

Wilderness Medicine *Field Course*

4/23-25, 5/28-30, 6/25-27, 7/23-25, 8/20-22/2010

Choose 1 weekend.. 8a-8p Fri, Sat , Sun

www.wildmedmd.com



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Wilderness Medicine

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Course approved for 30 credits of category 1 AMA CME

Outdoor practical course developed in conjunction with an educational series on Wilderness Medicine for physicians, medical personnel, medics and outdoor athletes such as adventure racers and wilderness guides, trail runners, climbers, triathletes.

Course also appropriate for those wishing to be expedition docs and travel docs. Course cost \$210 for Wilderness First Responder Certification, \$240 for CME credit. See website for more info

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Medical Topics taught:

- Medical needs of athletes
- Backcountry pharmacy
- The expedition doctor supplies bag
- Improvisation for medical needs
- Airway
- ENT, facial and Derm care
- Orthopedics
- Abdominal and Chest maladies
- Special needs of kids & companion animals

Survival Topics taught:

- Outdoor gear choice
- Sporting skills: rock climbing, river crossing, orienteering with map and compass, topo map use, GPS, UTM coordinates
- Water purification
- Fire making
- Shelter building
- Security and safety
- Mental toughness
- Evacuation planning and execution, much more
- Topics and outdoor activities weather dependent

Friday: woodland survival hands on medical, lectures on wilderness medicine foundation topics

Saturday: all outdoor day climbing/high angle rescue and orienteering/ mountain biking

Sunday outdoor day will cover swift water rescue, flat water paddling, suturing lab, chest tube, heimlich valve placement, cricothyrotomy and tracheotomy surgery. The students will compete in a search and rescue adventure race.