





**WILDERNESS MEDICINE:
THRIVING AND SURVIVING IN THE
OUTDOORS**

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“Wilderness is a metaphor
for unlimited opportunity...”

Prof. E.O. Wilson
Harvard University

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Wilderness Medicine


- Outdoor pursuit is the fastest growing segment of recreational activities in the United States

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Wilderness Medicine

- Remote
 - > 1 hour from definitive care



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Wilderness Medicine


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 - > 1 hour from definitive care
- Urgent/emergent



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- Emergent
- Prevention is paramount


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Wilderness Medicine

- Remote
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- Urgent/emergent
- Prevention is paramount
- Need to consider environmental factors
- Need to understand underlying pathophysiology
- Basics of triage, stabilization, field medicine , skill application and evacuation take precedent over medical treatment


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Wilderness Medicine

- Prevention and preparation
- Safety of the rescuers is first
- It is still about the ABC's
- Fluids, fuel, and temperature regulation for (almost) every patient
- Keep environmental factors in the forefront of decision making
- Keep the full differential in mind
- Think ahead


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- Wilderness and International Medicine Program




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Wilderness and International Medicine

- Many shared characteristics:
 - Often remote
 - Often limited resources (food, water, shelter, medical supplies/technology)
 - Often adverse geographical, weather, or working conditions



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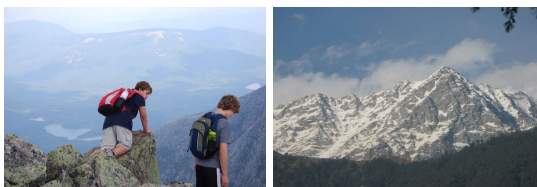
Wilderness and International Medicine

- Many shared characteristics:
 - Often remote
 - Often limited resources (food, water, shelter, medical supplies/technology)
 - Often adverse geographical, weather, or working conditions
 - **Often the most profound of life experiences**



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Katahdin or Everest



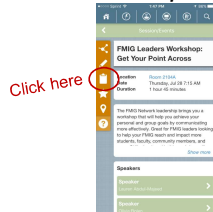
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Q&A



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