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# *Wilderness Medicine*

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- ⊕ Medicine delivered more than 2 hours from modern medical care
- ⊕ Typically in resource poor settings
- ⊕ Improvisational
- ⊕ Increasingly involves portable technology

⊕ Expedition medicine

⊕ Disaster Medicine

⊕ Travel Medicine

⊕ Austere domains

⊕ High Altitude

⊕ Marine

⊕ Desert

⊕ Aerospace

# *WMS - Topics*

- ⊕ Large animal attacks
- ⊕ Toxic envenomations
- ⊕ Travel medicine/ infections/ immunisations
  - ⊕ Rabies
  - ⊕ Parasitic infections
- ⊕ Antibiotic use
- ⊕ Travel safety/ dodgy countries
- ⊕ Natural disasters
- ⊕ Dermatology
- ⊕ Ophthalmology
- ⊕ Foot care
- ⊕ Gear for lightweight travel/climbing
- ⊕ SAR techniques/ principles
- ⊕ Anaphylaxis
- ⊕ Trauma
  - ⊕ Orthopedic injuries
  - ⊕ Shock
  - ⊕ Hemorrhage
  - ⊕ Head trauma
  - ⊕ Homeostasis and fluid management
- ⊕ Cold medicine
- ⊕ Hypothermia, Frostbite
- ⊕ Cold water immersion
- ⊕ Altitude sickness, HACE, HAPE
- ⊕ Desert survival
- ⊕ Heat illness, dehydration
- ⊕ Toxinology
- ⊕ Pediatric emergencies
- ⊕ “The unexpected night out” (or more)
- ⊕ Survival techniques
- ⊕ Survival technology
- ⊕ Lightning injuries
- ⊕ Water treatment
- ⊕ Leave no trace
- ⊕ Expedition medicine
- ⊕ Basic and advanced wilderness medical kits
- ⊕ Psychological responses to death and injury in the wilds
- ⊕ Risk assessment
- ⊕ Group management in emergencies
- ⊕ Extraction techniques (on foot)



# WEMNZ



- Recently set up in New Zealand
- Partnered with WMS in US and UK
- Currently 30 members
- [wemnz@googlegroups.com](mailto:wemnz@googlegroups.com)
- Aim is to share information, push forward NZ wildmed and help educate

# ***WildMed***

SOUTHLAND WILDERNESS MEDICINE GROUP

## *AWLS Course*

- ⊕ AWLS course currently run out of Queenstown
- ⊕ Run in March and July
- ⊕ Fees \$1,500





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# *New(er) Technologies*

# *PLB - Personal Locator Beacon*



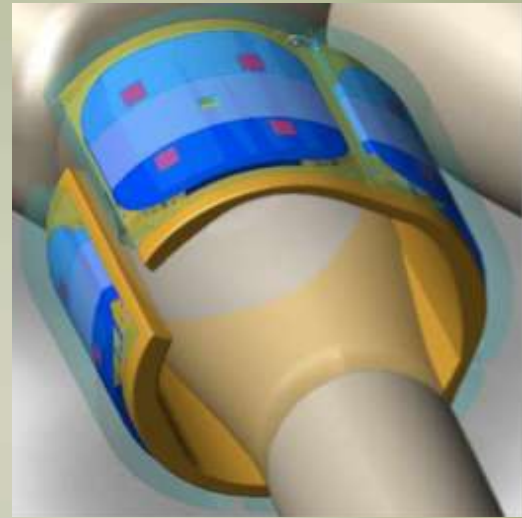
# COSPAS-SARSAT System Overview



# *Portable Ventilators*



- SAVe – Simplified Automated Ventilator**  
Automated “Ambu bag” usable by the combat medic
- Weight: 3.1 lbs
  - Size: 6.75” x 6.75” x 2.5”
  - Requires 1-2 hours training
  - Cost ~ \$300



# *Summary*

- ⊕ Wilderness medicine is medical care delivered outside the usual, technological settings
- ⊕ Improvisational
- ⊕ Risk management and awareness
- ⊕ Portable technologies

*Any questions?*

