



Wilderness Medicine Institute of NOLS

Wilderness Upgrade for Medical Professionals Schedule

DAY 1

Morning

- Introduction: Wilderness Vs. Urban Medicine
- Patient Assessment In The Wilderness
- Shock
- Chest Injuries

Afternoon

- Head Injury Assessment and Management
- Spinal: Lifting And Moving
- Spinal Immobilization Packaging, Transport
- Focused Spine Assessment

DAY 2

Morning

- Wilderness Wound Management
- Wilderness Burn Management
- Wilderness Infection Management
- Athletic Injuries

Afternoon

- Wilderness Fracture Management
- Wilderness Dislocations
- Scenario

DAY 3

Morning

- Hypothermia
- Frostbite And Non-Freezing Cold Injury
- Heat And Hydration
- Altitude Illness

Afternoon

- Submersion
- Lightning
- Bites And Stings (North American)

Evening

- Case Studies

DAY 4

Morning

- Medical Emergencies: Introduction
- Cardiac
- CPR In The Wilderness
- Diabetes
- Gender-Specific Medical Concerns
- Neurological

Afternoon

- Respiratory
- Allergies And Anaphylaxis
- Acute Abdominal Pain
- Search And Rescue: An Introduction

Evening

- Extended Wilderness Rescue

DAY 5

Morning

- Leadership, Teamwork, Communication
- Communicable Disease
- Poisoning
- Expedition Medical Problems
- Wilderness Medical-Legal Issues
- Wilderness Drug And First Aid Kits

Afternoon

- Testing
- Closure and Cleanup