

NOLS WILDERNESS MEDICINE

Wilderness Upgrade for Medical Professionals Schedule

DAY 1

Morning

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

Afternoon

- Head Injury
- Spinal: Lifting And Moving
- Spinal Protection, 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

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

- Cardiac
- Diabetes
- Urinary and Reproductive
- Neurological

Afternoon

- Respiratory
- Allergies And Anaphylaxis
- Acute Abdominal Pain
- Mental Health
- 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

