SQUAW VALLEY
LAKE TAHOE, CALIFORNIA
AUGUST 14-17, 2016

The National Conference on
WILDERNESS & TRAVEL MEDICINE
Lake Tahoe—One of America’s Premiere Summer Resorts
Lake Tahoe is the highest alpine lake in the U.S. and the second largest alpine lake in the world! Tahoe is known for its spectacular, deep blue, clear water in a majestic, forested alpine setting!

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.

Accreditation
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 providership of the Center for Emergency Medical Education (CEME) 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 28.0 AMA 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 28.0 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 28.0 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 BRN guidelines, this course is also accredited for up to 28.0 hours of nursing credit. Physician Assistants: The American Association of Physician Assistants accepts Category 1 CME approval from organizations accredited by the ACCME.
OPTIONAL PRE-CONFERENCE: RESCUE AND FIELD MEDICINE SYMPOSIUM
Sunday August 14, 2016
8:00 am – 3:45 pm

IN CONJUNCTION WITH THE NATIONAL CONFERENCE ON WILDERNESS MEDICINE
we are excited to announce the first annual Rescue and Field Medicine Symposium. We are gathering National and International experts in rescue, combat, tactical, search and rescue, and wilderness medicine. This conference will offer an exchange of ideas, technology, and current information between experts and participants in these related fields.

THIS ONE DAY SYMPOSIUM will concentrate on critical aspects of field care in challenging and austere environments, emphasizing hands-on immediate care of the patient. We will emphasize what’s new as well as what works in both the combat/tactical field and the civil emergency medical environment.

TARGET AUDIENCE
Any Medical Professional involved in front-line, field based medicine and rescue or . . . any Wilderness Medicine enthusiast interested in up to date, hands-on, patient management skills and concepts.

TOPICS TO INCLUDE...
- Updates in Rapid Field Assessment
- Current and Future Trends in Patient Evacuation
- New Directions in EMS
- Emerging Technology in Search and Rescue
- Panel Discussions . . . and more

WORKSHOP DEMOS TO INCLUDE...
- The Difficult Airway: What’s New, What Works
- ‘IO’ Intraosseous 101
- Modern Aeromedical Rescue Operations
- The Anatomy of Modern SAR
- Swift Water Rescue 2016 . . . and more

For more information including detailed course itinerary and faculty information please see www.wilderness-medicine.com. Price: $175 (only for registrants in National Conference) Includes 5.5 additional AMA PRA Category 1 Credit(s)™ all supplies, syllabus, and certificate.
**The Program**

### Sunday, August 14, 2016

1:30 pm  Registration & Welcome Reception

3:45 pm  **Wilderness Medicine: Setting the Stage**
          Gene Allred, MD

4:00 pm  **Wilderness 911:**
          Trauma Management and Improvised Care
          Eric Weiss, MD

5:00 pm  **Wild Animal Attacks**
          Jeri Mendelson, MD

5:45 pm  Break

7:30 pm  **Altitude Illness:**
          Advances in Prevention and Treatment
          Howard Donner, MD

8:30 pm  **Special Evening Program — (guests welcome)**
          Everest: The Death Zone
          Howard Donner, MD

### Monday, August 15, 2016

7:00 am  Continental Breakfast / Films / Exhibits

8:00 am  Surviving The Unexpected Night Out
          Gary Kibbee

9:00 am  Planning Medical Kits for Different Adventures –
          From the Tundra to the Tropics
          Howard Donner, MD

10:00 am  Coffee Break

10:15 am  **Heat Illness**
          Eric Weiss, MD

10:50 am  “Don’t Do Something Just Stand There”
          Recent Advances in Physiologic Field Monitoring
          Shean Phelps, MD

11:40 am  **Wilderness Eye Care and Emergencies**
          Matt Oliva, MD

12:30 pm  Adjourn – FREE TIME
          Enjoy Squaw Valley or attend an optional workshop

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### Special Pre-Conference Workshops

**WILDERNESS AND URBAN SURVIVAL**
Sunday, August 14 7:30 am – 3:45 pm
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

**Faculty:** Gary Kibbee and Phil White  .......... $135

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**WILDERNESS NAVIGATION**
Sunday, August 14 1:00 pm – 3:45 pm
Learn how to read a topographic map, adjust for declination and plan and follow a route using compass headings and map. Maps and compasses are provided. Class will be both in and out of doors.

**Faculty:** Sheryl Olson, RN, BSN  ................. $75

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**OPTIONAL PRECONFERENCE: RESCUE AND FIELD MEDICINE SYMPOSIUM**
Sunday, August 14 8:00 am – 3:45 pm
This one day symposium will concentrate on critical aspects of field care in challenging and austere environments, emphasizing hands-on immediate care of the patient. We will emphasize what’s new as well as what works in both the combat/tactical field and the civil emergency medical environment.

**Faculty:** Howard Donner MD  .................... $175
The Program

Monday, August 15, 2016 (continued)

7:00 pm  Is There a Doctor on Board?
Emergent Medical Care at 35,000 feet!
Howard Donner, MD

7:50 pm  Snakebites
Richard Clark, MD

8:45 pm  Special Evening Program — (guests welcome)
“Reaching the Unreached”:
Eradicating Treatable Blindness in Asia and Africa
Matt Oliva, MD

Tuesday, August 16, 2016

7:00 am  Continental Breakfast / Films / Exhibits

8:00 am  Fracture and Dislocation
Management in the Backcountry
Joe Serra, MD

9:00 am  Hypothermia and Frostbite— Current Management
Eric Weiss, MD

10:00 am  Coffee Break

10:15 am  Lightning Injuries and Avoidance
Sheryl Olson, RN

10:50 am  Bites and Stings — Arthropod Envenomations
Richard Clark, MD

11:40 am  Tick Borne Diseases
Jeri Mendelson, MD

12:30 pm  Adjourn – FREE TIME
Enjoy Squaw Valley or attend an optional workshop

7:00 pm  Control of Exsanguinating Hemorrhage:
Practical Lessons from the field
Richard A Scheuring, DO

7:45 pm  Whitewater Medicine and Safety
Kyle Allred, PA-C

8:30 pm  Special Evening Program — (guests welcome)
The Ultimate Wilderness Expedition:
From the Moon to Mars
Richard A Scheuring, DO

Testimonials

“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

“Love this seminar! Great speakers! This is my fourth time...I always learn something new...I find the information invaluable and infinitely entertaining! Thank you!”
Denise Baskind, MD Dallas, TX

“Entire faculty was incredible! The most fun course I have been to...I didn't want it to end...”
Catherine Worthy, FNP, Higgonum, CT

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

Register Online at Wilderness-medicine.com or Call 888-995-3088
Wednesday, August 17, 2016

Workshop Descriptions

8:00 am - 1:00 pm Participants may attend 5 different workshops of their choice. (One hour each - listed below). The workshops below are included in your course tuition, and do not require pre-registration.

1. Fracture & Dislocation Management: Methods for recognizing, and treating fractures and dislocations in the backcountry will be demonstrated. Joseph B. Serra, MD

2. Wilderness Survival - Surviving an Unexpected Night Out: Description / demo of wilderness survival skills and equipment important for medical personnel in remote locations. Gary Kibbee

3. Wilderness Wisdom for Women: Learn helpful strategies to prevent and treat common health and hygiene issues for women in wilderness and third world environments. Sheryl Olson, RN, BSN

4. "Rescue Me!": Life-saving new technologies for remote environments. A discussion of new technologies useful in wilderness medicine and rescue including devices useful for "staying found". Howard Donner, MD

5. Diving Safety and Rescue: This workshop discusses innovative diving equipment, safety devices and advanced techniques for avoiding and treating diving related accidents. Gary Kibbee

6. 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


8. 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

9. Backcountry Water Purification: How to effectively purify and disinfect surface water. Participants may have the opportunity to test different water purifiers and learn about chemical and natural water purification techniques. Important for health care providers in third world and wilderness environments. Howard Donner, MD


11. Pain Control and Sedation in Wilderness Settings: A discussion of pain management agents, modalities, and principles in wilderness settings. Davis Wilkins, MD

12. Navigation Skills - Map & Compass: Basic navigation including map reading skills and use of compass. Sheryl Olson, RN, BSN

13. Assessment and Improvised Treatment and Packaging of Trauma Patients: Participants will practice utilizing improvised and specialized rescue equipment to splint, stabilize and transport trauma victims. Sheryl Olson, RN, BSN

Optional “Hands-On” Workshops

Pre-Registration Required & Class Sizes Limited. The optional workshops listed below are offered in conjunction with the conference to enhance your experience. Please note that these workshops are separate from the course workshops which are included with your tuition on Wednesday morning, August 17.

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, route finding and survival kits. Monday, August 15 or Wednesday, August 17, $75

Urban & International 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. Tuesday, August 16 $75

Tracking: Learn the lost art of tracking from a veteran tracker experienced in both animal and man tracking. The ability to track will insure you will not be lost again and will open up a whole new world around you. The course will teach sign, human effects on the environment, and how to help rescuers to find lost persons around the world. Tuesday, August 16 $75

Wilderness Wisdom for Women: This seminar will address the 7 P’s unique to women adventuring in the out of doors. This knowledge will enhance a woman’s comfort, safety, and enjoyment when traveling in the wilderness or remote environments. Tuesday, August 16 $40

Ropes and Knots for Wilderness Medicine and Rescue: This workshop will teach you how to use ropes and tie knots for high angle rescue, swift water rescue, and improvised medical care. Tuesday, August 16 $40

PRACTICAL WILDERNESS MEDICAL SKILLS (SPLINTING & BANDAGING): This hands-on workshop teaches the art of improvised splinting, including traction splinting with paddles and ski poles and backcountry wound care and improvised bandaging. Monday, August 15 $75

Register Online at Wilderness-medicine.com or Call 888-995-3088
MOUNTAIN BIKING / BIKE TOURING – There is an amazing array of great road cycle touring as well as “off road” mountain biking in the Squaw / Tahoe area. There are numerous rental shops including The Backcountry at 530-582-0909.

WHITETEATER RAFTING
THE TRUCKEE RIVER – “BOCA RUN” - Our most popular run is a half-day, Class III tour from Boca to Floriston. This tour starts gently, then the rapids build to an exciting finish in the Floriston Gorge. Just 25 minutes north of Lake Tahoe makes this river easily accessible. Call 888-995-3088.

ROCK CLIMBING INSTRUCTION ALPINE SKILLS INTERNATIONAL – specializes in accommodating groups for rock climbing adventure here at Donner Pass. These custom days can be designed with specific skills formally taught or can be more experienced-based by learning through doing. Safety, fun and learning are always the three priorities! 1-4:30 pm daily

GUIDED KAYAKING ON SCENIC LAKE TAHOE – Guided, fun filled, scenic kayak paddle along the magnificent rocky north shore of Lake Tahoe. Paddle from beautiful Kings Beach to the deep blue “drinkable” waters of Crystal Bay. Daily from 1:30 pm - 4:30 pm.

STAND UP PADDLE BOARDING INSTRUCTION – We start with a short introduction lesson on how to paddle the board and then join an experienced guide and paddle to Crystal Bay where you can clearly see the lake bottom at depths of over 70 feet! SUP is perfect for first timers or veteran paddlers, and a beautiful and active way to see Lake Tahoe. Daily from 1:30 pm-4:30 pm.

HIKING IS FANTASTIC NEAR SQUAW VALLEY! Discover the spectacular High Sierras on beautiful alpine walks near Squaw Valley. Hike up Shirley Canyon or start your hike at elevation 8200’ from Squaw High Camp. There are dozens of great backcountry trails to explore.

TAHOE ADVENTURE COMPANY
Tahoe Adventure Company offers guided natural history based adventure tours. They also guide kayaking, hiking, biking, rock climbing, and multi-sport trips. Call 530-913-9212 or 866-830-6125.

GUIDED FLY FISHING – Have fun fishing for wild Rainbow Trout, elusive Brown Trout, native Cutthroats, and colorful Brook Trout in the Truckee River. Whatever your skill level, expert guides will provide instruction and know how. Big Fly Guide Service 530-448-9920.

Children and Teen Survival and First Aid 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 nationally 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 7-12) August 14 and 16, 8:30 – 11:30 am $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) August 15, 8:30 – 11:30 am $70

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) August 15, 8:30 – 11:30 am $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.) August 16, 8:30 – 12:30 pm $75

Guided Nature Walk — Interpretive natural history walk for kids 6 and up. August 14 and August 15, 10:00 – 11:15 am $10

WILDERNESS ART CLASS
Learn the basics of sketching & how to realistically depict scenes. We will go outside and sketch the wonderful scenery found in Squaw Valley. No experience necessary. All supplies provided. (Ages 12 and up) August 16, 2:00 – 4:30 pm $60
ABOUT OUR WORLD-CLASS FACULTY

COURSE DIRECTORS

GENE ALLRED, MD: Emergency physician, Ashland, Oregon; Professional whitewater and mountaineering guide. Has taught Wilderness Medicine for over 25 years on six continents.

ERIC A. WEISS, MD, FACEP: Professor of Emergency Medicine, Director, Wilderness Medicine Fellowship, Stanford University School of Medicine; Medical Advisor, National Geographic Society, Author of A Comprehensive Guide to Wilderness and Travel Medicine

FACULTY

RICHARD F. CLARK, MD, FACEP: Executive Director, California Poison Control System; Director, Division of Medical Toxicology, USCD Medical Center, Professor of Emergency Medicine, UCSD Medical Center, San Diego, CA.


JERI MENDELSON, MD: Dermatologist, Medford, Oregon; Formerly Wildlife Biologist with Smithsonian Institution in Thailand.

MATT OLIVA, MD: Associate Clinical Professor, Division of International Ophthalmology, Oregon Health Sciences University; Board Member, Himalayan Cataract Project; Assistant Medical Director, SightLife Eye Bank which focuses on international eye care training, infrastructure development, and eradication of treatable blindness.

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

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: Survival Instructor specializing in training children and teens to survive in any environment.


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

DAVIS WILKINS, MD: Palliative care and pain medicine specialist, Ashland, Oregon.

DORA KIBBEE-SMITH, EMT: Children and Teen's Survival Instructor; Specialist in International Relations.

SCOTT KUIPERS: Internationally renowned wilderness survival expert, tracker and guide. His clients include State and Federal agencies, the wilderness medicine community, schools, military and law enforcement, and the Discovery Channel.

RICHARD A SCHEURING, DO: NASA's lead flight surgeon for the International Space Station Expedition 46 as well as direct flight support to 10 different NASA manned Space Shuttle missions. Dr. Scheuring has served, as well, as the president of the Society of NASA Flight Surgeons, is a distinguished fellow of the Aerospace Medicine Association (AsMA), and has received numerous civilian, NASA and military awards.

SHEAN E. PHELPS, MD, MPH, FAAFP: Served for 10 years as a “Green Beret”. He became the lead Special Forces Surgeon in Europe on 9/11. He served as the Director of Warfighter Protection at the U.S. Army Aeromedical Research Laboratory (USAARL), Fort Rucker, Alabama. He is now at the Georgia Tech Research Institute, serving as Technical Director of Health Systems research.

In accordance with ACCME Standards and ACEP policy, all faculty are required to disclose to the program audience any real or apparent conflict(s) of interest related to the content of their presentation(s).

## Exhibitor expo! - Visit exciting and interesting corporate exhibits of products related to wilderness medicine

### Optional Wilderness Medicine Group Activities for Charity!

- **Wilderness Medicine Fun run around beautiful Donner Lake.** 7 miles. Meet at Donner State Park. 
  **Monday - 2pm $50**

- **Group hike to spectacular Five Lakes Basin!** 3 hours. **Tuesday - 1 pm $50**
LODGING BEGINNING AT $-133!
Squaw Creek Resort – a dramatic alpine setting

The conference headquarters is the Four-Diamond Resort at Squaw Creek. It rests at the base of Squaw Valley, USA, site of the Winter Olympics, and just minutes from North Lake Tahoe.

The resort just completed a $53 million renovation, and is ranked by Conde Nast Traveler Magazine among the top 50 resorts in North America. Take advantage of the 18-hole championship golf course, tennis courts, on-site fly fishing center, heated swimming pools, waterslide and scenic hiking and biking trails.

Fantastic group rates are available through A Meeting by Design at www.wilderness-medicine.com or by calling toll free at 888-995-3088.

Deluxe Guest Room - $189.00
Fireplace Suite - $219

Additional options for accommodations are available at the Squaw Valley Lodge. $133

Traveling to Squaw Valley/Tahoe

Reno/Tahoe International Airport is just 47 miles from the resort. The resort is also easily accessible via AMTRACK into Truckee, CA, where you can catch a taxi for the last 9 miles into the resort area. Driving distances from other major cities: Sacramento – 115; San Francisco – 200 miles.

EXCLUSIVE TRAVEL DISCOUNTS

The meeting and travel company for Wilderness Medicine is A Meeting by Design. Their custom registration site allows you to book all registration, housing and travel needs online at www.wilderness-medicine.com

Please indicate the mailing code from the mailing label ________

❑ Physician ($695)
❑ Active Military ($550)
❑ Nurse/PA/NP ($495)
❑ Non Professional (no CME) ($400)
❑ Residents/Medical Students/Paramedics/EMT’s ($395) Student Scholarships available 888-995-3088
❑ “TEAM” DISCOUNT (name of institution) _____________________________

“Team” (group) discounts – 3 or more participants from the same institution can sign up simultaneously and receive a 20% discount on each registration fee.

❑ Check enclosed payable to WILDERNESS MEDICINE
❑ Charge to: ❑ Visa ❑ MasterCard CC ____________________ Exp. Date: ________ CVS# _______

Sponsors can not be responsible for travel difficulty due to road or weather conditions.

Register by phone: Toll Free 888-995-3088 or (406) 522-9038 by Fax (406) 587-2451
Register by Mail: Wilderness Medicine: 380 Ice Center Lane, Unit C, Bozeman, MT 59718
Register Online: www.wilderness-medicine.com E-mail: info@ameetingbydesign.com

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 cost of travel, including meals and lodging).
Learn Wilderness Medicine on an active adventure!

**Everest Base Camp Trek CME**
April 8 – 25, 2017 and April 28 – May 15, 2017

**Fiji Scuba and Snorkel CME**
February 9 – 18, 2017

**Galapagos Islands CME**
January 9 – 19, 2017

**Africa Wildlife Safari with optional Kilimanjaro Climb**
September 19 – October 3, 2016

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**National Conference on Wilderness Medicine**
Lake Tahoe, California August 14-17, 2016

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**CME Adventures Worldwide**
www.wilderness-medicine.com

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**TIME VALUE**

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