

# NOLS WILDERNESS MEDICINE

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## Wilderness Medicine for the Professional Practitioner Schedule

### Day 1

#### Morning

- Medicine in the Wilderness Context
- Infection Control and Personal Protective Equipment
- Patient Assessment in the Wilderness
- Head Injury
- Spine Injury: Lifting and Moving
- Spine Injury: Focused Spine Assessment
- Shock
- Chest Injury

#### Afternoon

- Usable Musculoskeletal Injury
- Dislocations
- Unusable Musculoskeletal Injury
- Spinal Immobilization
- Stress Injury/Psychological First Aid
- Water Disinfection

### Day 2

#### Morning

- Medical Decision-making
- Wounds, Burns and Infection
- Scenario and Leadership Debrief
- Cold Injury
- Heat Illness

#### Afternoon

- Altitude Illness
- Lightning
- Envenomation
- The Medical Patient in the Wilderness
- Anaphylaxis
- Medical Legal