

# 2015 Southeastern Student Wilderness Medicine Conference Survival Packet:

(All you need to survive the 2015 conference)

Thank you for attending the 2015 conference and please let us know if there is anything we can do to make this an even more educational experience. If you have any questions please contact Mike McLaren @ [mclarenmp@gmail.com](mailto:mclarenmp@gmail.com) or (713) 819-2025 or Alicia McClintock @ [mcclintocka@goldmail.etsu.edu](mailto:mcclintocka@goldmail.etsu.edu) or (865) 712-6070

## General Schedule

### **Friday: April 24, 2015**

<b>When</b>	<b>What</b>	<b>Where</b>
6pm-8pm	Packet pick-up	Lower Level of Stanton-Gerber Hall at Quillen College of Medicine. See map below

### **Saturday: April 25, 2015**

<b>When</b>	<b>What</b>	<b>Where</b>
7am-8am	Breakfast (provided) and packet pick-up	Culp Center at ETSU (1276 Gilbreath Dr, Johnson City, TN), Ground Floor Mezzanine area in front of Martha Culp Auditorium
8am-9am	Keynote Speaker	Martha Culp Auditorium
9:15am-12pm	Sessions 1-3	See schedule below for specific locations
12pm-12:45pm	Lunch (provided)	Culp Center at ETSU, Ground Floor Mezzanine area in front of Martha Culp Auditorium
12:45pm-4:30pm	Sessions 4-7	See schedule below for specific locations

### **Sunday: April 26, 2015**

<b>When</b>	<b>What</b>	<b>Where</b>
7:30am-8am	Breakfast (provided)	Disc golf course behind ETSU Main Campus (1233 Southwest Ave, Johnson City, TN) See map below (#99 on third map)
8am-12pm	Outdoor Scenario Training	

## **Lodging:**

- Hotels
  - Carnegie Hotel
  - Double Tree
  - Best Western
  - Hampton Inn
  - Courtyard
  - Motel 6
- Camping (all within about 20-30 minutes drive from ETSU)
  - Woodsmoke [http://www.tnvacation.com/vendors/woodsmoke\\_campground/](http://www.tnvacation.com/vendors/woodsmoke_campground/)
  - Riverpark <http://riverparkcampground.net/>
  - Blackberry Blossom <http://www.blackberry-blossom-campground.com/Home/home.php>

## **What to bring:**

- Sunday's activities are outside. Bring appropriate clothing. It might be sunny and 60 degrees or 30 degrees and snowing.
- If you are signing up for the land navigation/orienteering session, please bring a compass if you have one (we have a limited amount).

## **Dining:**

Unique/local dining suggestions all within 5 miles of ETSU campus:

- Scratch Pizza <http://scratchbrickoven.com/>
- Main Street Pizza <http://themainstreetpizzacompany.com/>
- Knight's Pizza <http://www.knightspizzajc.com/>
- Jack's City Grill <http://www.jackscitygrill.com/>
- Cootie Brown's <http://www.cootiebrowns.com/>
- Alta Cucina <http://www.altacucinajc.com/>
- Holy Taco <http://holytacocantina.com/>
- Crazy Tomato <http://www.urbanspoon.com/rph/179/998458/johnson-city-crazy-tomato-restaurant-photos>
- Mad Greek Restaurant <http://www.madgreekrest.net/>
- Mediterranean Garden  
<http://www.urbanspoon.com/r/179/1654329/restaurant/Mediterranean-Garden-Johnson-City>
- Freiberg's <http://eatbrats.com/>
- Buffalo Street Downtown Deli  
[https://www.facebook.com/BuffaloStreetDowntownDeli/app\\_117784394919914](https://www.facebook.com/BuffaloStreetDowntownDeli/app_117784394919914)
- Tupelo Honey Café <http://tupelohoneycafe.com/location/johnson-city/>

# Education Sessions:

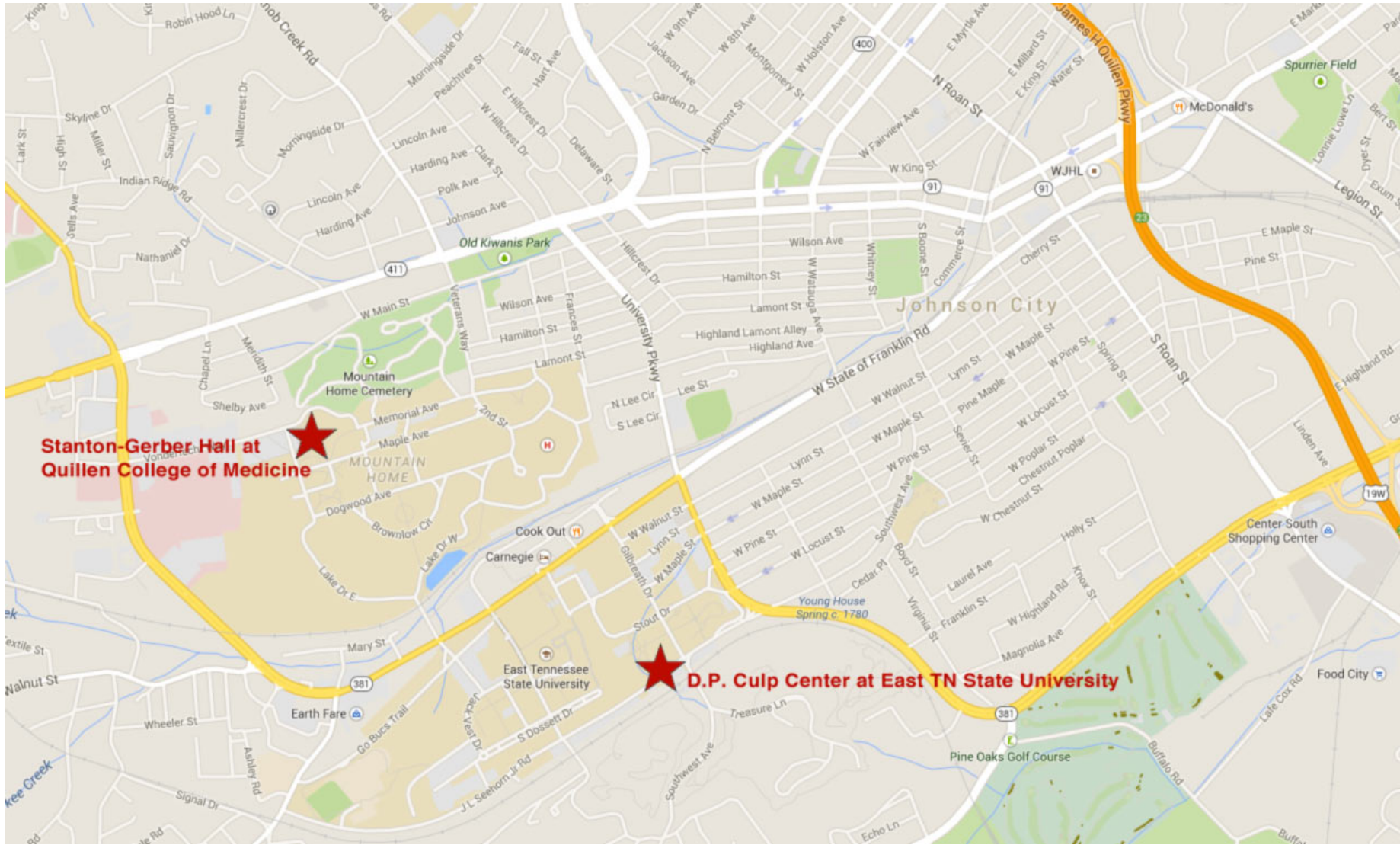
Lecture Schedule							
	Time						
Location	915-1000	1015-1100	1115-1200	1245-130	145-230	245-330	345-430
Rogers-Stout 222	To Haiti and Back (04-002 Expedition Medicine)	To Haiti and Back (04-002 Expedition Medicine)	To Haiti and Back (04-002 Expedition Medicine)	Overview of Search & Rescue (06-001 Overview of Search and Rescue)	To Good Samaritan or not to Good Samaritan – Legal issues (12-052 Law and Ethics in Wilderness Medicine)	To Good Samaritan or not to Good Samaritan – Legal issues (12-052 Law and Ethics in Wilderness Medicine)	To Good Samaritan or not to Good Samaritan – Legal issues (12-052 Law and Ethics in Wilderness Medicine)
Rogers-Stout 224	Disaster Medicine (11-001 Overview of Disaster and Humanitarian Assistance)	Disaster Medicine (11-001 Overview of Disaster and Humanitarian Assistance)	Disaster Medicine (11-001 Overview of Disaster and Humanitarian Assistance)	Hiking the AT (05-006 Cold Weather Hiking & Trekking)	Overview of Search & Rescue (06-001 Overview of Search and Rescue)	Hiking the AT (05-006 Cold Weather Hiking & Trekking)	Hiking the AT (05-006 Cold Weather Hiking & Trekking)
Rogers-Stout 225	Water Procurement and Purification (08-005 Water Purification methods)	Water Procurement and Purification (08-005 Water Purification methods)	Water Procurement and Purification (08-005 Water Purification methods)	Hypothermia & Cold Injury (09-001 Cold Injuries)	Hypothermia & Cold Injury (09-001 Cold Injuries)	Overview of Search & Rescue (06-001 Overview of Search and Rescue)	Hypothermia & Cold Injury (09-001 Cold Injuries)
Rogers-Stout 227	Poor Timing – Birth in the WILD! (02-012-1 Women's Issues in Traveling)	Poor Timing – Birth in the WILD! (02-012-1 Women's Issues in Traveling)	Poor Timing – Birth in the WILD! (02-012-1 Women's Issues in Traveling)	Mountain Bike Mayhem: Common injuries sustained and field care (Injuries from Mountain-Biking 07-008)	Anaphylaxis & epi-pens (09-013 Anaphylaxis)	Anaphylaxis & epi-pens (09-013 Anaphylaxis)	Anaphylaxis & epi-pens (09-013 Anaphylaxis)
Rogers-Stout 229	Airways in the Austere Setting (12-017 Emergency Airways)	Airways in the Austere Setting (12-017 Emergency Airways)	Airways in the Austere Setting (12-017 Emergency Airways)	Dive Medicine (01-002 Dive Medicine)	Mountain Bike Mayhem: Common injuries sustained and field care (Injuries from Mountain-Biking 07-008)	Dive Medicine (01-002 Dive Medicine)	Dive Medicine (01-002 Dive Medicine)
Rogers-Stout 303	Patient behavior in search and rescue situations (12-022 Psychological Response to Injury & Crisis)	Patient behavior in search and rescue situations (12-022 Psychological Response to Injury & Crisis)	Patient behavior in search and rescue situations (12-022 Psychological Response to Injury & Crisis)	Babes in the Wood: Taking Children to the Wilderness (07-010 Pediatric Wilderness Medicine)	Babes in the Wood: Taking Children to the Wilderness (07-010 Pediatric Wilderness Medicine)	Mountain Bike Mayhem: Common injuries sustained and field care (Injuries from Mountain-Biking 07-008)	Babes in the Wood: Taking Children to the Wilderness (07-010 Pediatric Wilderness Medicine)
Rogers-Stout 324	Land Navigation (05-015 Land Navigation)	Land Navigation (05-015 Land Navigation)	Land Navigation (05-015 Land Navigation)	Acute Mountain Sickness: Treatment, Prevention and ongoing research in the Himalayas (03-002 High Altitude Disorders)	Heat injuries (09-009 Heat Illness and Dehydration)	Heat injuries (09-009 Heat Illness and Dehydration)	Heat injuries (09-009 Heat Illness and Dehydration)
Rogers-Stout 325	Emerging Infectious Diseases: When Pathogens, Psychology and Politics Collide (11-003 Bioterrorism)	Emerging Infectious Diseases: When Pathogens, Psychology and Politics Collide (11-003 Bioterrorism)	Emerging Infectious Diseases: When Pathogens, Psychology and Politics Collide (11-003 Bioterrorism)	First Aid (12-020 Wilderness First Aid)	First Aid (12-020 Wilderness First Aid)	First Aid (12-020 Wilderness First Aid)	Acute Mountain Sickness: Treatment, Prevention and ongoing research in the Himalayas (03-002 High Altitude Disorders)
Rogers-Stout 327	Altitude Illness: Everest Base Camp, Kilimanjaro, and Quandary (03-001 Physics and Physiology of Altitude)	Altitude Illness: Everest Base Camp, Kilimanjaro, and Quandary (03-001 Physics and Physiology of Altitude)	Altitude Illness: Everest Base Camp, Kilimanjaro, and Quandary (03-001 Physics and Physiology of Altitude)	High-Angle Rescue in the Red River Gorge: A Case Study	High-Angle Rescue in the Red River Gorge: A Case Study	Acute Mountain Sickness: Treatment, Prevention and ongoing research in the Himalayas (03-002 High Altitude Disorders)	High-Angle Rescue in the Red River Gorge: A Case Study
Rogers-Stout 328	Advanced Basic Life Support	Advanced Basic Life Support	Advanced Basic Life Support	Snakes & Envenomations (09-021 Envenomation by Snakes)	River Medicine - Drowning and Submersion Injuries	Snakes & Envenomations (09-021 Envenomation by Snakes)	Snakes & Envenomations (09-021 Envenomation by Snakes)
Rogers-Stout 401	When Lightning Strikes (09-003 Lightning Injuries)	When Lightning Strikes (09-003 Lightning Injuries)	When Lightning Strikes (09-003 Lightning Injuries)	River Medicine - Drowning and Submersion Injuries	When Nature bites back – Wild animal attacks! (09-007 Animal Attacks)	When Nature bites back – Wild animal attacks! (09-007 Animal Attacks)	When Nature bites back – Wild animal attacks! (09-007 Animal Attacks)
Rogers-Stout 403	Don't Eat S**t: Hygiene in the backcountry (08-001 General Field Sanitation and Hygiene Measures)	Don't Eat S**t: Hygiene in the backcountry (08-001 General Field Sanitation and Hygiene Measures)	Don't Eat S**t: Hygiene in the backcountry (08-001 General Field Sanitation and Hygiene Measures)	Basic Medical Care in the Marine Setting (01-004 Marine Creatures)	Basic Medical Care in the Marine Setting (01-004 Marine Creatures)	River Medicine - Drowning and Submersion Injuries	Basic Medical Care in the Marine Setting (01-004 Marine Creatures)
Rogers-Stout 425	Event Medicine (12-002 Prehospital Patient Assessment)	Event Medicine (12-002 Prehospital Patient Assessment)	Event Medicine (12-002 Prehospital Patient Assessment)	Ocular Emergencies in the Wild (12-005 Ocular Trauma and Emergencies)	Ocular Emergencies in the Wild (12-005 Ocular Trauma and Emergencies)	Ocular Emergencies in the Wild (12-005 Ocular Trauma and Emergencies)	Ocular Emergencies in the Wild (12-005 Ocular Trauma and Emergencies)
Gilbreath 314	Wilderness Infectious Disease	Wilderness Infectious Disease	Wilderness Infectious Disease	Introduction to Wilderness Medicine Fellowships (post-residency)	Introduction to Wilderness Medicine Fellowships (post-residency)	Introduction to Wilderness Medicine Fellowships (post-residency)	Introduction to Wilderness Medicine Fellowships (post-residency)

Workshop Schedule						
Location	Time					
	915-1000	1015-1100	1115-1200	1245-130	145-230	245-330
Rogers-Stout 427	Swiftwater rescue (06-006 White Water Injuries and Rescue)	Swiftwater rescue (06-006 White Water Injuries and Rescue)	Swiftwater rescue (06-006 White Water Injuries and Rescue)	Suturing (12-012 General Wound Management in the Wilderness)	Suturing (12-012 General Wound Management in the Wilderness)	Suturing (12-012 General Wound Management in the Wilderness)
Rogers-Stout 428	Ultrasound (05-031 Portable Ultrasound in Wilderness Medicine)	Ultrasound (05-031 Portable Ultrasound in Wilderness Medicine)	Ultrasound (05-031 Portable Ultrasound in Wilderness Medicine)	Splints and Slings (012-041 Field Management of Dislocations)	Splints and Slings (012-041 Field Management of Dislocations)	Splints and Slings (012-041 Field Management of Dislocations)
Gilbreath 212	Litters/Carries/Spine Immobilization (12-011 Improvised Splints, Litters and Carries)	Litters/Carries/Spine Immobilization (12-011 Improvised Splints, Litters and Carries)	Litters/Carries/Spine Immobilization (12-011 Improvised Splints, Litters and Carries)	Airways in the Austere Setting - Workshop (12-017 Emergency Airways)	Airways in the Austere Setting - Workshop (12-017 Emergency Airways)	Airways in the Austere Setting - Workshop (12-017 Emergency Airways)
Gilbreath 304	Hemostasis (07-002 Homeostasis & Fluid Resuscitation)	Hemostasis (07-002 Homeostasis & Fluid Resuscitation)	Hemostasis (07-002 Homeostasis & Fluid Resuscitation)	All Purpose Knots and Ropes (05-016 All purpose Ropes and Knots)	All Purpose Knots and Ropes (05-016 All purpose Ropes and Knots)	All Purpose Knots and Ropes (05-016 All purpose Ropes and Knots)
Gilbreath 313		Avalanche! (06-002 Avalanche Rescue)	Avalanche! (06-002 Avalanche Rescue)	Avalanche! (06-002 Avalanche Rescue)	Ski & snowboard Injuries (07-007 Injuries from Skiing and Snow Boarding)	Ski & snowboard Injuries (07-007 Injuries from Skiing and Snow Boarding)
Outside Culp Center				Climbing Medical Emergency Rescue	Climbing Medical Emergency Rescue	Climbing Medical Emergency Rescue
Rogers-Stout 122	Survival skills/fire/shelter (05-010 Wilderness Survival)	Survival skills/fire/shelter (05-010 Wilderness Survival)	Survival skills/fire/shelter (05-010 Wilderness Survival)			

Pick out your sessions, then go to the SignUpGenius website to register for the sessions:

[www.SignUpGenius.com/go/10C0D4EA5AC29A5F58-8thannual](http://www.SignUpGenius.com/go/10C0D4EA5AC29A5F58-8thannual)

## Maps:



Directions to Stanton Gerber Hall (for Friday packet pick-up): Coming from the north, south and west, use I-81. Take exit 57-A onto I-26 and into Johnson City. Take exit 24 onto University Parkway and follow the signs to campus. Coming from the east, take I-26 from Asheville, N.C. Take exit 24 onto University Parkway and follow the signs to campus. When you approach campus, turn left onto State of Franklin road. Turn right onto Jack Vest Dr., just past Regions Bank. As you cross the railroad track and enter the VA Campus, turn left onto Lake Dr. At the stop sign at Dogwood Ave. continue straight onto Fifth St. Stanton-Gerber Hall is located on the right, just after Maple Drive



