University of Colorado School of Medicine

Pre-Med Wilderness & Emergency Medicine

Costa Rica - May 2019

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

Day One - 5/11: Saturday - Student Arrival and Travel to Hacienda Baru

9-11 am Get snacks for bus ride, last minute supplies

11 am -1 pm Arrive San Jose International Airport

1-5 pm Drive to Hacienda Baru5-6 pm Get Settled in Cabins

6 pm Dinner

7-8 pm Program Orientation, Overview, Paperwork, Introductions

8-9 pm Emergency Medicine9-10 Optional Night Hike

Day Two - 5/12: Sunday - Wilderness/Emergency Medicine Basics

7-8 am Breakfast

8-9 am Wilderness Medicine

9-11 am Assessment (Scene, Primary, Secondary)

11-12 noon Drowning12 noon Lunch

3-4:30 pm Leadership and Patient Movement

4:30-6 pm Bites & Stings

6 pm Dinner

7-10 pm CPR (optional)

Day Three - 5/13: Monday - Traumatic Disease

6-9 am Natural History Tour (1/2 the class)

6-9 am Flight of the Toucan Tree Top Canopy Tour (1/2 the class)

9 am Breakfast

10-11:30 am Trauma: Orthopedics & Splinting

11:30-1 pm Wounds and Burns

1 pm Lunch

3-4:30 pm Trauma: Head and C spine Injuries 4:30-5:30 Jack – The Hacienda Baru Story

5:30-6:30 Respiration, Chest Trauma, and Cardiac Issues

6:30 pm Dinner

7:30 pm Suture Lab (optional)

Day Four-5/14 Tuesday – Medical & Environmental Issues

6-9 am Natural History Tour (1/2 the class)

6-9 am Flight of the Toucan Tree Top Canopy Tour (1/2 the class)

9 am Breakfast

10-11:30 am Tropical, Travel, Infectious Medicine

11:30-12:30 Water Treatment

1 pm Lunch

3-4:30 pm Abdominal Illnesses and Injuries

4:30-5 pm Lightning5-6 pm Altitude6:30 pm Dinner

7:30-9 pm Optional Night Hike

Day Five; 5/15: Wednesday – Health Careers and Environmental Issues (cont.)

7 am Breakfast

8-10 am Health Profession Careers

Admissions Looking Beyond the MD

Personal Statement Resumes and Gaining Experience

10-11 am Heat and Heat Related Injuries

11-12 noon Cold Injuries

12 noon Lunch

3:30-6 pm Intro Scenarios and Scenarios

6 pm Dinner

7-10 pm CPR (in necessary, optional)

Day Six, 5/16: Thursday – Survival, SAR, & Scenarios

Morning Free – Arranged Optional Activities (cost on one's own)

Tour of Manuel Antonio National Park (about \$40)

Surfing or surfing lessons (\$40)

Hang out on one's own at HB (no cost) or go into Dominical

1 pm Lunch (optional)

3-5 pm Scenarios5-6:30 pm Survival6:30 pm Dinner

7:30-8:30 pm SAR & Helicopters 8:30 pm Optional Night Hike

Day Seven; 5/17: Friday – Scenarios

7 am Breakfast

8-9:30 am Litters & Carries

9:30-12 noon Scenarios12 noon Lunch

3:30-6 pm Scenarios 6 pm Dinner

7 pm Optional Night Hike

Day Eight; 5/18: Saturday – Whitewater Safety & Rafting

7-8 am Breakfast

8-9 am Drive to Put-In

9-10 am Whitewater Safety and Rescue

10-3 pm Whitewater Rafting, Scenarios, & Lunch

3-4 pm Drive Back to Hacienda Baru

7 pm Dinner

8 pm Optional Night Hike

Day Nine; 5/19: Sunday – Health Careers (cont.), Final Scenarios, Final Exam

8 am Breakfast

9-11 am Health Careers (cont.)

11-12:30 pm Scenarios12:30 Lunch

3-5 pm Final Scenario 5-5:30 pm Final Preview 5:30-6:30pm Final - TM 6:30-7 pm Final Review

7 pm Dinner

8 pm Graduation

9 pm Optional Night Hike

Day Ten - 5/20 Monday - Return Home

7 am Breakfast

8-12 noon Bus Back to San Jose International Airport

2 pm & onward Flights back home