The National Conference on Wilderness Medicine

Hawaii

Hawaii March 30 – April 3, 2016

Program Objectives

1) Identify prevention and treatment of altitude illness based on an understanding of the underlying physiology
2) Recognize and properly manage frostbite in the field
3) Identify and treat hypothermia in the field
4) Identify fracture and dislocation in the wilderness
5) Identify the pathophysiology and treatment of heat related illness

Target Audience:
Primary care physicians, nurses, physician assistants, and other health care providers who might encounter patients in remote settings or who may treat patients that develop medical problems after visiting remote areas.

No outside commercial support has been received for this activity.

Testimonials From Your Colleagues...

“Absolutely the most enjoyable and interesting CME conference I have ever attended! Probably the best group of lecturers I have ever experienced.”
Daniel Nordin, MD Internal Medicine

“I attended the conference as a representative from ACEP Education Committee…it was the best conference I have been to in years. Well organized, excellent speakers and great setting.”
Katie Hurt, MD

“Most enjoyable and useful conference I’ve attended in the last 20 years. I hope to return every year hereafter.”
Alan Lyn, MD FP Santa Paula, CA.

“Truly, the CME course of a lifetime.”
Christopher Lang, MD
Opportunities for fun on the Big Island are virtually endless. So, what do you want to do first?

Please contact A Meeting by Design 888-995-3088 for assistance in booking your recreational activities.

GOLF - Some of Hawaii's best golf - and most challenging golf courses - are found on the Big Island. What puts all these golf courses in a class above those you might play elsewhere is their location. Most come with an inspiring ocean view or spectacular mountain backdrop.

WHALE WATCHING is not to be missed experience this time of year. Ocean kayaks are available to paddle out to view the many whales swimming right off the coast. Whale watch cruises and sails also go out often. Bring your camera.

HIKING - Hawaii is a hiker's paradise. Original Hawaiian trails will take you through spectacular canyons, past breathtaking waterfalls and lead you to incredible volcanic features.

FISHING - Hawaii is a popular spot for saltwater anglers. Marlin, Ahi, Ono, and Aku are found in abundance off the Kona / Kohala coast.

KAYAKING - Sea kayaking is a fantastic way to explore the coastal environment. You can rent one and two person kayaks for guided or self-guided tours and explore beautiful lagoons.

WINDSURFING - Hawaii's unique combination of protected lagoon waters and steadily blowing winds make it a great location for beginner and advanced windsurfers.

SNORKELING and SCUBA DIVING - Some of the best snorkeling and diving in Hawaii is found along the Kohala coast near the resort. The water is clear and sea life is abundant.

HELICOPTER FLIGHT TOURS Flights will take you over craters, through canyons and past waterfalls.

Register Today. Toll Free: 888-995-3088 Or Online: www.wilderness-medicine.com
Enjoy the conference at the amazing Hapuna Beach Prince Hotel on the Big Island of Hawaii

Situated on the Kohala Coast, the Hapuna Beach Prince Hotel has defined Big Island luxury since its opening in 1994. As the second phase in Rockefeller’s creation of Mauna Kea Resort, the hotel property shares 1,839 acres of oceanfront paradise with the legendary Mauna Kea Beach Hotel. This award winning resort, nestled in the Kuana’oa Bay, has been ranked as America’s #1 beach and one of the top 10 beaches in the world while boasting a championship golf course. Elegantly designed guest rooms offering stunning ocean views help you relax while you enjoy this amazing resort founded on ancient, natural artesian fountains known for respite and renewal. Take advantage of deeply discounted rates by making reservation through A Meeting by Design at 888-995-3088, or www.mtnreg.com/Hawaii2016. Terrace View $199, Partial Ocean View $229, Ocean View $259, Premium Ocean View $279, Ocean Front View $289.

Recreational Activities at or nearby the Hapuna Beach Prince Hotel
The island of Hawaii, the largest of the Hawaiian Islands, offers an unbelievable playground awaiting your discovery. Your stay at the Hapuna Prince includes privileges at the legendary Mauna Kea Hotel, which is a beautiful 10 minute walk, where you can rent canoes, stand up paddle boards and enjoy additional restaurants. Once you’re ready to venture away from the hotel you’ll discover a variety of activities such as Volcanoes State Park, helicopter tours, star exploration, local coffee farms, whale watching and much more! This is the place to bring your family as there is a choice for everyone! Call A Meeting by Design at 888-995-3088 or view optional activities on the exclusive conference website.

HAPUNA BEACH PRINCE HOTEL ON THE BIG ISLAND OF HAWAII

Register Today. Toll Free: 888-995-3088
Or Online: www.wilderness-medicine.com
Wilderness and Urban Survival
Wednesday, March 30th, 8:00 am – 4:00 pm $135
A unique opportunity to learn and practice both basic and advanced survival skills from a Navy Seal Instructor and other renowned survival experts who train our elite Special Forces. This all day “hands-on” workshop is a practical and fun, skill building experience, designed to prepare you to survive on land, in the sea, in the wilderness and urban environments. Limited enrollment (register early!)
Participants will learn how to:
• Signal and be found
• Obtain food and water
• Build fires with primitive tools
• Escape a hotel fire
• Construct & improvise survival kits
• Survive a plane crash
• Protect yourself during a disaster
• Travel safely in third world countries and avoid being “ripped off”
• Find and construct emergency shelters

Participants learn how to survive and escape a hotel fire using simulated smoke

The Program

Wednesday, March 30, 2016

2:00-4:30 pm Registration
4:30 pm Wilderness Medicine: “Setting The Stage”
   Gene Allred, MD
4:40 pm Heat Illness: Prevention & Treatment
   Eric A. Weiss, MD
5:35 pm Expedition & Backcountry Medical Kits
   Howard Donner, MD
6:30 pm Adjourn

Thursday, March 31, 2016

7:00 am Late Registration / Continental Breakfast / Exhibits
7:30 am Surviving The Unexpected Night Out
   Gary Kibbee
8:20 am 1001 Uses for Duct Tape & Safety Pins: Wilderness Medical Improvisation
   Eric A. Weiss, MD
9:10 am Frostbite – Current Management
   Howard Donner, MD
9:45 am Coffee Break
10:00 am Preparing for Foreign Travel
   The “Ten Commandments” to Stay Healthy
   Jay Keystone, MD
10:50 am Hypothermia: Field & Hospital Care
   Eric A. Weiss, MD
11:40 am Dive Medicine & Safety
   Karen Van Hoesen, MD
12:30 pm Adjourn - Enjoy Hawaii (see recreation)
   or attend one of our optional workshops
7:45 pm Whitewater Medicine, Safety & Rescue
   Kyle Allred, PA
8:30 pm Special Evening Program (Guests Welcome)
   Medicine in Malawi- “The Warm Heart of Africa”
   Dr. Serra shares his heartwarming work in East Africa to help victims of polio as well as his work with Rotary International Medical teams around the globe.
   Joseph B. Serra, MD
9:30 pm Adjourn

“Extraordinary conference... most enjoyable learning experience I have ever encountered.”
Joseph Easly, MD
## The Program

### Friday, April 1, 2016

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<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Speaker(s)</th>
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<tbody>
<tr>
<td>7:00 am</td>
<td>Continental Breakfast/Exhibits</td>
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<tr>
<td>7:30 am</td>
<td>Altitude Illness: Prevention &amp; Treatment</td>
<td>Howard Donner, MD</td>
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<td>8:20 am</td>
<td>Snake Envenomation</td>
<td>Timothy B. Erickson, MD</td>
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<td>9:10 am</td>
<td>Malaria, Dengue, Chickungunya, &amp; other Mosquito-Borne Illnesses</td>
<td>Jay Keystone, MD</td>
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<tr>
<td>9:55 am</td>
<td>Coffee Break</td>
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<tr>
<td>10:10 am</td>
<td>Venomous Sea Creatures &amp; Shark Attacks</td>
<td>Karen Van Hoesen, MD</td>
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<tr>
<td>11:00 am</td>
<td>Arthropod Envenomation</td>
<td>Timothy B. Erickson, MD</td>
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<td>11:50 am</td>
<td>Wilderness 911: Mountain Search &amp; Rescue</td>
<td>Lanny Johnson, FNP/PA</td>
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<tr>
<td>12:45 pm</td>
<td>Adjourn - Enjoy Hawaii (see recreation) or attend one of our optional workshops</td>
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### Saturday, April 2, 2016

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<tr>
<td>7:00 am</td>
<td>Continental Breakfast/Exhibits</td>
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<tr>
<td>7:30 am</td>
<td>Wilderness Wound Management: New &amp; Improvised Techniques</td>
<td>Eric A. Weiss, MD</td>
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<td>8:10 am</td>
<td>Lyme &amp; Other Tick-Borne Illnesses</td>
<td>Timothy B. Erickson, MD</td>
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<td>8:55 am</td>
<td>Traveler’s Diarrhea – Prevention &amp; Treatment</td>
<td>Jay Keystone, MD</td>
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<tr>
<td>9:45 am</td>
<td>Coffee Break</td>
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<tr>
<td>10:00 am</td>
<td>Fracture &amp; Dislocation Management in the Backcountry</td>
<td>Joseph B. Serra, MD</td>
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<td>11:00 am</td>
<td>Backcountry Water Purification</td>
<td>Howard Donner, MD</td>
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<td>11:50 am</td>
<td>Medical-Legal Issues in Expedition &amp; Wilderness Medicine: Avoiding Lawsuits</td>
<td>Valerie Dobiesz, MD</td>
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<tr>
<td>12:35 pm</td>
<td>Adjourn - Enjoy Hawaii (see recreation) or attend one of our optional workshops</td>
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<tr>
<td>8:00 pm</td>
<td>Special Evening Presentation (Guests Welcome) Climate Change and Global Health</td>
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*The WHO has suggested that climate change is becoming a critical public health crisis as it introduces pathogens into new regions and communities. Learn what steps can be taken to reduce climate change and its impact on our health and the health of future generations.*

Gene Allred, MD

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<td>Adjourn</td>
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**“The conference is just teeming with great speakers... magnificently exciting talks... just a perfect balance of business and fun.”**

Carol Ferris, MD, (EM)

Hamilton, Bermuda

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**“I was inspired on many levels - certainly the best conference I have ever attended... this conference is such a unique one...such a wonderful experience... it reminds me of why I went into medicine in the first place!”**

Sandra Deveny, MD

(Emergency Medicine)
Sunday, April 3, 2016
8:00 am - 12:00 pm Participants may attend 4 different workshops of their choice. (One hour each - listed below). The workshops below are included in your course tuition.

1. **FRACTURE & DISLOCATION MANAGEMENT:** Learn how to recognize, reduce and splint fractures and dislocations in the backcountry.
   - Joseph B. Serra, MD

2. **AVALANCHE SURVIVAL & RESCUE:** Learn the latest techniques, technology and survival strategies.
   - Lanny Johnson, FNP/PA

3. **DIVING SAFETY AND RESCUE:** This workshop discusses innovative diving equipment, safety devices and advanced techniques for avoiding and treating diving related accidents.
   - Gary Kibbee

4. **SURVIVAL STRATEGIES FOR THE ADVENTURE TRAVELER:** How to protect yourself and stay safe while traveling. Learn what to do if you’re caught in a fire, disaster, or hijacked airplane, and what precautions to take when you’re away from home.
   - Philip White

5. **TAKING CHILDREN SAFELY INTO THE WILDERNESS:** Covers common medical issues for children in backcountry/foreign travel. Learn how to maximize enjoyment, appreciation, and safety on family wilderness trips from a pediatric & emergency wilderness expert.
   - Gene Alfred, MD

6. **OCEAN SURVIVAL:** Survival at sea requires a set of skills and equipment often not familiar to the land based survivalist. This presentation looks at a spectrum of sea survival situations. Preparation and equipment specific to sea survival are discussed.
   - Sheryl Olson, RN, BSN

7. **IMPROVISED SPLINTING, PACKAGING, & EVACUATION:** This hands-on workshop will cover improvised splinting in the backcountry, including splinting of common injuries using materials found in a typical backpack, building various improvised litters from commonly available outdoor equipment, and stabilizing trauma patients.
   - Howard Donner, MD

8. **LIGHTNING PREVENTION & INJURIES:** Lightning kills more people every year in the US than all other natural disasters combined. Learn how to lessen your chances of being struck by lightning, and how to treat lightning injuries.
   - Sheryl Olson, RN, BSN

9. **IS THERE A DOCTOR ON BOARD? - Medical Emergencies at 30,000 feet!** Medical considerations if you are called as a health professional to assist a passenger on a commercial air flight.
   - Howard Donner, MD

10. **HAZARDS IN THE SURF ZONE:** Drowning, near drowning, jelly fish stings, sunburn, rip current and other injuries and ailments sustained while surfing, boogie boarding, kayaking, windsurfing and swimming in the ocean.
    - Karen Van Hoesen, MD

11. **WILDERNESS WISDOM FOR WOMEN:** In the backcountry, women often have different needs and concerns than men. This workshop will address topics such as packing light, personal safety, and other unique needs of a woman traveling in the wilderness or a foreign country.
    - Sheryl Olson, RN

**Children & Teen – Educational Program**

This series of workshops and activities have been designed to maximize enjoyment and education for your entire family. Our Wilderness Education Program for Children is highly acclaimed and classes fill quickly! Please register early as space is limited.

**SURVIVAL**

- **Survival for Kids** — An interactive and educational workshop designed exclusively for children that provides a positive, fun and rewarding experience. Children learn how to avoid getting lost, how to spend a survival night out and how to stay warm. They practice signaling and building improvised shelters. (Ages 6-12) $70
- **Survival for Teens** — This course is designed to teach older children how to navigate safely and avoid getting lost in the backcountry, how to build improvised shelters and fires, find food, and survive the unexpected night out. (Ages 12 and up) $70

**NEW CHILDREN’S AND TEENS WORKSHOP:**

**Marine Biology / Marine Animal Identification Workshop** — A fun and educational introduction for kids and spouses to fascinating sea creatures and their habits taught by renowned expert Karen Van Hoesen, M.D. $20

**FIRST AID:**

- **Wilderness First Aid For Kids** — This course will teach children how to recognize and manage common medical problems and emergencies. (Ages 7-12) $70.
- **Wilderness First Aid For Teens** — This exciting hands-on course is designed to teach young adults how to take care of themselves and others in an emergency. Includes a first aid kit and AHA Heartsaver First Aid/CPR certificate. (Ages 12 and up.) $75.

**Testimonials from your colleagues**

“This was the most FUN and most INTERESTING and most RELEVANT medical conference I have ever attended!”
- Sue Rominick, MD - Rheumatology

“Phenomenal course with much content not available in other programs! ... excellent, in-depth, very relevant, and practical.”

“Inspirational... Excellent, well-organized, and fun! Very practical.”
- Nan Herriot, MD - Internal Medicine

“The course excited me... every topic and every lecture had a pearl of information that will help me in my practice or my outdoor activities.”
- Charles Katz, MD - ENT- SLC, Utah
**WILDERNESS SURVIVAL:** This workshop is a hands-on skill building experience. You will learn how to construct shelters, obtain food and water, build fires with primitive tools, signal, track, routefinding and survival kits.

Thursday, March 31 or Saturday, April 2, 1:30 – 5:00 pm. $75

**PRACTICAL SPLINTING SKILL:** Learn techniques for immobilizing fractures and severe sprains using SAM splints or other improvised devises. SAM splints will be provided to participants.

Thursday, March 31, 4:00 – 5:30 pm. $40

**OUTDOOR ADVENTURE PHOTOGRAPHY WORKSHOP:** Learn new and creative ways to compose and capture natural beauty and adventure in the outdoors. Technical aspects of lighting and equipment will be discussed. The seminar will also focus on how to work artistically to create beautiful, dynamic, and adventurous images.

Friday, April 1 1:30 – 4:00 pm. $60

**MARINE BIOLOGY / MARINE ANIMAL IDENTIFICATION WORKSHOP:** An introduction to common marine species found in the Hawaii area. Taught by Karen Van Hoesen, M.D., director of Diving Medicine at UCSD.

Thursday, March 31 or Friday, April 1, 1:00 – 2:30 pm. $20

Children and spouses welcome.

**URBAN & TRAVEL SURVIVAL:** You have just lost all of your belongings and your passport in an earthquake or act of terrorism. Your hotel was destroyed, and your companion is missing. Few Americans are prepared to cope with this type of crisis. Urban and travel survival can be more challenging than survival in the backcountry. Learn how to travel safely and protect yourself.

Friday, April 1, 1:30 – 5:30 pm. $75

**OCEAN SURVIVAL SKILLS:** Learn and practice skills that will be invaluable if you are caught in an open water survival situation. Participants will be donning life jackets and survival equipment and going into the ocean to practice survival skills. Life jackets and survival equipment included.

Friday, 1:00 – 3:00 pm. $40

**BASIC WOUND MANAGEMENT/SUTURE LAB:** A practical workshop on suturing and improvised laceration repair in a backcountry environment. Participants will have the opportunity to practice basic suturing, stapling, taping, and tissue gluing techniques on pig limbs. Supplies and pigs’ feet provided.

Saturday, April 2, 2:00 – 4:00 pm. $50.
KAREN VAN HOESEN, MD, FACEP: One of the world’s leading authorities on diving medicine and physiology. Clinical Professor of Emergency Medicine at UC San Diego; Director of the UCSD Diving Medicine Clinic; Scripps Institution of Oceanography Diving Control Board; NAUI diving instructor; has dove on all 7 continents. Honors include the 2014 DAN/Rolex Diver of the Year Award; inaugural member of the Women Divers Hall of Fame.

VALERIE DOBIEZS, MD, FACEP: Professor of Clinical Emergency Medicine and Associate Program Director, Director, Humanitarian Relief and Education, Center for Global Health, Department of Emergency Medicine, University of Illinois.


TIMOTHY B. ERICKSON, MD, FACEP: Professor of Emergency Medicine and Director, Center for Global Health, University of Illinois Department of Emergency Medicine; Associate Dean for Faculty Affairs, Director Division of Clinical Toxicology, University of Illinois, Chicago, Illinois.


JAY S. KEYSTONE, MD, MSc (CTM) FRCPC: Professor of Medicine, and Director, Tropical Disease Unit, University of Toronto Medical Center, Toronto, Ontario, Canada; Past President, International Society of Travel Medicine.

JOSEPH B. SERRA, MD: Founding member of the Wilderness Medical Society; Orthopedic Surgeon, Stockton, California, 25 year member, National Ski Patrol, Rotary International to Africa.

KYLE ALLRED, PA-C: Professional expedition and whitewater guide. Has guided extensively in Africa (Kilimanjaro), South America (Inca Trail, Aconcagua), Asia (Everest region), and Europe. Co-owner of Adventure Whitewater, a whitewater river guide service.


GARY KIBBEE: Navy Seal; Special Forces Survival Instructor; swiftwater rescue, high angle rescue, and dive rescue instructor; specialist in tactical and wilderness medicine, escape and evasion, and confined space rescue.

DANNY KIBBEE: Fire Chief, South San Francisco Fire Department; Senior Fire Instructor and Instructor of Heavy Rescue (building collapse); Hazardous Materials specialist.

COURSE DIRECTORS:

GENE ALLRED, MD: Emergency Physician, Ashland, Oregon; Professional Whitewater and Mountaineering Guide for over 25 years. Has taught wilderness medicine on six continents.

ERIC A. WEISS, MD, FACEP: Professor of Emergency Medicine, Founder/Director Emeritus, Wilderness Medicine Fellowship, Stanford University School of Medicine; Former Medical Director, Office of Emergency Management, Stanford University Medical Center; Author of A Comprehensive Guide to Wilderness and Travel Medicine & Co-Author, Field Guide to Wilderness Medicine.

This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education through the joint sponsorship of the Center for Emergency Medical Education (CHEME) and Wilderness and Travel Medicine, LLC. The Center for Emergency Medical Education (CEME) is accredited by the ACCME to provide continuing medical education for physicians.

Credit Designation: The Center for Emergency Medical Education (CEME) designates this live activity for a maximum of 39.5 AME PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity. This activity is anticipated to offer up to 39.5 hours of AOA Category 2-A CME credit, pending approval by the AOA.

Disclosure: It is the policy of Center for Emergency Medical Education (CEME) to ensure balance, independence, objectivity, and scientific rigor in all its sponsored educational activities, and that all contributors present information in an objective, unbiased manner without endorsement or criticism of specific products or services and that the relationships that contributors disclose will not influence their contributions. Those in a position to control the content of this educational activity are required to disclose to learners all relevant financial relationships with any commercial interests prior to the beginning of the educational activity.

Resolution of Conflicts of Interest: In accordance with the ACCME Standards for Commercial Support of CME, the Center for Emergency Medical Education implemented mechanisms, prior to the planning and implementation of this CME activity, to identify and resolve conflicts of interest for all individuals in a position to control content of this CME activity.

AAFP: Application for CME credit has been filed with the American Academy of Family Physicians. Determination of credit is pending.

ACEP: Approved by the American College of Emergency Physicians for a maximum of 39.5 hour(s) of ACEP Category I credit.

Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Nurse Credit: Under the new NRN guidelines, this course is also accredited for up to 39.5 hours of nursing credit.

Physician Assistants: The American Association of Physician Assistants accepts Category 1 CME approval from organizations accredited by the ACCME.

TAX DEDUCTION FOR EDUCATIONAL PURPOSES: Under the Tax Reform Act of 1986, Treasury Regulation 1.162-5 permits an income tax deduction for educational expenses (registration fees and out of travel, including meals and lodging).

REFUNDS must be requested by March 8, 2016, and will be subject to a $75 service charge. After that date no refunds will be given. Sponsors cannot be responsible for travel difficulty due to road or weather conditions. We strongly recommend the purchase of travel insurance available at www.mtnreg.com/hawaii.
Can’t make the Hawaii Conference?
Reserve your space now for Big Sky Ski Resort, Montana
www.wilderness-medicine.com
Wilderness and Travel Medicine
Medicine and the Spirit of Adventure.
380 Ice Center Lane, Suite C, Bozeman, MT 59718

CME ADVENTURES WORLDWIDE
Learn Wilderness Medicine on an active adventure!
www.wilderness-medicine.com

Everest Base Camp Trek CME
April 3 – 20, 2016 and April 23 – May 10, 2016

Fiji Scuba and Snorkel CME
February 18 – 27, 2016

Galapagos Islands CME
January 4 – 14, 2016

Africa Wildlife Safari with optional Kilimanjaro Climb
October 19 – November 2, 2015