



# Wilderness Medicine in the Alps Syllabus

## Internal Medicine 7984

July 2023

### Contact Information

---

Name	Position	Phone	email
Richard Ingebretsen	Director	801 554 2129	richard.ingebretsen@m.cc.utah.edu
Richard Ingebretsen	Coordinator	801 554 2129	richard.ingebretsen@m.cc.utah.edu

### Course Information

---

#### Brief Description of Course

As more people venture into the back country, more people become ill and are injured. This is an AWLS certification course that teaches how to prevent and treat these illnesses and injuries. You will earn the Advanced Wilderness Life Support (AWLS) certificate offered by the University of Utah School of Medicine. Topics include wilderness patient assessment, hypothermia and hyperthermia, wilderness wound management, water treatment, HAPE, AMS, HACE, and other injuries and illnesses unique to the back country.

Nestled in a lush valley in the French Alps, the idyllic mountain resort of Chamonix provides an unmatched base for outdoor adventure. The Mont Blanc massif rises impressively over the charming village inspiring the avid mountaineer and casual hiker alike. The downtown is also a fine place to stroll for shopping or dining as there are many fine restaurants just a short walk away. Discovered in 1741, this mountain village has become a destination for alpine recreation. The course is being hosted at the Mercure Chamonix Centre Hotel ideally located in the center of the town.

#### Course Goals - As a result of completing Wilderness Medicine:

- Save lives in the wilderness through hands-on practical instruction
- Learn to prevent and treat the most common wilderness injuries and illnesses
- Know the common practical medicines for use in the wilderness
- Search for and rescue injured patients
- Understand common methods for evacuation
- 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

### **Course Format/Schedule**

---

#### **Timeline**

Monday July 3<sup>rd</sup> to Saturday July 15<sup>th</sup> in Chamonix-Mt. Blanc

#### **Educational and Instructional Modalities**

50% didactic, 40% hands on training, 10% small group

#### **Required Textbook(s)/Readings**

Advanced Wilderness Life Support (AWLS)

Book Title + ISBN	Author/Publisher/Edition	Appx Cost
Advanced Wilderness Life Support	Online at <a href="http://www.wildmedu.org">www.wildmedu.org</a>	Free online

#### **Additional Resources**

None for this course

### **Assessment and Grading**

---

**Assessments** – Complete the table with all assessments in the course

Assessment/Assignment	Weight towards Final Grade	Due Dates
There will be the AWLS certification exam given at the end of the course	40%	End of course
Lectures	30%	End of course
Hands on practical skills	30%	End of course

#### **Grading System**

Students will receive a final letter grade of PASS (P) or FAIL (F) for this course.

**PASS:** A student who achieves the criteria, will be assigned a grade of PASS for the course.

**FAIL:** A student who fails to achieve the criteria for PASS, will be assigned a grade of FAIL for the course.

## **Student Feedback**

---

Student feedback is important and helps identify opportunities to improve the course

- At the conclusion of this course, medical students are required to complete a summative evaluation. Evaluations are completed electronically and remain confidential.
- Confidential On-The-Fly evaluations give students an opportunity to anonymously evaluate an instructor, learning activity or clinical experience in "real time." These evaluations are available on a secure UUSOM website (<https://students.medicine.utah.edu>) and are submitted to the Senior Director of Professionalism, Evaluation & Learning.

## **Standard Policies**

---

Please refer to the Student Handbook (on the Student Affairs website) for these policies:

**Accommodations**  
**Attendance policy**  
**Dress Code**  
**Examination and Grading Policies**  
**Grade or Score Appeal**  
**Professionalism, Roles & Responsibilities**  
**Mistreatment**

## **Disability services**

---

The School of Medicine seeks to provide equal access to its programs, services and activities for all medical students. The Center for Disability Services (CDS) provides accommodations and support for the educational development of medical students with disabilities.

Medical students with a documented disability are required to meet with the CDS Director for recommended accommodations. The CDS will work closely with eligible students and the Associate Dean of Professionalism, Accountability and Assessment to make arrangements for approved accommodations. The School of Medicine and CDS maintain a collegial, cooperative, and collaborative relationship to ensure compliance with federal and state regulations for students with disabilities.

Contact Robert Rainey ([Robert.Rainey@hsc.utah.edu](mailto:Robert.Rainey@hsc.utah.edu)) for details

Or:

University of Utah Center for Disability Services  
Olpin Student Union Building, Room 162  
Phone (Voice/TDD): (801) 581-5020 Email: [info@disability.utah.edu](mailto:info@disability.utah.edu)  
<http://disability.utah.edu>