any Challenge Anywhere.

This month, we'll cover an industry conference that's shaping the future, a historic announcement from the National Ski Patrol, spotlight a unique Wilderness First Responder course in Costa Rica, and provide a brief analysis about neffy® - the newly approved nasal spray for anaphylaxis. Plus, hear from students who are putting their training to use in real-life situations.

No matter where you are on your path, there's always an opportunity to deepen your understanding, sharpen your skills, and become a more confident and capable leader in wilderness medicine.

[Explore WMA Courses](#)

From The Medical Director's Desk

neffy®, the first epinephrine nasal spray for the treatment of anaphylaxis

The recent FDA approval of neffy®, the first epinephrine nasal spray for the treatment of anaphylaxis, has generated significant interest in the wilderness medicine community. While this new method of administering epinephrine holds potential for non-invasive, rapid treatment, it is important to approach its use with caution. More testing and real-world validation are needed before it can be confidently recommended as a reliable option in wilderness settings.



Since the approval of neffy®, many WMA students have inquired about its use during our courses. If you aren't familiar with this product, we encourage you to explore the hyperlinks provided at the end of this notice for more information.

The FDA's approval suggests that the ease of use and non-invasive nature of the nasal spray could allow for quicker treatment of anaphylactic emergencies, particularly for those who are needle-averse or hesitant to use auto-injectors like the EpiPen. However, Jeff Isaac, who served as WMA International Curriculum Director for over 25 years, has cautioned, "confidence may be a bit premature. The FDA approval was based on measuring blood levels of epinephrine in healthy subjects, not the actual response to the treatment of anaphylaxis."

Photo Credits to ARS Pharma

Dr. Will Smith, WMA Medical Director, also emphasized, "I don't think this is a current equivalent solution to the administration of intramuscular (IM) epinephrine. neffy® wasn't tested on patients with anaphylaxis and had only 175 healthy adults in 4 studies where they measured epinephrine serum concentrations. I think it is something to follow, but I would not recommend it to replace IM epinephrine injections at this time."

The bottom line: For now, injectable epinephrine remains the gold standard for treating anaphylaxis in remote and wilderness contexts. As neffy® becomes more widely used, continued evaluation and field studies will be essential to determine its true place in the wilderness medicine toolkit.

[Read the FDA Press Release](#)

[ARS Pharma Product Information](#)

NSP Now Accepting EMT & WFR Credentials



In a historic shift, the National Ski Patrol (NSP) is now accepting EMT and Wilderness First Responder (WFR) credentials for on-mountain patrollers. This

update allows qualified individuals with EMT or WFR certifications to join the NSP without needing to complete the organization's Outdoor Emergency Care (OEC) course.

By recognizing the expertise and training of EMTs and WFRs, the NSP is expanding its pool of skilled patrollers. If you're a Wilderness Medical Associates certified WFR or WEMS and interested in becoming a Ski Patroller, we encourage you to reach out to your local mountain for more information.

[National Ski Patrol Website](#)

COURSE SPOTLIGHT

Wilderness First Responder on the Pacuare River, Costa Rica

Hosted by Boreal River Rescue

March 9 - 15, 2025



Build your knowledge and skills with hands-on training in an amazing location! Head to Costa Rica this March for a Wilderness First Responder (WFR) course, hosted by [Boreal River Rescue](#). Since 2013, this course has been held at the breathtaking El Nido del Tigre eco-camp on the Pacuare River, accessible only by whitewater raft.

This course provides an immersive learning experience, combining online pre-course study with five days of intensive, hands-on training in a remote, distraction-free environment. WMA International's curriculum ensures you gain the practical skills needed for backcountry medical emergencies, all under the guidance of experienced instructors and supported by caring local staff.

The course is ideal for anyone with an active lifestyle who ventures into remote areas, even without prior medical or river experience. Participants will enjoy rustic yet comfortable accommodations, nutritious meals, and the unique experience of learning in one of Costa Rica's most stunning natural settings.



"I learned a ton of practical skills for responding to illness and injury in the wilderness. The transportation by raft and the beautiful accommodations made this course a must for anyone wanting to guide others outdoors or be prepared for their own adventures." - Ian C., a recent course graduate and Physician Assistant with 22 years of experience

[Course Info & Registration](#)

Trailblazing Canadian Wilderness Medicine



The Canadian Association of Wilderness Medicine (CAWM) is set to host its 5th Annual Conference, "Trailblazing Canadian Wilderness Medicine," from November 1-3, 2024, at the Halifax Convention Centre in Halifax, Nova Scotia. This three-day event features a range of lectures, panel discussions, and workshops, with topics such as dive medicine, heat illnesses, search and rescue, advanced trauma care, and wilderness toxicology. Whether attending in person or virtually, participants can engage with the latest developments in wilderness medicine and connect with professionals across the field.

Keynote speaker Dr. TA Loeffler, PhD, will headline the event, which also includes pre-conference workshops on October 30-31. The conference offers an excellent opportunity for attendees to earn CME and FAWM credits while expanding their knowledge and skills in wilderness medicine. It will also highlight active research areas in wilderness medicine, emphasize the importance of interprofessional collaboration, and celebrate Canada's leadership in this dynamic field. Whether you're attending in person or virtually, CAWM2024 promises to be an educational and networking experience like no other.

[Learn More about CAWM](#)

Live from the Wild

The latest shares from WMA International students & instructors!



Lead Instructor [Alice Henshaw](#) with [AVH Global](#) facilitates a splinting session during a Wilderness First Responder training at the [Adirondack Mountain Club](#) in Lake Placid, NY.



[WMA Brazil](#) facilitates a Hybrid Wilderness Advanced First Aid course with an expedition component, taking place in the Serra do Papagaio State Park.



Students at Adventure Treks finalize their Wilderness First Responder certifications as part of their Leadership Summit.



[Blue Mountain Medic](#) students at Reach Climbing in Philadelphia, PA practicing Wilderness First Aid skills.

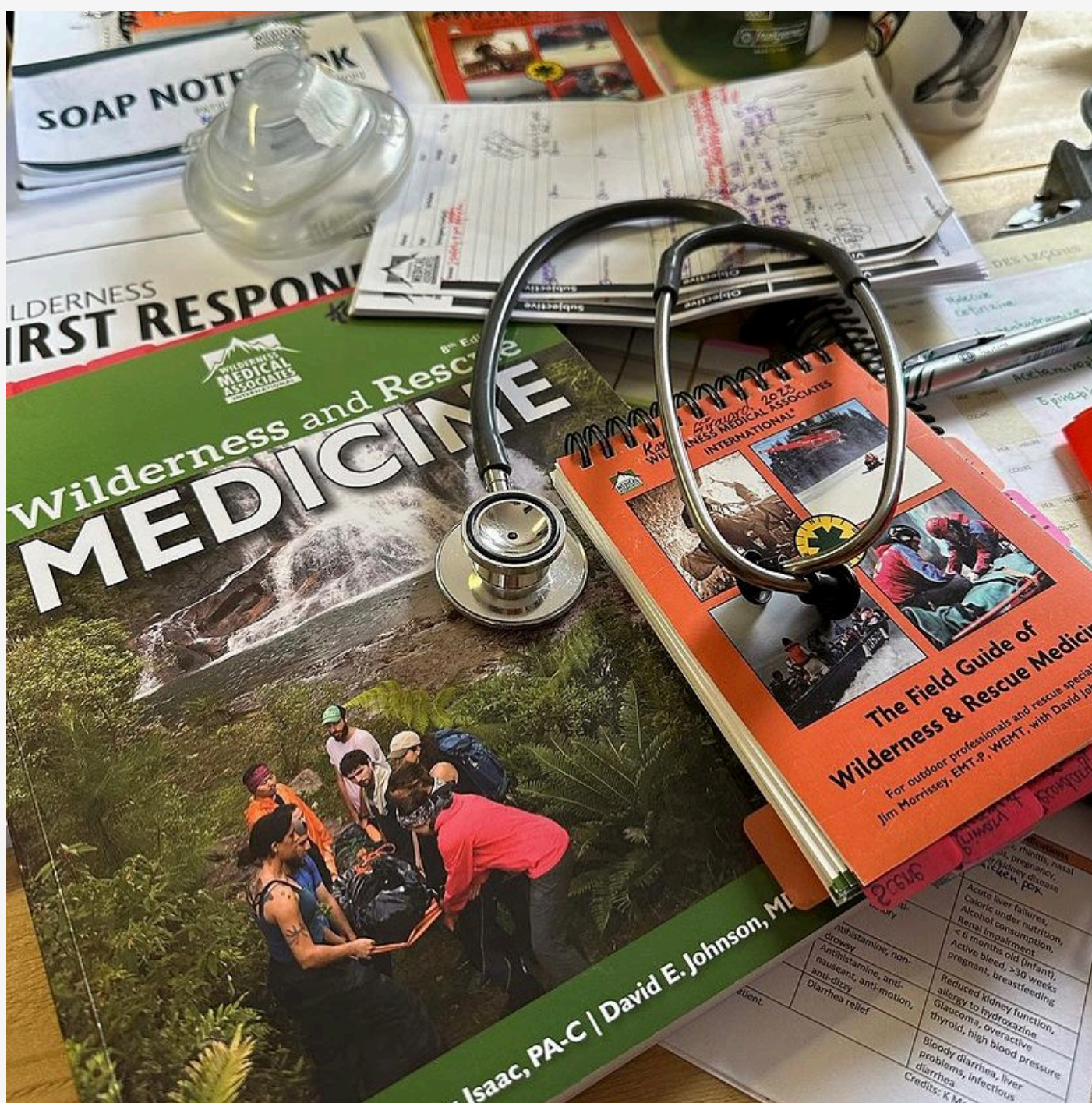
Send us photos from your course!

We'd love to see the behind-the-scenes of your experience.

[Submit Photos](#)

From Our Graduates

Thank you to all of our dedicated students for choosing WMA International. Your commitment to safety and preparedness in the wilderness inspires us every day!



“I was recently in a scooter accident and sustained a significant number of injuries to my head, arms, and legs. Trust me, in my years of biking, I am no stranger to road rash and bruises. However, this was my first time sustaining a blow to my head, primarily my face.

Initially after the accident, my adrenaline was flowing. I cleaned up my wounds and thought everything was fine. However, thanks to my WMA International Wilderness First Responder training, I realized later that night that I had sustained a concussion.

The days that followed were the most painful and challenging days of my life. All the tasks I take for granted – showering, cooking, writing my name or talking on the phone – became daunting. So, my friends, protect your head. Wear a helmet when you can. Advocate for yourself when you know something is off. Educate yourself through proper medical training that gives you the skills to Face Any Challenge Anywhere. And try not to smash your face on the sidewalk. It hurts!”

- Valerie H.

Have you had a standout experience with WMA International? Let us know!

[Give Us Feedback](#)