

Fall 2009 Wilderness Medicine Curriculum

Date and Time	Lecture Topic	Location	Faculty
Monday October 5			
0800 – 0830	Introduction to Wilderness Medicine	Tox Conf Room	Holstege
0900 – 1200	Water rescue / Water rescue practical	CARS	Jim Miller
1200 – 1300	Lunch		
1300 – 1600	Knot tying lecture and practical	CARS	Benner/Althoff/ Bechtel
Tuesday October 6			
0900 – 0945	The Wilderness First Aid Kits/Geer	Tox Conf Room	BRM Sports
0945 – 1045	Poisonous mushrooms	Tox Conf Room	Charlton
1045 – 1130	Poisonous plants	Tox Conf Room	Holstege
1130 – 1200	Other wilderness poisonous food	Tox Conf Room	Holstege
1200 – 1300	Lunch (Video)	Tox Conf Room	
1300 – 1345	Hunting/fishing in survival	Tox Conf Room	Dobmeier
1400 – 1700	Gun Safety - Rifle & Handgun Bow; Trapping	Rivanna Rifle Club	Officer Berkin
Wednesday October 7			
0900 – 1000	Marine envenomations	Tox Conf Room	Charlton
1000 – 1100	Snake envenomations	Tox Conf Room	Baer
1100 – 1115	Rattlesnake Dissection	Tox Conf Room	Holstege
1115 – 1200	Other bites and stings	Tox Conf Room	Holstege
1200 – 1300	Lunch (Video)	Driving to site	
1300 – 1700	Basic field nutrition; Water purification Survival skills workshop Plant Mushroom identification Edible items found in the wilderness	Humpback Rock Hike	Althoff, Charlton, Hostege, & David Rain (professional forager)
Thursday October 8			
0700	Arrive to Tox	Tox Conf Room	
0715 – 0845	Video	Driving	
0900 – 1200	Shenandoah National Park	Skyland Conference	SNP Rangers
1200 – 1300	Snack	Trail	
1300 – 1700	Shelter creation; Making fire	Appalachian Trail	Holst/Charl/Alt
1730 – 1900	Dinner at the Lodge	Skyland	
1900 - 2100	Video	Driving	

Friday October 9	Lecture Topic	Location	Faculty
0900 – 0930	Wilderness dermatology	Tox Conf Room	Holstege
0930 – 1015	Mosquito-borne infectious disease	Tox Conf Room	Bechtel
1015 – 1045	Parasites	Tox Conf Room	Holstege
1045 – 1115	Tick borne diseases	Tox Conf Room	Hendley
1115 – 1200	Basic & improvised wound care	Tox Conf Room	Charlton
1200 – 1300	Lunch - Video	Tox Conf Room	
1300 – 1700	Simulation wilderness scenarios	Simulation Lab	Kirk
Saturday October 10	Climbing gym	Rocky Top	Forrester/Althoff/ Bechtel/Thompson
Sunday October 11	Blue Ridge Rock Climbing (Optional)	Blue Ridge Mountains	Forrester/Althoff/ Bechtel/Holstege
Monday October 12			
0700 - 1200	Orienteering Practicum	Farm	DeForge/Gilday Althoff/Charlton
1200 - 1300	Lunch Discussion: common backcountry cases fx - disloc	Farm	Althoff/Lawrence
1300 – 1630	Wilderness Splinting, Spine Immobilization and Evacuation	Farm	Benner (Madison Co. EMS)
Tuesday October 13			
0900 – 1000	High altitude medicine	Tox Conf Room	Lawrence/Bechtel
1000 – 1100	Dive medicine	Tox Conf Room	Beasley (Navy)
1100 – 1200	HBO chamber tour	5 th Floor Hospital	HBO tour
1200 – 1300	Lunch (Video)		
1300 – 1345	Hypothermia	Tox Conf Room	Holstege
1345 – 1430	Heat illnesses	Tox Conf Room	Holstege
1430 – 1500	Lightning injuries & prevention	Tox Conf Room	Holstege
1500 – 1600	Avalanche Basics	Tox Conf Room	Bechtel
Wednesday (noon) To Friday (noon) October 14 -16	FINAL two night, 3 days overnight excursion students to implement material taught practicum and competition	Sherando Lake Recreation Area	All Faculty