



Ruffner Mountain Nature Preserve -- Birmingham, Alabama
April 28-30, 2023

Conference Schedule

Friday, April 28, 2023

- 11:30 AM:** Conference Check-In / Bring-your-own lunch – Visitors Center
12:15 PM: Welcome and Orientation – Treehouse Room
12:30 PM: Patient Assessment
01:15 PM: Wound Management
02:15 PM: Hands on Teaching
- Patient Assessment
 - Spine Stabilization & Moving an Injured Patient
 - Splinting & Dislocations
 - Litters & Carries
- 6:00 PM:** End of Day

Saturday, April 29, 2023

- 08:00 AM:** HEENTS
09:00 AM: Medical Problems in the Wilderness
10:00 AM: Break
10:15 AM: Hyper/hypothermia and frostbite
11:15 AM: Submerision
11:45 AM: Dive Medicine
12:45 PM: Break for Lunch
01:45 PM: Infectious Disease
02:45 PM: Wilderness Medicine Scenarios
06:00 PM: End of Day

Sunday, April 30, 2023

- 08:00 AM:** Altitude Illness
08:30 AM: Avalanche
09:00 AM: Lightning
09:30 AM: Break
09:45 AM: Animal Bites and Stings
10:45 AM: Water Disinfection
11:15 AM: Wilderness Medical Kits
11:45 AM: Break for Lunch
01:00 PM: WLS:MP Practical Testing Scenarios
04:30 PM: WLS:MP Written Exam
05:30 PM: End of Course



Course Description

Learn the skills to prevent medical problems; reduce suffering and save lives in non-traditional medical settings

- Earn your Wilderness Life Support for the Medical Professional certification
- Learn the latest practical hands-on wilderness medicine skills for patient assessment, treatment and evacuation protocols
- Practice your skills in live scenarios with our expert instructors Obtain up to 21.5 hours of category 1 CME*
- Receive Wilderness Medical Society Fellowship credits

Course Objectives

- To provide a practical foundation in Wilderness Medicine for medical professionals
- To teach patient assessment and treatment guidelines for life support until definitive care or evacuation is available
- To train the provider in methods for managing medical and trauma emergencies and urgencies in the wilderness when evacuation is unavailable or unnecessary

Topics Include:

- Patient Assessment
- Trauma
- Medical problems
- Infectious disease
- Head, Ear, Eye, Nose, Throat, Skin
- Animal & insect Bites
- Musculoskeletal injuries
- Wound management Water treatment
- Hyperthermia, hypothermia & frostbite
- Medical kits
- Lightning
- HAPE/HACE
- Dive Medicine

Weather Considerations:

Please be aware portions of this course will be held in an outdoor setting. It is the responsibility of the student to ensure appropriate clothing to manage any type of inclement weather. Please know that the course will not stop due to weather concerns, prepare accordingly.



Continuing Education Credits

The Wilderness Medical Society designates this Live activity for a maximum of 21.5 *AMA PRA Category 1 Credit(s)*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity. This activity is accredited through the Wilderness Medical Society.

PHYSICIAN ASSISTANTS: The American Association of Physician Assistants accepts Category 1 CME approval from organizations accredited by the ACCME.

OTHER PROFESSIONALS: Check with your governing entity to determine usefulness of *AMA PRA Category 1 Credits*[™].

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the Wilderness Medical Society and AdventureMed. The Wilderness Medical Society is accredited by the ACCME to provide continuing medical education for physicians.

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None of the faculty/planners for this educational activity have relevant financial relationships to disclose with ineligible companies whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients.

All education content presented in this activity has been reviewed and validated as appropriate in keeping with sound scientific principles.

YOU WILL RECEIVE YOUR CME CERTIFICATE FROM THE WILDERNESS MEDICAL SOCIETY VIA EMAIL APPROXIMATELY 4-6 WEEKS AFTER THE COMPLETION OF THE COURSE



Registration, Fees, and Policies

To register, contact us at training@alwma.org with your name and level of medical training. If spaces remain available, we will bill you via PayPal or per your instructions.

Doctoral course fee: **\$750.00**

Non-doctoral course fee: **\$495.00**

Resident/Student course fee **\$495.00**

Course includes: 21.5 CME credits, course and materials; Friday: snacks; Saturday: light breakfast, lunch; Sunday: light breakfast, lunch

Excluded: transportation, lodging

Cancellation Policy: No refunds will be given within 30 days of the date of the start of the conference. If you need to cancel within the 30-day period, we will apply your payment to a future course of your choosing to be used within two years of the date of the canceled course.

All refunds are subject to a 10% processing fee.

Questions regarding the course, travel, and lodging should be addressed to the Alabama Wilderness Medical Association at: training@alwma.org

About Ruffner Mountain & Birmingham, AL

Ruffner Mountain Nature Preserve is a 1,038-acre nature preserve located in Birmingham, Alabama. It is one of the largest privately held 501(c)(3) urban nature preserves in the United States. Its mission is to protect and manage Ruffner Mountain as an urban sanctuary for native species of plants and animals while cultivating an appreciation of the natural world among the city's residents and visitors. More than 12 miles of foot trails, ranging from sedate to rugged, provide the public with internal access for trail running, hiking, and observation of nature. When mined for iron ore from the late 19th century into the 1950s, the mountain yielded up to 200 tons of raw daily destined for nearby Sloss Furnaces; now, the mountain serves as an urban refuge for nature and all who visit it.

The course will be conducted in the Treehouse Room (located within the visitors' center).

<https://ruffnermountain.org/>