Wilderness Upgrade for Medical Professionals Schedule

**DAY 1**

**Morning**
- Infection Control and PPE
- Medicine in the Wilderness Context
- Patient Assessment In The Wilderness
- Shock
- Chest and Lung Injury

**Afternoon**
- Head Injury
- Spine Injury Assessment and Management:
  - Lifting and Moving
  - Spine Protection, Packaging, Transport,
  - Extended Care
- Focused Spine Assessment

**DAY 2**

**Morning**
- Medical Decision-Making
- Wilderness Wound, Burn, and Infection Management
- Athletic Injury

**Afternoon**
- Athletic Injury (cont.)
- Wilderness Fracture Management
- Wilderness Dislocations
- Pain Management

**DAY 3**

**Morning**
- Stress Injury/Psychological First Aid
- Hypothermia
- Frostbite And Non-Freezing Cold Injury Scenario

**Afternoon**
- Heat And Hydration
- Altitude Illness
- Submersion
- Lightning
- Toxicology: Snakebite and Arthropods

**Evening**
- Case Studies

**DAY 4**

**Morning**
- Cardiac
- CPR in the Wilderness
- Respiratory Emergencies
- Altered Mental Status
- Diabetes

**Afternoon**
- Acute Abdominal Pain
- Urinary and Reproductive
- Allergies And Anaphylaxis
- Mental Health Issues on Wilderness Expeditions
- Search And Rescue: An Introduction

**Evening**
- Wilderness Rescue Scenario

**DAY 5**

**Morning**
- Leadership, Teamwork, Communication
- Toxicology: Poisoning
- Dental (Communicable Disease Scenario
- Wilderness Medical-Legal Issues
- Wilderness Drug And First Aid Kits

**Afternoon**
- Testing
- Closure and Cleanup