Wilderness Upgrade for Medical Professionals Schedule
May 2020

DAY 1
Morning
Introductions/Paperwork
Medicine in the Wilderness Context
Infection Control and Personal Protective Equipment
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
Wilderness Fracture Management
Wilderness Dislocations
Pain Management

DAY 3
Morning
Stress Injury/Psychological First Aid
Hypothermia
Frostbite And Non-Freezing Cold Injury

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
Wilderness Medical-Legal Issues
Wilderness Drug And First Aid Kits

Afternoon
Testing
Closure and Cleanup