Extreme Sports Med 2016
Wilderness Medicine
2016

coloradoWM.org

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Wilderness Medicine

1. Why do we care?
2. What are people doing with it?
3. Our grand challenge...
Wilderness Medicine

- Backcountry Injury Prevention
- Environmental Exposure
- High Altitude Conditions
- Diving Injuries
- Aeromed transport
- Search & Rescue
- Zoonoses
- Wilderness Mental Health
- Tick Borne Diseases
- Insect/Reptile/Animal Bites
- Plant/Fungus Toxicity
- Marine Medicine
- Drowning
- Travel Medicine
- Improvisational Skills
- Remote/Telemedicine
- Space Medicine
Why do we care about this?
Why do we care about this?

Rationale: The Big 5
Patient Demographics
ISAT GeoStar 45
23:15 EST 14 Aug. 2003
2) Disaster Preparedness
Disaster Preparedness
Ascendancy of Global Health
“Gold Rush” of Global Health Programs

• Wide spectrum of efforts and institutional commitments

• Like yesteryear, success will not only depend on luck, but also preparation.
What is the situational awareness of students in LMIC’s who have grown up in an OSHA certified world?

- courtesy William Frederick
4) The Lost Art of the Physical Exam
5) Environmental Change & Human Health
What are we doing with it?
NSF Arctic Program
Research
WMS Peer-reviewed Guidelines
Wilderness & Environmental Medicine (Elsevier)
December 2014 Supplemental

- Anaphylaxis/Field Epinephrine
- Altitude
- Frostbite
- Lightning
- Eye Injuries
- Spinal Immobilization
- Hypothermia
- Exercise Associated Hyponatremia
- Heat Illness
- Field Analgesia
- Wound Care
- Envenomations
- Drowning (June 2016)
$30,000 Annual Research Grants

wms.org

• Altitude
• Frostbite
• Extreme sports
2015: Care of the Wilderness & Adventure Athlete
• Setting, Structure, and Timing of the Preparticipation Examination: The Wilderness Adventure Consultation
• Ethical, Legal, and Administrative Considerations for Preparticipation Evaluation for Wilderness Sports and Adventures
• General Consideration in the History, Physical Examination, and Safety Determination
• General Medical Considerations for the Wilderness Adventurer: Medical Conditions That May Worsen With or Present Challenges to Coping With Wilderness Exposure
• Risk Stratification for Athletes and Adventurers in High-Altitude Environments: Recommendations for Preparticipation Evaluation
• Preparticipation Evaluation for Climbing Sports
• Medical Clearance for Desert and Land Sports, Adventure, and Endurance Events
• Pre-Participation Medical Evaluation for Adventure and Wilderness Watersports
• Medical Evaluation for Exposure Extremes: Cold
• Medical Evaluation for Exposure Extremes: Heat
• Wilderness Preparticipation Evaluation and Considerations for Special Populations
• Counseling for the Wilderness Athlete and Adventurer During a Preparticipation Evaluation for Preparation, Safety, and Injury Prevention
Continuing Medical Education
UTAH CANYON LANDS
April 28 - May 6, 2015

AFRICAN SAFARI
May 5 - 13, 2015
Act quickly! Registration closes Feb. 28

ROCKY MOUNTAIN BACKPACKING
June 22 - 29, 2015

GRAND CANYON MOTOR ADVENTURE
July 20 - 27, 2015

ADIRONDACKS CANOE
September 25 - October 2, 2015

COSTA RICA
November 2 - 11, 2015
Fellow of the Academy of Wilderness Medicine

wms.org
Pooled Medical Direction
(and pooled liability)
Opportunities for the Practitioner

The 15% approach...
Thank You!

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