Coulter Stone

WEMT

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A Framework for Training Field Staff
Patient Assessment System

Scene Size-Up

ABCDE

Head to Toe

Vital Signs

SAMPLE

Problem List & Plan

Interventions & Treatments

Monitor
Emotional Intelligence

What is EI?

Soft skills

Hard skills
Practical and Realistic Learning Opportunities

Scenarios with staff
Everyday life!
PAS As a Behavioral and Mental Health Assessment Tool
Modify Your Scene: Size-Up

- Scene safety
- MOI
- Body substance isolation
- # of patients
- General impressions
Emotional Scene Size Up: Self

- Self-Awareness/Mindfulness
- Regulate and then communicate
- “The Horse and the Jockey”
- Stay in the saddle
Emotional Scene Size-Up: Patient

- Insularity
- Mirroring and matching
- Open-ended questions
Initial Assessment
Stop and Fixes: Alignment & De-escalation
Initial Assessment: Alignment & De-escalation

- De-escalate, then communicate
- Insulate
- Validate
- Co-regulate
Physical Exam

Why do one?
Physical Exam

Bedside Manner

- Empathy
- Compassion & professional touch
- Mirror and match
Subjective vs. Objective Info

**Subjective** – What the patient experiences about themselves

Sample: Focused Behavioral and Mental Health Exam

**Objective** – What the rescuer experiences about the patient

Vitals, Physical Exam
What Vitals Can Do

Objective indicator of the body’s status

Grounding exercise
Focused Behavioral & Mental Health Exam
Types of Patients

- Malingering
- Psychosomatic
Behavior? Mental Health? or Legitimate Medical Issue

What We See:

- Escalation
- Reporting pain
- Manipulation
- Calm
Behavior? Mental Health? or Legitimate Medical Issue

What We Do:

- Regulate ourselves first
- Designate point person
- Consider the rest of the group
- Motivational Interviewing – strategic questions
Suicide and Self-Harm Assessment

- What questions to ask
- Assessing risk
- Consultation & documentation
SCENARIO

- Emotional Scene Size-Up: Self and Patient
- Initial Assessment: Alignment & De-escalation
- Physical Exam
- Vitals
  - Subjective vs. Objective
- SAMPLE
- Focused Behavioral and Mental Health Exam
Decision Making
What do we do with this information?

- Is patient appropriate?
- Can you manage situation?
- Evacuation? Plan?
Action Steps

- Identify 1-2 Aspects
- Practice - Develop Training Schedule
- Additional Resources
- P & P
Behavioral and Mental Health Crisis Management in Wilderness