

Regular Faculty

Richard J Ingebretsen, MD, PhD University of Utah School of Medicine

David Della-Guistina, MD, FAWM, Emergency Medicine Residency Director, Yale
University School of Medicine

Jochen Steinbrenner, MD Emergency Medicine director, eastern hospitals, Austria

Kathy Vidlock, MD Family Medicine Residency Director, Wilderness

Medicine/Sports Medicine Director, Rocky Vista University, Sky Ridge Medical
Center

Syllabus:

Backpacking medicine

- Common sports injuries in the back country
- Wilderness nutrition
- Common injuries associated with backpacking
- Medical aspects of clothing, regulation temperature while hiking and sleeping
- Nutrition planning, caloric intake, appropriate meals
- Foot Care-hoe/sock considerations,
- Blister care, prevention and management
- How to load a backpack for protection of the spine
- Flash floods, avoidance, crossing streams safety
- Field treatment of water (at the stream)

Climbing Medicine

- Common climbing injuries
 - Prevention
 - Treatment
 - Evacuation
 - Climbing first aid kits

AWLS Certification Lectures

- Patient Assessment
- Wound Management
- Medical Problems (Small group session)
- Lightning
- Water disinfection
- Avalanche
- Submersion
- Hyperthermia, Hypothermia, Frostbite
- Altitude Illness
- Animal Bites & Stings
- Infectious Disease Discussion Groups
- Dive Medicine
- Wilderness Medical Kits
- HEENTS
- Hands-On Teaching
 - Patient Assessment
 - Spine stabilization, moving injured patient
 - Splinting & Dislocations
 - Patient packaging, Litters and Carries

Biking Medicine

- Common biking injuries

 - Prevention

 - Treatment

 - Evacuation

 - Climbing first aid kits