

Mountain Medicine Workshop

TOPICS

- Climate change and human health impacts
- Mindfulness and the will to survive
- Patient and personal rescue skills
- Expedition planning and medical support
- Mountain/Alpine environment
- Patient packaging and movement
- Practical scenarios

OBJECTIVES

Participants should be able to describe the hazards of the mountain environment and key points to survival. The learners should be able to discuss strategies to maintain safety, prevent injuries, and competently provide initial treatment for common injuries in this environment. The learners will be able to recognize common injuries and gain knowledge, to safely and efficiently perform the initial evaluation and seek definitive treatment for patients in this environment. Additionally, attendees should be able to assist patients with travel planning, medical kit preparation, and emergency assistance planning. These competencies will address the knowledge gap that exists in general medicine regarding mountain and extreme environment activities.

Attendees for this introductory workshop will:

- Understand unique challenges of supporting a mountain expedition
- Practice patient and personal rescue skills in an alpine environment
- Explore factors related to expedition medical support planning
- Practice back country patient packaging and extraction techniques

LOCATION

- 30-40 minute drive from the conference hotel
- Bus transportation provided for round-trip
- Lunch provided