

**FCCS: Resource Limited**  
*Sample Course Schedule*

Day 1	
Time	Activity (All lectures are required unless noted.)
7:30 am – 8:00 am	Registration / Pretest (Learners must hand in pretest at this time)
8:00 am – 8:45 am	Welcome and Course Announcements
	<p><b>Introduction to Austere and Operational Environment</b> <u>Objective:</u> Discuss the application of the core concepts of FCCS in resource-limited settings.</p> <p><b>Recognition and Assessment of the Seriously Ill</b> <u>Objective:</u> Recognize the early signs and symptoms of critical illness</p> <p><b>Telemedical Support in the AOE</b> <u>Objective:</u> Define telemedicine and highlight the technology options available and the need for planning.</p>
8:45 am – 9:35 am	<p><b>Scenario 1: Diarrhea</b> <u>Objectives:</u></p> <ul style="list-style-type: none"> <li>• Review infectious diarrhea in AOE</li> <li>• Discuss precautions and Isolation</li> <li>• Discuss preventive health/epidemic</li> <li>• Discuss alternate methods of fluid resuscitation</li> </ul> <p><b>Hands-On Patient Management</b> <u>Objective:</u> Identify key nursing skills for hands-on patient management in austere settings</p>
9:35 am – 9:50 am	Break
9:50 am - 11:45 am	<p><b>Scenario 2: Fever in the Tropics</b></p> <p><u>Objectives:</u></p> <ul style="list-style-type: none"> <li>• Review recognition and assessment of shock</li> <li>• Review early management of different types of sepsis</li> </ul> <p><b>Life-Threatening Infections</b> <u>Objectives:</u></p> <ul style="list-style-type: none"> <li>• List common infections associated with field conditions an endemic threats</li> <li>• Outline antimicrobial empiric therapy and management of specific infections.</li> </ul> <p><b>Diagnosis and Management of Shock</b> <u>Objective:</u> Discuss management strategies for the critically ill or injured patient in shock.</p> <p><b>Airway Management with Noninvasive Positive-Pressure Ventilation</b> <u>Objectives:</u></p> <ul style="list-style-type: none"> <li>• Recognize signs of a threatened airway.</li> <li>• Describe techniques for establishing a definitive airway and for manual ventilation</li> </ul>
11:45 pm – 12:45 pm	Lunch
12:45 pm – 1:25 pm	<p><b>Mechanical Ventilation</b> <u>Objective:</u> Describe the indications for initiation of mechanical ventilation</p> <p><b>Analgesia and Sedation</b> <u>Objective:</u> Identify the indications, risks, and monitoring of patients undergoing elective sedation.</p> <p><b>Preparation for Evacuation or Transfer</b> <u>Objectives:</u></p> <ul style="list-style-type: none"> <li>• Recognize safety risk at times of transition.</li> <li>• Identify best practices for patient preparation for transport</li> </ul>

1:25 pm – 2:55 pm	<b>Skill Stations</b>	<p><b>A. Transport Ventilator Setup</b>  <u>Objectives:</u></p> <ul style="list-style-type: none"> <li>• Demonstrate set up of a transport ventilator</li> <li>• Discuss adequate medication supply, analgesia and sedation, access points, and stabilization of tubes and lines</li> </ul> <p><b>B. IV Infusion Setup Without a Pump</b>  <u>Objective:</u> Demonstrate calculation and setup of an IV drip without pump</p> <p><b>C. Packaging the Patient</b>  <u>Objective:</u> Demonstrate key steps for packaging a critically ill patient on a stretcher for transport</p>
2:55 pm – 3:10 pm	Break	
3:10 pm – 3:50 pm	<p><b>Pediatric Critical Care Overview</b>  <u>Objectives:</u></p> <ul style="list-style-type: none"> <li>• Identify physiologic differences when approaching pediatric airway, breathing, and circulation.</li> <li>• Evaluate the differences in the incidence of conditions, consequences, and complications between critically ill or injured pediatric and adult patients.</li> </ul>	
3:50 pm – 5:10 pm	<b>Skill Station</b>	<p><b>Scenario 3. Pediatric Burn Event</b>  <u>Objectives:</u></p> <ul style="list-style-type: none"> <li>• Discuss initial assessment and management of burns and chemical injury</li> <li>• Demonstrate TBSA burn and fluid calculations</li> <li>• Review pediatric medication dosing and fluid management</li> </ul> <p><b>Burn Calculation Tabletop Exercise</b>  <u>Objective:</u> Discuss Interventions: Access, Initial fluids, and Airway</p>
	<p><b>Principles of Chemical, Biological, and Radiologic Injury</b>  <u>Objective:</u> Describe typical presenting toxidromes for CBRN exposure.</p> <p><b>Burn Injury</b>  <u>Objective:</u> Discuss treatment ABCs of life-threatening burn injury.</p> <p><b>Ethics and Palliative Care</b>  <u>Objectives:</u></p> <ul style="list-style-type: none"> <li>• Review ethical principles guiding decision-making under resource limited constraints</li> <li>• Explore ethical dilemmas involving triage and foreign national cultural norms/customs</li> </ul>	
5:10 pm – 5:20 pm	Review Diarrheal Case Status and Ventilated Patient Status	

Day 2	
Time	Activity
7:30am – 8:00 am	Welcome and Scenario Introduction.
8:00 am – 11:40 am	<p><b>Scenario 4. Mass Casualty Incident</b></p> <p><u>Objectives:</u></p> <ul style="list-style-type: none"> <li>• Describe triage in austere environments</li> <li>• Discuss initial trauma care in operational environments</li> <li>• Describe resource utilization during a MASCAL</li> </ul> <p><b>Triage</b></p> <p><u>Objectives:</u> Define triage categories and the SALT algorithm</p> <p><b>Trauma and Blast Injury Care</b></p> <p><u>Objectives:</u> Prioritize and initiate treatment of life-threatening traumatic injury</p> <p><b>Damage Control Resuscitation</b></p> <p><u>Objectives:</u> List the key principles of Damage Control Resuscitation</p> <p><b>Crush injury</b></p> <p><u>Objectives:</u> Describe the pathophysiology and treatment of crush injuries</p> <p><b>Neurologic Support</b></p> <p><u>Objective:</u> Review principles of brain insult and mechanisms of neuronal injury.</p> <p><b>Severe Hypoxia</b></p> <p><u>Objectives:</u> Review definition acute respiratory distress syndrome and its treatment options in the AOE.</p>
11:40 am – 12:00 pm	<b>Case Conclusion</b>
12:00 pm – 1:00 pm	<b>Lunch</b>
1:00 pm – 1:25 pm	<p><b>Management of Pregnancy</b></p> <p><u>Objectives:</u></p> <ul style="list-style-type: none"> <li>• Describe the physiologic and metabolic alterations unique to pregnancy.</li> <li>• Discuss management strategies for the critically ill or injured pregnant patient</li> </ul>
1:25 pm – 1:45 pm	<p><b>Chest Pain</b></p> <p><u>Objectives:</u></p> <ul style="list-style-type: none"> <li>• Discuss the differential diagnosis for chest pain.</li> <li>• Identify characteristics of patients with acute coronary syndrome.</li> </ul>
1:45 pm – 2:05 pm	<p><b>Environmental Injuries</b></p> <p><u>Objectives:</u></p> <ul style="list-style-type: none"> <li>• Review the risk factors, clinical features, and management of heat-related injury.</li> <li>• Discuss the diagnosis and management of cold weather injury.</li> </ul>
2:05 pm – 2:20 pm	<p><b>Management of Life-Threatening Metabolic Disturbances</b></p> <p><u>Objectives:</u></p> <ul style="list-style-type: none"> <li>• Review the emergent management of severe electrolyte disturbances in the AOE.</li> <li>• Describe management of severe hyperglycemic syndromes.</li> </ul>
2:20 pm – 2:50 pm	<p><b>Safety and Security</b></p> <p><u>Objective:</u> Discuss personal safety and security of medical personnel</p>
2:50 am – 3:00 pm	<b>Break</b>
2:45 pm – 3:00 pm	Course Review and Final Questions
3:00 pm – 3:15 pm	Break
3:15 pm -4:00 pm	Posttest and Course Evaluation
4:00 pm – 5:00 pm	Wrap-Up and Action Review