INTRODUCTION TO WILDERNESS MEDICINE
HEDU 2095

GENERAL INFORMATION FALL 2017

This course is designed to prepare outdoor enthusiasts and world travelers who have no formal medical training to prevent and treat injuries and medical problems that might occur in the back country.

There are four scheduled quizzes during the semester and you will write a paper or make a presentation on a subject of your choice. Also, there is a weekly assignment that is to be completed. There are going to be several in class scenarios that you will complete. We will help you with ideas about your paper or presentation. Also, look for additional readings that might be assigned.

COURSE SYLLABUS

Instructor: Richard J. Ingebretsen, MD, PhD
Phone: 581-6901
email: richi47@comcast.net
Office: JFB-B7
Office hours: By appointment or after class.
Course coordinator: Justin Coles jcoles3@live.com
Text: Basic Wilderness Life Support (available from Amazon.com-hard back or kindle)
Class time: MWF 9:40 - 10:30 am
Class location: JTB 110

QUIZZES
There are four scheduled on-line quizzes. Each quiz will cover the material since the last quiz. The final quiz will cover material from the entire course and is written in the case scenario format. You must take all 4 quizzes. Each quiz will be worth 30 points. The quizzes are offered in class. The dates of the quizzes are as follows:

Quiz 1: Monday 9/18-Wednesday 9/20
Quiz 2: Monday 10/23-Wednesday 10/25
Quiz 3: Monday 11/20-Wednesday 11/22
Quiz 4: Tuesday 12/5-Thursday 12/7

WEEKLY ASSIGNMENTS
There are 9 weekly assignments that are due most Fridays. Look at the syllabus or the “Weekly Assignment” tab to see which Fridays they are due and for more details. It is designed to give you experience with actual wilderness and travel medicine scenarios.
PAPER / PRESENTATION
Each student will submit a paper. The will be based on clinical vignette’s which would cover topics of wilderness medicine. I will give you 5 different scenarios to choose from. You should cover, scene size up, primary and secondary survey, the ongoing survey, treatment, evacuation plans, prevention and items you would want in a first aid kit. There is no minimum or maximum length. The paper - presentation will be worth 10 points

These papers/Presentations will be due:  Monday November 6th

Grading
4 quizzes worth 30 points each . . . . . . . . . . . . . . 120 points
9 homework assignments worth 2 points each ...... 18 points
Group learning assignments . . . . . . . . . . . . . . . 50 points
Paper 10 points . . . . . . . . . . . . . . . . . . . . . . 10 points 198 points total

COURSE OBJECTIVES
Provide basic suggestions for preparedness
Demonstrate how to pack an effective first aid kit
Learn proper techniques for water disinfection
Learn the back-country assessment of an injured or sick patient
Learn the treatment of dislocations, sprains, strains and breaks
Learn how to treat medical problems and prevent infectious disease
Study and learn the treatment of bites and stings
Learn the treatment of skin related injuries including sunburn and poison ivy
Study the prevention and treatment of lightning related injuries
Learn to treat hot and cold related injuries including dehydration and frostbite
Understand the treatment of altitude related illnesses
Study avalanche prevention and rescue
Understand the management of head and neck trauma
Know the proper techniques for the transport of an injured patient
Know basic causes of infectious diseases in various parts of the world

ADA STATEMENT
The University of Utah seeks to provide equal access to its programs, services and activities for people with disabilities. If you will need accommodations in the class, reasonable prior notice needs to be given to the Center for Disability Services, 162 Olpin Union Building, 585-5020 (V/TDD). CDS will work with you and the instructor to make arrangements for accommodations. All written information in this course can be made available in alternative format with prior notification to the Center for Disability Services.
WELLNESS STATEMENT
Personal concerns such as stress, anxiety, relationship difficulties, depression, cross-cultural differences, etc., can interfere with a student’s ability to succeed and thrive at the University of Utah. For helpful resources contact the Center for Student Wellness - www.wellness.utah.edu; 801-581-7776

FACULTY AND STUDENT RESPONSIBILITIES
All students are expected to maintain professional behavior in the classroom setting, according to the Student Code, spelled out in the Student Handbook. Students have specific rights in the classroom as detailed in Article III of the Code. The Code also specifies proscribed conduct (Article XI) that involves cheating on tests, plagiarism, and/or collusion, as well as fraud, theft, etc. Students should read the Code carefully and know they are responsible for the content. According to Faculty Rules and Regulations, it is the faculty responsibility to enforce responsible classroom behaviors, beginning with verbal warnings and progressing to dismissal from class and a failing grade. Students have the right to appeal such action to the Student Behavior Committee. Faculty…must strive in the classroom to maintain a climate conducive to thinking and learning.” PPM 8-12.3, B. “Students have a right to support and assistance from the University in maintaining a climate conducive to thinking and learning.” PPM 8-10, II.

SEXUAL MISCONDUCT
Title IX makes it clear that violence and harassment based on sex and gender (which includes sexual orientation and gender identity/expression) is a Civil Rights offense subject to the same kinds of accountability and the same kinds of support applied to offenses against other protected categories such as race, national origin, color, religion, age, status as a person with a disability, veteran’s status or genetic information. If you or someone you know has been harassed or assaulted, you are encouraged to report it to the Title IX Coordinator in the Office of Equal Opportunity and Affirmative Action, 135 Park Building, 801-581-8365, or the Office of the Dean of Students, 270 Union Building, 801-581-7066. For support and confidential consultation, contact the Center for Student Wellness, 426 SSB, 801-581-7776. To report to the police, contact the Department of Public Safety, 801-585-2677 (COPS).