

WILDERNESS MEDICAL SOCIETY 2019 WINTER CONFERENCE

FEBRUARY 23-27, 2019 PARK CITY, UTAH

HIGHLIGHTS

- Experience "the greatest snow on Earth!" while earning up to 26.25 AMA PRA Category 1 Credits™ credits and FAWM core credits*
- Essential wilderness topics: search and rescue, hypothermia, frostbite, and recent advances in altitude illness
- Exciting small group sessions and optional hands-on workshops
- Located in the charming town of Park City
 - *FAWM credits awarded depend on personal credit needs and history

PRE-CONFERENCE COURSES

- DiMM Course and Level 1 Avalanche Course for DiMM candidates
- Advanced Wilderness Life Support (AWLS) Hands-on Certification Course for a maximum of 20.5 AMA PRA Category 1 Credits™

Register online today at wms.org/conferences/parkcity19



DOUBLETREE BY HILTON, PARK CITY, UT

- · Quaint alpine town in the Rocky Mountains filled with exceptional food, endless recreation, and enduring impressions
- Flexible schedule allows you to have plenty of time for education, recreation, and relaxation

TOP 4 REASONS TO ATTEND

- Earn up to 26.25 CME credits and FAWM core credits in one conference
- Learn and have fun with like-minded colleagues
- Flexible schedule in a congenial, casual atmosphere leaves plenty of time for the things you want to do: skiing, snowboarding, snowshoeing, and more!
- Exciting hands-on workshops and small group sessions



DoubleTree by Hilton



p. 855-537-5305 1800 Park Avenue, Park City, Utah 84060

Enjoy your stay at one of the leading hotels in Park City, Utah, which boasts stunning mountain views and an outstanding reputation for excellent service. The newly renovated DoubleTree by Hilton Hotel Park City – The Yarrow offers a fantastic location less than five minutes from Historic Main Street, and just 32 miles from Salt Lake City International Airport.

ROOM RATES & ROOM RESERVATIONS

- \$309/night + 11.45% tax (subject to change) for standard guestroom king or double queen
- Rates will be available 3 days prior and 3 days after the conference, subject to availability of guest rooms at the time of reservation.
- Check-in starts at 4:00 pm; Check-out time is at 11:00 am

ROOM RESERVATIONS:

- Reservations must be made directly with the hotel by calling 855-537-5305 and referring to the group as "Wilderness Medical Society." A link to the hotel reservation website site can also be found at wms.org/conferences/parkcity19.
- The hotel requires you to provide a first night's deposit, refundable, less a \$30 processing fee, if canceled at least 21 days prior to arrival. Major credit cards are accepted to establish prepayment, and cards will be charged immediately. prevailing rates and availability.

EARLY DEPARTURE FEES:

To avoid an early checkout fee of one night's room and tax, please advise the hotel at or before check-in of any change in planned length of stay.

EXPLORE PARK CITY

Nestled in the Wasatch Mountains at the edge of the legendary town of Park City, The Park City Mountain Resort is Utah's largest single ski and snowboard resort. Famous Utah powder makes this area a mecca for winter sports. With over 4,000 acres, 163 runs, 19 lifts, and a cutting-edge terrain park, there is never a chance that you will get bored on the mountain. It goes on for days here. The trails! The snowfall! The fun!



TRAVEL

SALT LAKE CITY INTERNATIONAL AIRPORT

Approximately 38 minutes away

Taxi service costs approximately \$99.00

PROGRAM OVERVIEW

Morning plenary sessions will cover all the essential winter wilderness topics, like avalanche rescue, hypothermia, frostbite and recent advances in altitude illness, and much more. In the afternoons you can choose from indoor and outdoor small group sessions and optional hands-on workshops. Or, you may choose to take some time off to ski, snowboard, or visit the charming town of Park City. This flexible schedule allows you to have plenty of time for education, recreation, and relaxation.

One banquet ticket for the evening of Tuesday, February 26th is included in your registration. You may purchase additional tickets for your family and friends.

CME INFORMATION

The Wilderness Medical Society (WMS) is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The WMS designates this live activity for a maximum of 26.25 AMA PRA Category 1 Credits™. Each physician should only claim credit commensurate with the extent of their participation in the activity.

EMERGENCY PHYSICIANS (ACEP)

This activity is approved for a maximum of 24.5 of ACEP Category I credit(s).

FAMILY PHYSICIANS (AAFP)

This Live activity, WMS Wilderness Medicine Conference - Park City, UT, with a beginning date of 02/21/2019, has been reviewed and is acceptable for up to 27.75 Prescribed credit(s) by the American Academy of Family Physicians. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

PHYSICIAN ASSISTANTS

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

OTHER PROFESSIONALS

Check with your governing entity to determine usefulness of AMA PRA Category 1 Credits™.

EDUCATION OUTCOME OBJECTIVES

After attending this conference, the participants will be able to:

- · Prevent, diagnose, and manage illnesses and injuries in a mountain environment.
- Demonstrate increased knowledge and skill in treating high altitude illness, hypothermia and cold injuries, and wound management.
- Perform avalanche rescue and evacuation of injured persons.

TARGET AUDIENCE

Physicians and other medical professionals who engage in winter wilderness activities, including mountain travel, who counsel individuals who take part in such activities, or who practice in locations in which they are likely to encounter individuals who have been injured in such activities.

ACADEMY OF WILDERNESS MEDICINE

This conference offers FAWM core and elective credits. Actual credit awarded depends on personal credit needs and history.

REGISTRATION

Includes lectures, all small group sessions, syllabus, continental breakfasts, receptions and Tuesday evening banquet. Please see the "pre-conferences" tab for additional fees if you wish to participate in pre-conferences.

REGISTRATION FEES

REGISTRATION LEVEL	MEMBER	NON-MEMBER
Doctoral	\$750	\$995
Non-Doctoral	\$570	\$770
Resident	\$495	\$640
Student	\$400	\$450

ENROLL EARLY

Early registration is encouraged due to limited space availability for the pre-conferences and the hands-on workshops.

SPECIAL NEEDS

The Wilderness Medical Society fully complies with the legal requirements of the Americans with Disabilities Act. If you have special needs, please notify the WMS office at least three weeks prior to the conference.

CANCELLATION/REFUND POLICY

Written notice of cancellation must reach the WMS office by Friday, January 11, 2019 in order to receive a refund, less a \$200 service fee. After that day no refunds will be given. The WMS cannot be responsible for any personal or travel conditions that may prevent attendance at the course.

WMS STATEMENT ON FEES

The Wilderness Medical Society is a non-profit organization that conducts professional education activities as one of the cornerstones of its overall mission. Live events are extremely expensive to produce. The Society does not establish fees with the objective of making a profit, but sets them with the explicit goal of breaking even in order to continue to produce live events. The WMS is extremely cognizant of the increased costs associated with attending conferences for its members and non-member attendees. It strives to make every education event worth that cost by providing quality education and cuttingedge information in a collegial setting where you are always able to combine your profession with your passion.

2019 WINTER CONFERENCE FACULTY

Ali Arastu
Paul Auerbach
Brad Bennett
Cindy Bitter
Jaren Blake
Melissa Boetig
Steven Carleton
Michael Caudell
Christanne Coffey
Jennifer Dow

David Fiore
Luanne Freer
Michael Habicht
Taylor Haston
Tony Islas
Eric Johnson
Jenevieve Kincaid
James Lieberman
CDR Lanny Littlejohn
Neil McCormack

Scott McGuire
Scott McIntosh
Todd Miner
Charles Mize
Maria Nemethy
Terry O'Connor
Neal Pollock
Paul Queior
Elaine Reno
Elizabeth Reno

Andy Rich
Winnie Romeril
Emily Sagalyn
Michelle Storkan
Samantha Tarshis
Christopher Tedeschi
Nick Williams
George Wortley

2019 CONFERENCE COMMITTEE

Arthur Islas, MD, MPH, FAWM 2019 Program Chair

Jenevieve Kincaid, MD, MPH, RN/ BSN, FAWM 2019 Program Co-Chair Paul Queior, PA-C 2019 Program Co-Chair

Pre-Conference Course

LEVEL 1 AVALANCHE COURSE

\$410

WMS FACULTY: Andy Rich

This intensive course will present comprehensive information about safe travel in avalanche terrain, avalanche transceiver use, and snowpack analysis. Practice efficient rescues with avalanche beacons. Study avalanche victim physiology and medical treatment. Upon completion of the course, each participant will receive a certificate for Level 1 avalanche training according to the guidelines of the American Avalanche Association.

DiMM candidates must participate in the Level 1 Avalanche Course (included in DiMM registration). Other didactic sessions that are required under the DiMM program are indicated on the program schedule. Fee includes lift tickets for Friday and Saturday.

TIME	EDUCATION SESSION	FACULTY	
THURSDAY, FEBRU	THURSDAY, FEBRUARY 21		
6:30 AM - 9:30 PM	Level 1 Avalanche Course - Lectures	Andy Rich	
FRIDAY, FEBRUARY 22			
7:00 AM - 7:30 AM	Continental Breakfast		
7:30 AM - 6:00 PM	Level 1 Avalanche Course (09-028-2.00)	Andy Rich	
SATURDAY, FEBRUARY 23			
7:00 AM - 7:30 AM	Continental Breakfast		
7:30 AM - 6:00 PM	Level 1 Avalanche Course	Andy Rich	

^{**}Non-DiMM candidates will be accepted to this course on a space available basis. Please contact Teri at teri@wms.org to be added to the wait list.

Pre-Conference Course

DIMM SCHEDULE

\$2150*

This conference is designed in conjunction with the DiMM program. The DiMM is intended as continuing education for doctors, nurses, and paramedics who work in or aspire to work in austere mountain environments. The required coursework is an ideal blend of didactic and practical education in wilderness medicine, technical rescue, and self-sufficiency in the backcountry. This skill set crosses a multitude of disciplines including expedition medicine, search and rescue operations, mountain guiding, ski patrol, and mountain recreationalists. Please see the WMS DiMM web page for full program details.

Earn up to 13 HRS. CME

DiMM candidates must participate in the Level 1 Avalanche Course (included in DiMM registration). Didactic sessions that are required under the DiMM program are indicated on the program schedule.

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TIME	EDUCATION SESSION	FACULTY	
SUNDAY, FEBRUAR	SUNDAY, FEBRUARY 24		
7:00 AM - 8:00 AM	Continental Breakfast		
8:00 AM - 9:00 AM	Hypothermia/Frostbite	Emily Sagalyn	
9:00 AM - 9:45 AM	Winter Weather	Jennifer Dow	
10:00 AM - 10:45 AM	Medical Direction and Oversight	James Lieberman	
11:00 AM - 12:00 PM	Legal Cases in Medical Direction	James Lieberman	
12:00 PM - 1:00 PM	Lunch		
1:00 PM - 5:00 PM	Improvised Rescue (start in classroom; move outside)	Andy Rich	
MONDAY, FEBRUAR	MONDAY, FEBRUARY 25		
7:30 AM - 8:00 AM	Continental Breakfast		
8:00 AM - 9:00 AM	Exercise Physiology/Hyponatremia	Terry O'Connor	
9:00 AM - 9:45 AM	Field Treatments and Analgesia	Jennifer Dow	
10:00 AM - 10:45 AM	Pediatric Wilderness Medicine	Jennifer Dow	
11:00 AM - 12:00 PM	Medical Problems in Remote Areas	Emily Sagalyn	
12:00 PM - 1:00 PM	Lunch		
1:00 PM - 5:00 PM	Snow Shelters (start in classroom; move outside)	Andy Rich	

The WMS designates this education activity for a maximum of 13 AMA PRA Category 1 Credits TM. Each Physician should only claim credit commensurate with the extent of their participation in the activity

^{*} Price includes main conference registration

Pre-Conference Course

ADVANCED WILDERNESS LIFE SUPPORT (AWLS)

\$400

AWLS AND WMS FACULTY

AWLS is a practical hands-on certification course that teaches medical professionals how to manage medical and trauma emergencies when traditional medical facilities are not readily accessible. AWLS was developed to create a standard in treating injuries and illnesses in a wilderness environment. Topics include: patient assessment, treatment guidelines for life support until definitive care or evacuation is available, and techniques and guidelines for evacuation. All registrants who pass the written exam will receive the AWLS certification that is valid for four years.

Earn up to **20.5 HRS. CME**

NOTE: Participants must also register for the WMS Winter Meeting as content material for this pre-conference will be presented during the main course.

TIME	EDUCATION SESSION	FACULTY	
FRIDAY, FEBRUAR	FRIDAY, FEBRUARY 22		
7:00 AM - 7:30 AM	Continental Breakfast		
7:30 AM - 5:30 PM	AWLS Course	Michael Caudell	
SATURDAY, FEBRUARY 23			
7:00 AM - 7:30 AM	Continental Breakfast		
7:30 AM - 5:30 PM	AWLS Course		
TUESDAY, FEBRUARY 26TH			
4:00 PM - 5:00 PM	Written Exam		

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 Wilderness Medical Society and Advanced Wilderness Life Support. The Wilderness Medical Society is accredited by the ACCME to provide continuing medical education for physicians.

The Wilderness Medical Society designates this education activity for a maximum of 20.5 AMA PRA Category 1 Credits[™]. Each physician should only claim credit commensurate with the extent of their participation in the activity.

2019 MAIN WINTER CONFERENCE SCHEDULE

Blue is a non-CME credit activity; Green is an optional workshop (see page 11 for costs), Yellow is small group sessions included in registration cost; white is a general session

SATURDAY, FEBRUARY 23		
TIME	EDUCATION SESSION	FACULTY
5:00 PM - 6:30 PM	Registration	
7:30 PM - 8:30 PM	Welcome Reception	
SUNDAY, FEBRUA	ARY 24	
6:45 AM - 7:30 AM	Breakfast	
7:20 AM - 7:25 AM	Welcome	Jenevieve Kincaid, Paul Queior, Tony Islas
7:25 AM - 7:45 AM	State of the WMS	Robert Quinn
7:45 AM - 8:30 AM	Ski/Snowboard and other Musculoskeletal Injuries (12-008-0.75)	Tony Islas
8:30 AM - 9:15 AM	Frozen, High, and Pregnant (03-011-0.75)	Michael Caudell
9:15 AM - 10:00 AM	Cold Weather Hiking and Trekking (05-006-0.75)	Jennifer Dow
10:00 AM - 10:15 AM	Break	
10:15 AM - 11:00 AM	Winter Backcountry Risk Assessment (07-009-0.75)	David Fiore
11:00 AM - 11:45 AM	Loading of Critically III Patients in Hover at Altitude (06-017-0.75)	Charles Mize
11:45 AM - 12:30 PM	Direct From the South Pole (04-004-0.75)	George Wortley
1:00 PM - 3:00 PM	WMS BOD Meeting	
1:00 PM - 4:00 PM	How to Survive the Unexpected Night Out (06-023-3.00) (\$75)	David Fiore
1:00 PM - 4:00 PM	Pray for Snow Survival (05-006-3.00) (\$25)	Maria Nemethy, Emily Sagalyn
1:00 PM - 4:00 PM	A Child Lost No Longer (05-024-3.00) (\$25)	Scott McGuire, Ali Arastu, Michael Habicht
1:15 PM - 2:15 PM	Altitude 101 (03-001-1.00)	Samantha Tarshis
1:15 PM - 3:30 PM	Finding Your Way Out (05-015-2.25)	Charles Mize
2:00 PM - 4:00 PM	GME Lectures	Taylor Haston
2:30 PM - 4:00 PM	Choose Your Own Wilderness Adventure (13-005-1.50)	Melissa Boetig



2019 MAIN WINTER CONFERENCE SCHEDULE

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MONDAY, FEBRUARY 25		
TIME	EDUCATION SESSION	FACULTY
6:45 AM - 7:30 AM	Continental Breakfast	
7:30 AM - 8:15 AM	Sherpa Physiology (03-001-0.75)	Scott McIntosh
8:15 AM - 9:00 AM	Latest on Frostbite and other Cold Injuries (09-002-0.75)	Luanne Freer
9:00 AM - 9:45 AM	Avalanche Physiology and Trauma (09-028-0.75)	Scott McIntosh
9:45 AM - 10:00 AM	Break	
10:00 AM - 10:45 AM	Diving at High Altitude and Other Extreme Environments (01-011-0.75)	Eric Johnson
10:45 AM - 11:30 AM	Thermal Considerations in Diving, Hypothermia, and Cold Water Immersion (09-032-0.75)	Neal Pollock
11:30 AM - 12:15 PM	When the Ocean Attacks! (01-004-0.75)	Christanne Coffey
1:00 PM - 2:30 PM	Communications (05-037-1.50) (\$25)	Jaren Blake, Paul Queior
1:00 PM - 4:00 PM	Snow Shelters (05-011-3.00) (\$40)	Todd Miner
1:00 PM - 4:00 PM	Wildland Firefighting: Technical and Medical Strategies - Park City Fire Dept (06-005-3.00) (\$25)	Scott McIntosh
1:30 PM - 2:30 PM	Disaster Preparedness and Bug Out Bags (02-023-1.00)	Scott McIntosh
2:00 PM - 3:30 PM	Incorporating Wilderness/Travel Medicine into Your Practice (02-030-1.00)	Cindy Bitter, Neil McCormack
2:30 PM - 3:30 PM	The Hardest Part: Re-entry Strategies for the Medical Humanitarian (11-009-1.00)	Winnie Romeril
2:30 PM - 4:00 PM	Musculoskeletal Evaluation for the Wilderness Practitioner (12-021-1.50) (\$25)	Tony Islas, Jenevieve Kincaid
6:00 PM - 8:00 PM	Celestial Navigation	Christanne Coffey, Steven Carleton



2019 MAIN WINTER CONFERENCE SCHEDULE

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TUESDAY, FEBRUARY 26		
TIME	EDUCATION SESSION	FACULTY
6:45 AM - 7:30 AM	Continental Breakfast	
7:30 AM - 8:15 AM	K9 Considerations for the Wilderness Environment (10-004-0.75)	
8:15 AM - 9:00 AM	Hypothermia Secondary to Trauma (09-019-0.75)	Brad Bennett
9:00 AM - 9:45 AM	Patient Extraction Beyond the Reach of Aircraft (12-011-0.75)	Charles Mize
9:45 AM - 10:00 AM	Break	
10:00 AM - 10:45 AM	Treatment of Thoracic Trauma Applied to Austere Environments (12-017-0.75)	CDR Lanny Littlejohn
10:45 AM - 11:30 AM	Communication in the Backcountry (05-037-0.75)	Jaren Blake
11:30 AM - 12:15 PM	Intersection of Wilderness and Disaster Medicine (11-001-0.75)	Christanne Coffey
1:00 PM - 2:15 PM	Avalanche First Responders and Psychological Outcomes (12-022-1.25)	Christopher Tedeschi
1:00 PM - 3:45 PM	Backcountry Hemorrhage Control Options (12-013-2.75)	Brad Bennett, CDR Lanny Littlejohn
1:00 PM - 4:00 PM	Ice Axe Self Arrest (05-018-3.00) (\$55)	Todd Miner
1:00 PM - 4:00 PM	Mass Casualty Incident Triage (11-028-3.00) (\$25)	Cindy Bitter, Michelle Storkan, Neil McCormack
1:00 PM - 4:00 PM	K9 Avalanche Rescue - Wasatch Backcountry K9s (06-002-3.00) (\$30)	
2:30 PM - 3:45 PM	K9 Wilderness First Aid	Elaine Reno, Elizabeth Reno
6:00 PM - 9:00 PM	An Evening in Nepal / Banquet Additional tickets available for purchase \$60/each	Paul Auerbach, Luanne Freer, Eric Johnson, Tony Islas

WEDNESDAY, FEBRUARY 27		
TIME	EDUCATION SESSION	FACULTY
6:45 AM - 7:30 AM	Continental Breakfast	
7:30 AM - 8:15 AM	What to Know Before You Go (02-017-0.75)	Elaine Reno
8:15 AM - 9:00 AM	Refugee and Migration Medicine (11-002-0.75)	Nick Williams
9:00 AM - 9:45 AM	Multi-Resistant Bacteria in the World Traveler (02-051-0.75)	Eric Johnson
9:45 AM - 10:00 AM	Break	
10:00 AM - 10:45 AM	Pediatric Medicine Panel, Part 1 (07-010-0.75)	Scott McGuire, Ali Arastu, Michael Habicht
10:45 AM - 11:30 AM	Pediatric Medicine Panel, Part 2 (03-015-0.75)	Scott McGuire, Ali Arastu, Michael Habicht
11:30 AM - 12:15 PM	Wilderness Medicine Considerations for Geriatric Populations (07-004-0.75)	Taylor Haston

2019 WINTER CONFERENCE WORKSHOPS

Register for any of the following workshops when you register for the Main Conference in the Trading Post. Please note that pricing for workshops is based on covering true costs for putting on the workshop and includes additional fees and costs such as equipment rental, lift /gondola tickets, park permits, supplies, etc.

SUNDAY OFFERINGS

ASSESSING TERRAIN FEATURES FOR BACKCOUNTRY WINTER TRAVEL

\$75

SUNDAY, FEBRUARY 24, 2019, 1:00 PM

David Fiore, fee includes lift ticket

Working inbounds at Park City Ski Resort, Dr. Fiore will lead the group on intermediate (Blue) slopes as we discuss terrain features and how we might access these features if we were in the backcountry with varying snow and weather conditions. Intermediate ski or snowboard skills are required.

BASICS OF OUTDOOR WINTER TRAVEL

\$25

SUNDAY, FEBRUARY 24, 2019, 1:00 PM

Maria Nemethy, Emily Sagalyn, fee includes snow shoes

A CHILD LOST NO LONGER

\$25

SUNDAY, FEBRUARY 24, 2019, 1:00 PM

Scott McGuire, Ali Arastu, Michael Habicht

FINDING YOUR WAY OUT

\$25

SUNDAY, FEBRUARY 24, 2019, 1:15 PM

Charles Mize

MONDAY OFFERINGS

SNOW SHELTERS

\$40

MONDAY, FEBRUARY 25, 2019, 1:00 PM

Todd Miner, fee includes shovel and gondola ticket

WILDLAND FIREFIGHTING: TECHNICAL AND MEDICAL STRATEGIES - PARK CITY FIRE DEPT

\$25

MONDAY, FEBRUARY 25, 2019, 1:00 PM

Scott McIntosh

COMMUNICATIONS

\$25

MONDAY, FEBRUARY 25, 2019, 1:00 PM

Jaren Blake, Paul Queior

MUSCULOSKELETAL EVALUATION FOR THE WILDERNESS PRACTITIONER

\$25

MONDAY, FEBRUARY 25, 2019, 2:30 PM

Tony Islas, Jenevieve Kincaid

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TUESDAY OFFERINGS

K9 AVALANCHE RESCUE - WASATCH BACKCOUNTRY K9s

\$30

TUESDAY, FEBRUARY 26, 2019, 1:00 PM Fee includes gondola ticket

ICE AXE SELF ARREST

\$55

TUESDAY, FEBRUARY 26, 2019, 1:00 PM

Todd Miner, Fee includes ice axe, helmet & gondola ticket

BACKCOUNTRY HEMORRHAGE CONTROL OPTIONS

\$25

TUESDAY, FEBRUARY 26, 2019, 1:00 PM Brad Bennett, CDR Lanny Littlejohn

MASS CASUALTY INCIDENT TRIAGE

\$25

TUESDAY, FEBRUARY 26, 2019, 1:00 PM

Cindy Bitter, Michelle Storkan, Neil McCormack