

MEDICINE IN THE WILD-ELECTIVE FOR 3RD AND 4TH YEAR MEDICAL STUDENTS
DATES: APRIL 9 - MAY 4, 2023

ELECTIVE FACTS

- Established in 2005
- 6 days classroom, 20 days wilderness expedition including lecture, scenarios and case studies ● Successful completion results in NOLS Wilderness Medicine Wilderness First Responder (WFR) certification
- Approved for 48 hours of continuing education through the Commission on Accreditation of Pre-Hospital Continuing Education (CAPCE)
- Eligible for up to 50.5 hours of credit towards Fellowship in the Academy of Wilderness Medicine (FAWM) through the Wilderness Medical Society
- Approved for 43 hours of Category 1 CMEs through joint providership with the Wilderness Medical Society

COURSE PARTNERS

Harvard Affiliated Emergency Medicine Residency
Massachusetts General Hospital
75 Francis Street, Neville House-236A
Boston, MA 02115
ACGME Accreditation Number: HAEMR 1102421150
<http://www.haemr.org/program/special-programs>

NOLS Wilderness Medicine
284 Lincoln St.
Lander, WY 82520
<https://nols.edu/en/coursefinder/courses/medicine-in-the-wild/>

COURSE MEDICAL DIRECTOR

N. Stuart Harris MD MFA
Chief, Division of Wilderness Medicine
Director, MGH Wilderness Medicine Fellowship
Department of Emergency Medicine
Massachusetts General Hospital
Assistant Professor of Surgery, Harvard Medical School
NSHARRIS@mgh.harvard.edu

COURSE ADMINISTRATIVE CONTACT

Lou Gordon, NOLS Wilderness Medicine WEMT Supervisor
NOLS
284 Lincoln St.
Lander, WY 82520
(866) 831-9001 #2
(307) 335-2355 (fax)
wilderness_medicine_wemt@nols.edu

COURSE FACULTY

- N. Stuart Harris MD MFA
- Senior resident from the Harvard Affiliated Emergency Medicine Residency (HAEMR)
- Senior instructors from NOLS Wilderness Medicine

CURRICULUM OBJECTIVES

The Medicine in the Wild course has five primary objectives:

1. Proficiency in wilderness medicine
2. Understanding peer leadership and teamwork skills
3. Competency in wilderness travel and living skills
4. Knowledge of medical education techniques
5. Ability to influence environmental policies that impact human health

Expeditions, unlike traditional classrooms, are influenced by weather, terrain, and the characteristics of the individuals involved. Accordingly, our courses are not fully scripted. Working with these variables, it is our intent that each student accomplish the following outcomes.

Wilderness Medicine

- Perform a patient assessment, manage life threats and scene safety, describe wilderness specific CPR considerations
- Manage shock, head, chest, spine and musculoskeletal injury with minimal equipment
- Demonstrate effective treatment for wilderness wounds, burns and infection
- Manage emergencies due to heat, cold, altitude, submersion, and lightning
- Describe appropriate management for envenomation
- Assess and treat a medical patient in the wilderness
- Discuss relevant mental health issues
- Understand decision-making complexity with regards to wilderness evacuation
- Describe the medical-legal implications of wilderness medicine
- Understand the utility and limits of ALS in the wilderness

Search and Rescue

- Demonstrate proficiency with basic search and rescue principles
- Prepare a reasonable pack with essential medical and personal gear for wilderness medical or disaster response

- Organize, lead and participate in a simulated wilderness litter evacuation

Outdoor Skills

- Dress appropriately for the weather encountered on this expedition
- Cook nutritious meals using a camp stove and field rations
- Purify water using multiple methods
- Demonstrate campsite selection and shelter use skills
- Navigate in mountain terrain with map, compass and GPS
- Travel off-trail in mountain terrain

Human and Environmental Health Issues and Ethics for the Physician

- Read and respond to a text (chosen from an extensive list of fiction/ essays/ poetry/ non-fiction) that examines human responses to their environment
- Apply this knowledge in a discussion about ethics and consideration of human-induced environmental change on long-term human health
- Teach tools by which healthcare providers can advocate for local and global environmental policies that protect human health

Environmental Studies

- Consistently perform sound leave-no-trace skills
- Show an understanding, appreciation, and respect for the natural world; know characteristic flora and fauna of the area
- Demonstrate basic knowledge and respect for ancient southwest cultures

Risk Management and Judgment

- Demonstrate sound judgment and decision-making
- Demonstrate basic ability to manage risks including: rock fall, steep terrain, stream crossing, bear avoidance, lightning and adverse weather
- Recognize, anticipate and assesses objective and subjective hazards

Leadership

- Demonstrate sound expedition behavior including modeling teamwork, support of group decision-making and a positive attitude during adversity
- Show leadership with peers using styles appropriate to the situation
- Display a work ethic that contributes to group goals
- State personal opinions and expectations with clarity and timeliness
- Give timely, growth-oriented, specific, behavior descriptive feedback
- Treat everyone with dignity and respect
- Seek feedback and learn from experience

Teaching

- Build lesson plans and deliver classes to address multiple learning preferences ●
- Lead an active discussion of the role of the physician in advocating for individual and global health
- Provide verbal coaching and feedback to peers
- Demonstrate the ability to synthesize information into salient teaching points

STUDENTS FROM THESE SCHOOLS HAVE SUCCESSFULLY COMPLETED THIS ELECTIVE

- Alabama School of

- Geisel School of Medicine
Osteopathic Medicine

- Albany Medical College
- American University of the Caribbean ● A.T. Still University School of Osteopathic Medicine in Arizona ● Baylor College of Medicine
- Boston University School of Medicine
- Case Western Reserve School of Medicine
- Chicago Medical School
- Columbia University
- Dalhousie University
- Des Moines University
- Duke University
- Edward Via College of Osteopathic Medicine
 - Harvard Medical School
 - Harvard School of Public Health
 - Icahn School of Medicine at Mount Sinai
 - Indiana University School of Medicine
 - Jefferson Medical College
 - Karolinska Instituteten
 - Laval Univeristy
 - Le Moyne College
 - Lincoln Memorial University ● Michigan State University College of Osteopathic Medicine
 - Midwestern University
 - New York Institute of Technology College of Osteopathic Medicine ● New York Medical College
- Northwestern University Feinberg School of Medicine
- Nottingham University
- Nova Southeastern University
- NY College of Osteopathic Medicine
- NYU School of Medicine
- Oberlin College
- Pacific Northwest University of Health Sciences
- Philadelphia College of Osteopathic Medicine
- Renaissance School of Medicine at Stony Brook University
- Ross University School of Medicine
- Saba University School of Medicine
- Saint George's University School of Medicine
- St. Luke's College of Medicine ● St. James School of Medicine
- SUNY at Buffalo School of Medicine
- SUNY Downstate Medical Center College of Medicine
- SUNY Upstate Medical University
- Temple University
- The Commonwealth Medical College ● Touro University-California
- Touro University-Nevada
- Tufts University School of Medicine
 - UMDNJ-Robert Wood Johnson-Camden Medical Student
- Uniformed Services University of Health Sciences
- Universidad Andres Bello
- University of Alabama School of Medicine
- University of Arizona
- University of British Columbia
- University of Cincinnati
- University of Colorado School of Medicine
- University of Hawaii John A Burns School of Medicine
- University of Illinois at Chicago
- University of Kansas
 - University of Louisville
 - University of Manitoba
 - University of Maryland School of Medicine
 - University of Medicine and Dentistry of New Jersey
 - University of Medicine and Health Science
 - University of Michigan Medical School
 - University of Minnesota
 - University of Minnesota School of Pharmacy

- UniversityofNevadaSchoolof
Medicine
- UniversityofNewMexico
- UniversityofOklahomaCollegeof
Medicine
- UniversityofOttawa
- UniversityofPennsylvania
- UniversityofQueensland
- UniversityofSouthernCalifornia
 - UniversityofTexasSchoolof
MedicineatSanAntonio
- UniversityofTexasSouthwesternin
Dallas
- UniversityofToronto
- UniversityofVermontCollegeof
Medicine
- UniversityofVirginia
- UniversityofWashington
- USCKeckSchoolofMedicine
- UTHSCSAMedicalSchool
- WagnerCollege
- WashingtonUniversitySchoolof
Medicine
- WayneStateUniversitySchoolof
Medicine
- WestVirginiaSchoolofOsteopathic
Medicine
- WrightStateUniversityBoonshoft
SchoolofMedicine
- YaleSchoolofMedicine