



Online/Virtual Wilderness Medicine

Internal Medicine 7982, Backpacking Medicine – two weeks

Internal Medicine 7983, AWLS-Advanced Wilderness Life Support - two weeks

Honors in Wilderness Medicine, no course number but certification available

Instructor: Richard J. Ingebretsen, MD, PhD

Phone: 801 554 2129

Email: richi47@comcast.net

Web resource page www.wildmedu.org

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

QUIZZES AND CERTIFICATION EXAMS

This is an online/virtual course. You will study for the certification exams by using the following methods, depending on how you study and learn the best. You do not need to use all the methods. To know which subjects you need to study, navigate to the Practice Test icon at www.wildmedu.org where there are a list of required subjects.

1. **Read the texts:** Navigate to Textbooks icon and download the texts. Read chapters of interest.

2. **Listen to the Podcasts:** Navigate to Podcasts. icon. You can listen to the Podcasts on subjects that you want to study.

3. **Take the Practice Tests:** Navigate to the Practice Tests page. Here you will find practice tests with explanations on every subject in AWLS, Honors in Wilderness Medicine, Backpacking Medicine and Search and Rescue. Explanations are provided for each question. The certification exams take almost all of the questions from the practice tests.

3. **Watch the Practical Skills Video:** It is required that you know practical skills for AWLS certification. You must watch the video to learn them. Watch closely and take notes as you will have questions from this video on the AWLS certification exam. If you have first response credentials, you will not need to watch the film.

The final exam is the certification exam. Once you feel ready, you can take the certification exam. You will have two attempts to take it and must pass with a score of 70% or higher to pass the course. Once you have passed the certification exam, your certification will be given to you online and you can print it off.

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).