**January 2021 Pre-Med Emergency & Wilderness Medicine**

**University of Colorado School of Medicine - Department of Emergency Medicine**

**Wilderness & Environmental Medicine Section**

**Education Building \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

***Schedule Subject to Change Due to Learning Progression, Weather, Conditions, Guest Speaker Schedules, etc.***

Jan. 2, Arrival and Orientation

4:30-5 PM - Introductions

5-5:30 PM - Shadowing Orientation

5:30-6 PM - Dinner

6-6:45 PM – Introductions, continued

6:45-8 PM – Wilderness Medicine Overview

Jan. 3

9-9:45 AM - ED Tour (Inpatient 1 Pavilion)

10:00-11:00 AM – Emergency Medicine Overview \_\_\_\_\_\_\_\_\_\_\_\_\_\_

11:00-12 Noon – Assessment Review

12:00-1:00 PM -– Physical Exam & Vitals Practice

1:00-2:00 PM – Lunch

2:00-4:00 PM – Musculoskeletal Injuries

4:15-5:00 PM – Circulatory & Shock Review

5:00-6:00 PM – Head & Mental Status

7-9:30 PM – CPR (1/2 class)

Jan. 4

 9:00-11:00 AM – Spine Issues and Patient Movement

11:00-11:45 AM – Respiratory Case Studies & Review

11:45-1:00 PM – Wounds & Wound Care

1:00-2:00 PM – Lunch

 2:00-3:00 PM – Suture Lab (1/2 class)

 2:00-3:00 PM – Skills Review (1/2 class)

 3:00-4:00 PM– Suture Lab (1/2 class)

3:00-4:00 PM – Skills Review (1/2 class)

 4:00-4:45 PM – Abdominal Case Studies & Review

 4:45-6:00 PM – Skills Review

7-9:30 PM – CPR (1/2 class)

Jan. 5

 9:00-10:00 AM – Introduction to Scenarios

 10:00-12 Noon – Scenarios

 12:00-1:00 PM – Hypothermia & Cold Injuries Review & Case Studies

 1:00-1:45 PM – Lunch

 1:45-2:00 PM – Cardiac Anatomy

2:00-3:30 PM – Cardiac Dissection Lab (1/2 class)

2:00-3:30 PM – Scenarios (1/2 class)

3:30-5:00 PM – Cardiac Dissection Lab (1/2 class)

3:30-5:00 PM – Scenarios (1/2 class)

 5-6 PM – Scenarios

Fri., Jan. 6

9:00-10:00 AM – Heat Related Illnesses

10:00-12:00 – Ultrasound Lab

12:30-1:30 PM – Lunch

Sat., Jan. 7

9:00-9:30 – Water Treatment Review & Case Studies

 9:30-11:00 AM – SAR

 11:00–12:30 PM – Scenarios

12:30-1:30 PM – Lunch

1:30-2:30 PM – Altitude

2:30-4:30 PM – Scenarios

4:30-5:30 – Drowning Review

Sun., Jan. 8 – Peak Ascent, Rocky Mountains

 10:00 AM – Bus to Mountain

 Snowshoe/Hike/Climb

 Litters & Carries

 Scenarios

 4:00 PM – Bus back to AMC

Mon., Jan. 9

 10:00-11:00 AM – Make-up or Guest Speaker

 11:00-1:00 PM – Scenarios

 1:00-2:00 PM – Lunch

2:00-3:30 PM - Bites & Stings

3:30-4:30 PM - Scenarios

 4:30-6:00 PM – Survival

Tues., Jan. 10 – Bluff Lake Nature Center

 10-12:30 PM – Final Scenarios

 12:30-1:00 – Return to AMC

 1:00-2:00 PM – Lunch

 2:00-3:00 PM – Preview Final

 3:00-4:00 PM – Take Final

 4:00-4:30 PM – Review Final

 6:00 PM – Dinner

 7:00 PM - Graduation

Jan. 11

 9:30 AM – Transport from AMC to Airport

 10 AM – Arrive Airport