

Course Schedule and Reading List**

The cited reading list provides you with references for treatment guidelines. You do not need to read these before class, but skimming them may help those of you who are taking the final test.

**This schedule is subject to change.

For Friday's class, please be able to tie the following knots:

<http://www.animatedknots.com/>

-Bowline

-Figure 8

-Figure 8 Follow-Loop

-Figure 8 Bend

-Water Knot

-Prusik Knot

-Clove Hitch

Friday,

8 am Welcome
8:15 Wilderness Medicine Epidemiology and Overview¹
9:00 Assessment/Spinal Assessment
10:00 Break
10:15 Patient Movement
11:00 Orthopedics: Fractures and Dislocations/Splinting
12:00 Lunch
1:00 Altitude²/Hypothermia³
2:00 Medical Kits
2:30 Wounds⁴ and Burns/Cold Injuries⁵
3:15 Break
3:30 Stabilization⁴
4:15 Knots, Litters and Carries
5:15 Wrap-up and Daily Evaluation
5:30 Finish for the day

Saturday

8 am Hyperthermia⁶ and Hyponatremia⁷
8:30 Infectious Disease Discussion Groups
9:30 Medical Problems Discussion Groups
10:00 Break
10:15 Dive medicine
11:00 Survival Essentials Groups
11:30 Bites^{8,9} & Stings
12:30 Lunch
1:30 Scenarios
2:30 Break
2:45 Scenarios
4:45 Wrap-up and Daily Evaluation
5:30 Finish for the day

Sunday

8:00 Lightning¹⁰
8:45 Water Disinfection and Hydration
9:15 Avalanches¹¹
10:00 Break
9:45 Concussion/head trauma¹²; HEENTs¹³

10:45 Drowning¹⁴
11:30 Lunch
12:30 Scenarios
2:15 Break
2:30 Scenarios and Practical Test
4:00 AWLS Written Exam
5:00 Wrap-up, Daily Evaluation, & Final Evaluation
5:30 End of Course

Other WM Topics Not Covered

Treatment of Acute Pain¹⁵

Video Series

Med Wild

<https://www.youtube.com/user/MedWildVideos/videos>

Related Journals

Journal of Wilderness Medicine
Wilderness & Environmental Medicine
High Altitude Medicine & Biology
Journal of Applied Physiology
Journal of Sports Medicine

1. Sward DG, Bennett BL. Wilderness medicine. *World journal of emergency medicine*. 2014;5(1):5-15.
2. Luks AM, McIntosh SE, Grissom CK, et al. Wilderness Medical Society practice guidelines for the prevention and treatment of acute altitude illness: 2014 update. *Wilderness & environmental medicine*. 2014;25(4 Suppl):S4-14.
3. Zafren K, Giesbrecht GG, Danzl DF, et al. Wilderness Medical Society practice guidelines for the out-of-hospital evaluation and treatment of accidental hypothermia: 2014 update. *Wilderness & environmental medicine*. 2014;25(4 Suppl):S66-85.
4. Quinn RH, Wedmore I, Johnson EL, et al. Wilderness Medical Society practice guidelines for basic wound management in the austere environment: 2014 update. *Wilderness & environmental medicine*. 2014;25(4 Suppl):S118-133.
5. McIntosh SE, Opacic M, Freer L, et al. Wilderness Medical Society practice guidelines for the prevention and treatment of frostbite: 2014 update. *Wilderness & environmental medicine*. 2014;25(4 Suppl):S43-54.
6. Lipman GS, Eifling KP, Ellis MA, Gaudio FG, Otten EM, Grissom CK. Wilderness Medical Society practice guidelines for the prevention and treatment of heat-related illness: 2014 update. *Wilderness & environmental medicine*. 2014;25(4 Suppl):S55-65.
7. Bennett BL, Hew-Butler T, Hoffman MD, Rogers IR, Rosner MH. Wilderness Medical Society practice guidelines for treatment of exercise-associated hyponatremia: 2014 update. *Wilderness & environmental medicine*. 2014;25(4 Suppl):S30-42.

8. Kanaan NC, Ray J, Stewart M, et al. Wilderness Medical Society Practice Guidelines for the Treatment of Pitviper Envenomations in the United States and Canada. *Wilderness & environmental medicine*. 2015;26(4):472-487.
9. Miller ET, Marsh RH, Harris NS. Rabies exposure--implications for wilderness travelers. *Wilderness & environmental medicine*. 2009;20(3):290-296.
10. Davis C, Engeln A, Johnson EL, et al. Wilderness Medical Society practice guidelines for the prevention and treatment of lightning injuries: 2014 update. *Wilderness & environmental medicine*. 2014;25(4 Suppl):S86-95.
11. Van Tilburg C, Grissom CK, Zafren K, et al. Wilderness Medical Society Practice Guidelines for Prevention and Management of Avalanche and Nonavalanche Snow Burial Accidents. *Wilderness & environmental medicine*. 2017;28(1):23-42.
12. Wright JM, Islas AA. Concussion management in the wilderness. *Wilderness & environmental medicine*. 2014;25(3):319-324.
13. Paterson R, Drake B, Tabin G, Butler FK, Jr., Cushing T. Wilderness Medical Society practice guidelines for treatment of eye injuries and illnesses in the wilderness: 2014 update. *Wilderness & environmental medicine*. 2014;25(4 Suppl):S19-29.
14. Schmidt AC, Sempsrott JR, Hawkins SC, Arastu AS, Cushing TA, Auerbach PS. Wilderness Medical Society Practice Guidelines for the Prevention and Treatment of Drowning. *Wilderness & environmental medicine*. 2016;27(2):236-251.
15. Russell KW, Scaife CL, Weber DC, et al. Wilderness Medical Society practice guidelines for the treatment of acute pain in remote environments: 2014 update. *Wilderness & environmental medicine*. 2014;25(4 Suppl):S96-104.