

# **\*\*\*This is a SAMPLE SCHEDULE for the Colorado Pre-Med courses\*\*\***

## **Location: Anschutz Medical Campus (AMC) in Aurora, Colorado**

### **Day 1: Arrival and Orientation**

4pm	Red Lion Shuttle to AMC
4:30-7:30pm	Anschutz Campus Program orientation, overview, paper work completion with Dr. Miner, Light Dinner

### **Day 2: Introduction to Basic Skills with Dr. Young & Dr. Kaplan**

7:30am	Shuttle to AMC
7:30-8:30am	Tour of ED with Dr. Kaplan
8:30-9:30am	What is Emergency Medicine? with Dr. Kaplan
9:30-11am	How to Take a History/Perform an Exam Lecture with Dr. Kaplan
11am-12pm	Practice Histories with Dr. Reno
12-1pm	Lunch
1-2pm	Capstone Lecture with Dr. Young
2-3pm	Head and Neck Trauma
3-4pm	Chest Trauma
4- 5pm	Practice Physical Exams
6-8pm	CPR Class (Optional)
8-11pm	Scheduled ED Shadowings & Ambulance Ride-Alongs (Optional)

### **Day 3: Career Day with Dr. Cushing**

7:30am	Shuttle to AMC
8-9am	How to Get Involved with Dr. Inglesbe
9-10am	How to Interview with Dr. Druck
10-11am	How to Get Into Medical School with Vidal Dickerson, Admissions Counselor
11am-12pm	Hypo/Hyperthermia/Frostbite Capstone Lecture with Dr. Cushing
12- 1pm	Lunch and Q and A with Dr. Cushing
1-2 pm	Abdominal Pain with Dr. Danika
2-3pm	Abdominal Pain Cases with Dr. Danika
3-3:30pm	Case Review
3:30-4:30pm	Scribing in the ED and DO Career Paths with Dr. Danika
6-8pm	CPR Class (Optional)
8-11pm	Scheduled ED Shadowings & Ambulance Ride-Alongs (Optional)

### **Day 4: Wilderness Medicine with Dr. Ryan Paterson & Dr. Sam Tarshis**

7:30am	Shuttle to AMC
8-9am	What is Wilderness Medicine? with Dr. Lemery
9-10am	Altitude Lecture Dr. Tarshis
10:15-11am	Bites and Stings with Dr. Tarshis
11am-12pm	Capstone Lecture with Dr. Patterson

**Day 4: Wilderness Medicine with Dr. Ryan Paterson & Dr. Sam Tarshis [continued]**

12-12:30pm	Lunch
12:30-1:30pm	Chairman Hour with Dr. Zane, Head of the Department of Emergency Medicine
1:30-4:00pm	Wound Management Skills Sessions (irrigation, wound dressing, suture Lab, Pressure Dressings, Tourniquets) with Dr. Stember
4-10pm	Scheduled ED Shadowings & Ambulance Ride-Alongs (Optional)

**Day 5: EMS Day with Dr. Eutermoser**

7:30am	Shuttle to AMC
8-10am	Orthopedic Injury and splinting with Dr. Bonesteel
10-11am	Triage Lecture with Dr. Eutermoser
11-11:30am	Triage Exercise with Dr. Eutermoser
11:30am-12pm	Lunch
12-1pm	Leadership and Primary & Secondary Surveys with Dr. Miner
1-2pm	Patient Movement with Dr. Miner
2-3pm	Scenarios with Dr. Reno
4-10pm	Scheduled ED Shadowings & Ambulance Ride-Alongs (Optional)

**Day 6: Basic Medical Injuries with Dr. Bonnie Kaplan**

7:30am	Shuttle to AMC
8-9am	Career Panel with physicians, nurse, paramedics, PAs, etc.
9-9:45am	Basic Human Body
9:45-10:30am	Altered Mental Status
10:30-11:30am	Chest Pain
11:30am-12:30pm	Shortness of Breath/Shock
12:30-1:30pm	Lunch
2:30-4:30pm	Cow heart dissection with Dr. Nacht and Dr. Kaplan
5-10pm	Scheduled ED Shadowings & Ambulance Ride-Alongs (Optional)

**Day 7: Trauma with Martin Musi**

7:30am	Shuttle to AMC
8-9am	Basic Trauma
9-10:00am	Head and Neck Trauma
10-11am	Chest trauma
11am-12pm	Orthopedic Trauma
12-1pm	Lunch
1-2:15pm	Global Health Infectious Disease with Dr. Avery
2:30-4:30pm	Case Based Practice- anaphylaxis, ortho injury, hypoglycemia
5-10pm	Scheduled ED Shadowings & Ambulance Ride-Alongs (Optional)

**Day 8: Global Health and Ultrasound with Dr. Starling**

7:30am	Shuttle to AMC
8-10:30am	Ultrasound with Dr. Browne
10:30-11:30am	Capstone with Dr. Starling
12-1pm	Lunch
1-2:15pm	Global Health Infectious Disease with Dr. Avery
2:30-4pm	Camp preparation with Dr. Miner
5-10pm	Scheduled ED Shadowings & Ambulance Ride-Alongs (Optional)

**Location: AO Camps in Golden, Colorado**

**Day 9: Introduction to Camp & C-Spine with Dr. Blok**

9-10:30am	Depart Radisson and drive to AO Camp
10:30am-11am	Settle-in, camp orientation, free time
11am-11.30am	Space Medicine & Climate Change
11.30am-12pm	Hypothermia Wrap
12-1pm	Lunch
1-2pm	Spinal injuries and assessment
2-3pm	C-spine immobilization
3-4pm	Drowning
4-5pm	Scenario practice
5-6pm	Free time
6-7pm	Dinner
7-8pm	LNT
8-9pm	Bear Safety

**Day 10: Hiking Day I with Dr. Davis**

8-8:30am	Breakfast
8:30-9am	Gear issue & pack packing
9-10am	Food distribution
10:30am-12pm	Hike to base camp
12-1pm	Lunch
1-3 pm	Camp-craft (tent pitching, knots, stove use, tarps, hygiene, etc.)
3-4 pm	Fire starting
4-5 pm	Free time
5-7 pm	Dinner

**Day 11: Hiking Day II with Dr. Meyer**

7:30-9am	Breakfast
9-10am	Navigation
10-11:30am	Litters and carries
11:30am-12:30 pm	Lunch
12:30-1:30 pm	Water Treatment
1:30-2:30 pm	SAR
2:30-4:00 pm	Scenario practice
4-5 pm	Free time
5-7 pm	Dinner

**Day 12: Hiking Day III with Dr. Saxon**

8-9 am	Breakfast
9-12 noon	Scenario practice
12-1 pm	Lunch and camp clean-up
1-2 pm	Hike back to camp
2-3:30 pm	Gear return and clean-up
3:30-4 pm	Final review
4-5 pm	Final

**Day 12: Hiking Day III with Dr. Saxon [continued]**

5-6 pm	Free time
6-7 pm	Dinner
7-9 pm	Graduation with Drs. Reno, Miner, & Lemery

**Day 13: Final Day with Dr. Miner**

7-9 am	Lodge clean-up/breakfast
9-10:30am	Drive to DIA -- arrives in time to catch a flight that leaves starting at 12:00 noon or later