

Wilderness Medicine Top 10!

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Blue Ridge Adventure Medicine



MEDICFORCE
first aid for all



Wilderness Medicine

- **What is it?**
- **Why?**
- **How?**
- **Med-legal.....**
 - **more on this later**

1. Patient Assessment

- **Scene safety**
- **CPR**
- **ATLS**
- **ABC**
- **CBA**
- **MARCH**

2.HEENT

- **Ophtho**
- **Dental**
- **Medications**
- **Evac**

3. Bites and Stings

- **Envenomation**
- **Anaphylaxis**
- **Treatment**
- **Prevention**

4. Hemorrhage Control

- **Detection**
- **Direct pressure**
- **Devices: quick clot/tourniquets**

5. MSK/Ortho

- **Diagnosis**
- **Reductions**
- **Splinting**
- **Evacuation**

6. Drowning

- **Definitions**
- **Rescue**
- **Treatment**
- **Assessment**
- **Monitoring**

7. Environmental Emergencies

- **Hypothermia**
- **Hyperthermia**
- **Identification**
- **Diagnosis**
- **Treatment**
- **Evacuation**

8. Wound Management

- **Assessment**
- **Irrigation**
- **Close or not?**
- **Closure techniques**
- **ABX?**
- **Evacuation**

9. Medical Kits

- **Size**
- **Medications**
- **Suited to expedition**
- **Supplies**
- **Transportation**

Knots!!!

- **Figure 8**
- **Barrel knot**
- **Prussick**
- **Water knot**
- **Types of ropes**