

EMERGENCY MEDICINE SELECTIVE ROTATION

Selective Title: Wilderness Medicine

Brief Description: To develop a core understanding of wilderness and environmental medicine, residents will participate in student and community education and outreach pertaining to wilderness topics. Activities may include participation with search and rescue groups, border patrol, emergency medical services, AWLS courses, Wilderness Conferences, and endurance athletic events. The resident will help organize and lead a wilderness medicine event, the focus of which will be customized to each their interests and skills. In addition to teaching and practical application, the resident will read from Auerbach's *Wilderness Medicine* textbook.

UA DEM Faculty Director: Chris Williams

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Educational or Clinical Site: ☒ BUMC – Tucson Campus ☒ BUMC – South Campus
☒ Other: Tucson and environs

Durations available: ☒ 2 weeks ☒ 4 weeks ☐ Other:

Accepts visiting residents: ☒ Yes ☐ No

Educational Goals & Objectives:

1. Develop an appreciation for medicine in wild and austere environments.
2. Specifically understand unique diagnoses and treatments for wilderness-related topics, including: altitude, avalanche, heat-induced injuries, cold-induced injuries, lightning, submersion, dive medicine, water disinfection, dentistry, dermatology, eye injuries, ENT injuries, infectious diseases, musculoskeletal injuries, wound management, and common medical problems.
3. Teach a portion of knowledge gained to other health care providers.
4. Work with local or regional EMS or rescue groups.
5. Organize and participate in a wilderness event, activity or course that promotes an understanding of wilderness medicine among students or the lay community.
6. Plan for potential medical problems based on group size and type of activity. Then be able to improvise and adapt when the unforeseen occurs.
7. See beyond wilderness medicine as “vacation medicine” or “doctor tourism” to its true applicability in austere or impromptu environments, such as rural, humanitarian, and mass casualty settings.

Resident Responsibilities:

1. Read from required sources on wilderness medicine to broaden knowledge base, including:
 - a. *Wilderness Medicine* by Paul Auerbach. (This text is the “bible” for wilderness medicine and would be a fine purchase. However, it is also available for free online viewing through <http://ahsl.arizona.edu> in the E-Textbooks section.)

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- b. Additional readings may be tailored to your project at the discretion of the faculty advisor. These may come from WEM journal articles, AWLS textbook, or *Medicine for Mountaineering* by James A. Wilkerson.
2. Suggest revisions or additions to the established required reading list for future residents that participate in the elective.
3. Teach at least one wilderness medicine topic. This may be accomplished through a lecture or by teaching and coordinating a practical simulation session.
4. Participate in at least one practical wilderness medicine experience. This will vary depending on the time of year and the opportunities available. The resident is encouraged to suggest his or her own idea. This may be teaching an AWLS or NOLS course, teaching BORSTAR or SAR, providing EMS in-service, medical support or education at a local endurance event (e.g. “24hrs in the Old Pueblo” bike race or “Old Pueblo 50” ultramarathon). At the discretion of the faculty advisor, the resident may also complete this responsibility by providing medical care for an expedition.

Assessment method for performance of stated objectives?

1. Assessment will be through faculty evaluation, including questioning on knowledge base, event planning and teachings skills.