

NOLS WILDERNESS MEDICINE

Wilderness Upgrade for Medical Professionals Schedule

May 2020

DAY 1

Morning

- Introductions/Paperwork
- Medicine in the Wilderness Context
- Infection Control and Personal Protective Equipment
- Patient Assessment In The Wilderness
- Shock
- Chest and Lung Injury

Afternoon

- Head Injury
- Spine Injury Assessment and Management: Lifting and Moving
- Spine Protection, Packaging, Transport, Extended Care
- Focused Spine Assessment

DAY 2

Morning

- Medical Decision-Making
- Wilderness Wound, Burn, and Infection Management
- Athletic Injury

Afternoon

- Wilderness Fracture Management
- Wilderness Dislocations
- Pain Management

DAY 3

Morning

- Stress Injury/Psychological First Aid
- Hypothermia
- Frostbite And Non-Freezing Cold Injury

Afternoon

- Heat And Hydration
- Altitude Illness
- Submersion
- Lightning
- Toxicology: Snakebite and Arthropods

Evening

- Case Studies

DAY 4

Morning

- Cardiac
- CPR in the Wilderness
- Respiratory Emergencies
- Altered Mental Status
- Diabetes

Afternoon

- Acute Abdominal Pain
- Urinary and Reproductive
- Allergies And Anaphylaxis
- Mental Health Issues on Wilderness Expeditions
- Search And Rescue: An Introduction

Evening

- Wilderness Rescue Scenario

DAY 5

Morning

- Leadership, Teamwork, Communication
- Toxicology: Poisoning
- Dental
- Communicable Disease
- Wilderness Medical-Legal Issues
- Wilderness Drug And First Aid Kits

Afternoon

- Testing
- Closure and Cleanup