

NOLS WILDERNESS MEDICINE

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
- Medical Decision-Making

Afternoon

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

DAY 2

Morning

- Wilderness Wound, Burn, and Infection Management
- Athletic Injury

Afternoon

- Wilderness Fracture Management
- Pain Management
- Wilderness Dislocations

DAY 3

Morning

- Hypothermia
- Frostbite And Non-Freezing Cold Injury
- Heat And Hydration
- Altitude Illness

Afternoon

- Submersion
- Lightning
- Toxicology: Snakebite and Arthropods Scenario
- Stress Injury/Psychological First Aid

Evening

- Case Studies

DAY 4

Morning

- Cardiac
- CPR in the Wilderness
- Diabetes
- Urinary and Reproductive
- Altered Mental Status

Afternoon

- Respiratory Emergencies
- Allergies And Anaphylaxis
- Acute Abdominal Pain
- Mental Health Issues on Wilderness Expeditions
- Search And Rescue: An Introduction

Evening

- Wilderness Rescue Scenario

DAY 5

Morning

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

Afternoon

- Testing
- Closure and Cleanup