

University of Colorado School of Medicine
Pre-Med Wilderness & Emergency Medicine
Costa Rica
December 2018

Subject to change due to academic progress, weather, and/or conditions

Day One - 12/15: Saturday - Student Arrival and Travel to Hacienda Baru

11 am -1 pm Arrive San Jose International Airport
1-5 pm Drive to Hacienda Baru
5-5:30 pm Get Settled in Cabins
5:30-6:30 pm Dinner
6:30-8 pm Program Orientation, Overview, Paperwork, Introductions
8-9 pm Optional Night Hike

Day Two - 12/16: Sunday – Emergency Medicine Basics

8-9 am Breakfast
9-10 am Introduction to Emergency Medicine
10-11 am How to Take a History
11-12 noon Practice Histories
12-1 pm Lunch
3-4 pm Drowning
4-6 pm Leadership and Primary/Secondary Surveys
6-7 pm Dinner
7-8 pm Introduction to Wilderness Medicine
8-9 pm Optional Night Hike

Day Three – 12/17: Monday - Traumatic Disease

6-9 am Natural History Tour
10-11 am Trauma: Head and C spine Injuries
11-12 noon Lab – Improvised C spine stabilization
12-1 pm Lunch
3-4 pm Trauma: Extremities, Sprains, Dislocations, Strains
4-6 pm Splinting Lab
6-7 pm Dinner
7-8:30 pm Respiration, Chest Trauma, and Cardiac Issues
8:30-9:30 pm Optional Night Hike

Day Four-12/18 Tuesday - Traumatic Disease Continued and Medicine as a Career

- 6-9 am Tree Top Canopy Tour and Zip Line
10-10:30 am Wounds and Burns
10:30-Noon Lab – Hemorrhage Control, Wound Cleaning, Suturing
Noon-1 pm Lunch
2-4 pm *Health Profession Careers*
What Medical Schools Look For Resumes and Gaining Experience
Interviewing Physician Lifestyles
Looking Beyond the MD
4-5 Intro to Scenarios
6-7 pm Dinner
7-9 pm Optional Night Hike

Day Five - 12/19: Wednesday – Basic Medical Issues

- 9-10 am Altered Mental Status
10-10:45 am Water Treatment
10:45-12 noon Scenarios
12-1 pm Lunch
4-6 pm Scenarios
7-8 pm Abdominal Pain
8:30-9 pm Optional Night Hike

Day Six – 12/20: Thursday – Global Health

- 9 am-3 pm Morning Free
3-4 pm Tropical and Travel Medicine
4-6 pm Scenarios
6-7 pm Dinner
7-10 pm CPR

Day Seven - 12/21: Saturday – Whitewater Rafting and Scenarios

- 8-9 am Drive to Put-In
9-10 am Whitewater Safety and Rescue
10-2 pm Whitewater Rafting, Lunch, & Scenarios
3-4 pm Drive Back to Hacienda Baru
6-7 pm Dinner
7-8 pm Lightning
8-9 pm Optional Night Hike

Day Eight – 12/22: Saturday- Wilderness Medicine Continued

- 9-10 am Altitude

10-11 am	Bites and Stings
11-12 noon	Jungle survival
12-1 pm	Lunch
1-3 pm	Final Scenario
3-3:30 pm	Final review
3:30-4:30 pm	Final
6-7 pm	Dinner
7-9 pm	Graduation

Day Nine – 12/23 Sunday - Return Home

8-12 noon	Bus Back to San Jose International Airport
2 pm & onward	Flights back home