

# NOLS WILDERNESS MEDICINE

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## 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