

# NOLS WILDERNESS MEDICINE

---

## Wilderness Upgrade for Medical Professionals Schedule

LL January 2024

### DAY 1

#### Morning

- Infection Control and PPE
- Medicine in the Wilderness Context
- 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

- Athletic Injury (cont.)
- Wilderness Fracture Management
- Wilderness Dislocations
- Pain Management

#### Evening

- Case Studies

### DAY 3

#### Morning

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

#### Afternoon

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

### 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  
Scenario
- Wilderness Medical-Legal Issues
- Wilderness Drug And First Aid Kits

#### Afternoon

- Testing
- Closure and Cleanup