WILDERNESS MEDICAL SOCIETY

2020 WINTER CONFERENCE
FEBRUARY 29 - MARCH 4, 2020
SUN VALLEY, ID

PLUS PRE-CONFERENCES FOR DIMM, LEVEL 1 AVALANCHE, AWLS & TECC!
Hello,

When we decided to plan the 2020 Wilderness Medical Society winter meeting, we had a simple question: Where could we go for some amazing winter snow sports, gather national experts to hear cutting edge lectures, and have the most fun hanging out with awesome people? The answer: Sun Valley, Idaho! There are few things more spectacular than wintertime in Sun Valley, and as a never-before location for a Wilderness Medical Society meeting, this is sure to be a must-see event.

This year’s conference will take place at the Sun Valley Inn, and we want to personally reach out and invite you to join us.

You can expect new insights, techniques, and perspectives on wilderness medicine; innovative hands-on opportunities in a variety of workshops; small group, expert-led case discussions for real world problem solving; focused sessions on wilderness medicine core fundamentals; and much, much more.

There are multiple pre-conference opportunities to train in Tactical Combat Casualty Care, Advanced Wilderness Life Support, and the Diploma of Mountain Medicine (DiMM), which includes a Level 1 Avalanche Course.

You can expect inspiring education and three-and-a-half days of opportunities to connect and interact with your peers from all levels of wilderness medicine training. There is a Ski and Board with the Wilderness Medical Society Board of Directors to get some uphill chairlift chat and downhill stoke. A pub crawl event with specialty cocktails and chances to hear about all the phenomenal opportunities awaiting you with the Wilderness Medical Society. Plus an amazing Keynote Speaker, Clare Gallagher, an endurance athlete and environmental advocate who travels the world as a Patagonia trail runner and global sports activist.

This event is the ideal setting for forming personal and professional relationships with individuals in the industry who are at similar points in their lives and careers, not to mention 26.5 AMA PRA Category 1 Credits™.

Please help us make this year’s winter conference bigger and better than ever. We look forward to seeing you in beautiful Sun Valley this winter!

Best,

Jamie Lieberman, MD, DiMM
Grant Lipman, MD, FACEP
Ali Arastu, MD, FAWM

2020 Winter Conference Co-Chair
2020 Winter Conference Co-Chair
2020 Winter Conference Vice-Chair
2020 Winter Conference Program Overview

The WMS annual conferences are targeted toward 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.

Morning plenary sessions will cover all the essential winter wilderness topics. 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, snowmobile, fat bike or visit the charming town of Sun Valley. This flexible schedule allows you to have plenty of time to combine business with leisure. After all, Sun Valley is where destination skiing was born!

Main Conference Schedule

*Green is an optional workshop; Yellow is small group sessions included in registration cost; White is a general session*

<table>
<thead>
<tr>
<th>TIME</th>
<th>EDUCATION SESSION</th>
<th>FACULTY</th>
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</thead>
<tbody>
<tr>
<td><strong>SATURDAY, FEBRUARY 29</strong></td>
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<tr>
<td>6:00 PM - 7:30 PM</td>
<td>Welcome Reception</td>
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<tr>
<td><strong>SUNDAY, MARCH 1</strong></td>
<td></td>
<td></td>
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<tr>
<td>6:45 AM - 7:30 AM</td>
<td>Breakfast</td>
<td></td>
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<tr>
<td>7:30 AM - 7:45 AM</td>
<td>Welcome</td>
<td>James Lieberman, Grant Lipman, Ali Arastu</td>
</tr>
<tr>
<td>7:45 AM - 8:30 AM</td>
<td>McGyver to Musk-Cutting Edge Technology for Backcountry Medicine (05-015-0.75)</td>
<td>Darryl Macias</td>
</tr>
<tr>
<td>8:30 AM - 9:15 AM</td>
<td>Medical Problems at High Altitude: Pre-trip Planning and On-site Issues (03-007-0.75)</td>
<td>Andrew Luks</td>
</tr>
<tr>
<td>9:15 AM - 10:00 AM</td>
<td>Critical Decisions in Hypothermia Rescues (09-001-0.75)</td>
<td>Jason Williams</td>
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<tr>
<td>10:15 AM - 11:00 AM</td>
<td>SAR Stump the Chump (06-001-0.75)</td>
<td>J Pearce Beissinger, Eric Stendell, Christopher Van Tilburg</td>
</tr>
<tr>
<td>11:00 AM - 11:45 AM</td>
<td>Lightning Injuries (09-003-0.75)</td>
<td>Christopher Davis</td>
</tr>
<tr>
<td>11:45 AM - 12:30 PM</td>
<td>Advances in Frostbite: Field and Hospital Treatment (09-002-0.75)</td>
<td>Peter Hackett</td>
</tr>
<tr>
<td>1:00 PM - 3:45 PM</td>
<td>Wilderness Medicine Boot Camp: High Altitude, Hypothermia, Heat Illness, Avalanche Physiology (03-001-0.50)</td>
<td>Patrick Burns, Colin Little, Jacob Jensen</td>
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<tr>
<td>1:00 PM - 4:00 PM</td>
<td>Ice Axe Workshop (05-018-1.00) ($55)</td>
<td>Todd Miner</td>
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<tr>
<td>2:00 PM - 4:00 PM</td>
<td>GME Mini-Lectures (13-004-2.00)</td>
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</tbody>
</table>
## Main Conference Schedule

**Green is an optional workshop; Yellow is small group sessions included in registration cost; White is a general session**

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<th>TIME</th>
<th>EDUCATION SESSION</th>
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</thead>
<tbody>
<tr>
<td><strong>MONDAY, MARCH 2</strong></td>
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<td></td>
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<tr>
<td>6:30 AM - 7:30 AM</td>
<td>Environmental Council Meeting</td>
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<tr>
<td>6:45 AM - 7:30 AM</td>
<td>Breakfast</td>
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</tr>
<tr>
<td>7:15 AM - 7:30 AM</td>
<td>State of the WMS</td>
<td>Scott McIntosh</td>
</tr>
<tr>
<td>7:30 AM - 8:15 AM</td>
<td>&quot;I Am Not Your Doctor&quot;: Collaboration of Associate Providers in Wilderness Medicine (06-021-0.75)</td>
<td>J Pearce Beissinger, Jason Williams</td>
</tr>
<tr>
<td>8:15 AM - 9:00 AM</td>
<td>Avalanche Terrain - Assessment and Decision Making (03-025-0.75)</td>
<td>Eric Stendell</td>
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<tr>
<td>9:00 AM - 9:45 AM</td>
<td>How To Die Roped Up (07-006-0.75)</td>
<td>Colin Little</td>
</tr>
<tr>
<td>10:00 AM - 10:45 AM</td>
<td>Avalanche Airbags: Standard of Care? (09-028-0.75)</td>
<td>Christopher Van Tilburg</td>
</tr>
<tr>
<td>10:45 AM - 11:30 AM</td>
<td>Acclimation and Pre-Acclimation: Update on Drugs and Techniques (03-017-0.75)</td>
<td>Andrew Luks</td>
</tr>
<tr>
<td>11:30 AM - 12:15 PM</td>
<td>Nutrition for the Endurance Athlete (07-015-0.75)</td>
<td>Tamara Hew-Butler</td>
</tr>
<tr>
<td>1:00 PM - 3:00 PM</td>
<td>Wilderness Medicine Education (13-001-2.00)</td>
<td>Grant Lipman, Stephanie Lareau</td>
</tr>
<tr>
<td>1:00 PM - 4:00 PM</td>
<td>Avalanche Rescue and Resuscitation Workshop (03-020-2.00) ($30)</td>
<td>Jacob Jensen, Darryl Macias</td>
</tr>
<tr>
<td>1:00 PM - 4:00 PM</td>
<td>Foot Care Workshop (05-008-2.00) ($20)</td>
<td>Patrick Burns</td>
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<tr>
<td>1:00 PM - 4:00 PM</td>
<td>Snow Shelters and Survival (05-011-2.00) ($40)</td>
<td>Todd Miner</td>
</tr>
<tr>
<td>7:00 PM - 9:00 PM</td>
<td>WMS Pub Crawl</td>
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<tr>
<td><strong>TUESDAY, MARCH 3</strong></td>
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<tr>
<td>6:45 AM - 7:30 AM</td>
<td>Breakfast</td>
<td></td>
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<tr>
<td>7:30 AM - 8:15 AM</td>
<td>Drowning: Fatal and Non-Fatal Considerations in Resource Deficit Areas (09-004-0.75)</td>
<td>Justin Semsrott</td>
</tr>
<tr>
<td>8:15 AM - 9:00 AM</td>
<td>Exercise-Associated Hyponatremia (07-017-0.75)</td>
<td>Tamara Hew-Butler</td>
</tr>
<tr>
<td>9:00 AM - 9:45 AM</td>
<td>Wilderness and Youth (02-068-0.75)</td>
<td>Ali Arastu</td>
</tr>
<tr>
<td>10:00 AM - 10:45 AM</td>
<td>The Wilderness Eye (03-010-0.75)</td>
<td>Geoffrey Tabin</td>
</tr>
<tr>
<td>10:45 AM - 11:30 AM</td>
<td>Sun Protection: The Skinny Update (09-033-0.75)</td>
<td>Eileen Deignan</td>
</tr>
<tr>
<td>11:30 AM - 12:15 PM</td>
<td>Clinical Adventures at High Altitude (09-021-0.75)</td>
<td>Peter Hackett</td>
</tr>
<tr>
<td>1:00 PM - 4:00 PM</td>
<td>Improvised Wilderness Medicine Small Group (10-002-1.00)</td>
<td>Stephanie Lareau</td>
</tr>
<tr>
<td>1:00 PM - 4:00 PM</td>
<td>Wound Closure Workshop (12-012-1.00) ($30)</td>
<td>Patrick Burns, Colin Little, Jacob Jensen, Eileen Deignan</td>
</tr>
<tr>
<td>1:00 PM - 4:00 PM</td>
<td>Ski &amp; Board with the WMS Board</td>
<td></td>
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<tr>
<td>6:00 PM - 9:00 PM</td>
<td>Banquet and Keynote Speaker Clare Gallagher</td>
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</tbody>
</table>

**“Running, Medicine + Climate Change: Why Sharing Your Medical Experience is More Important Than Ever in the Face of our Climate Crisis”**

Tuesday, March 3 | 6-9 PM

Don’t miss this keynote banquet with Clare Gallagher, a Patagonia ambassador and winner of the 2016 Leadville 100 and 2019 Western States 100 Mile Endurance Run!
**Main Conference Schedule**

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<tr>
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<td>Breakfast</td>
<td></td>
</tr>
<tr>
<td>7:30 AM - 8:15 AM</td>
<td>You Call, We Haul: Adventures with Helicopter Rescue (06-017-0.75)</td>
<td>Jason Williams</td>
</tr>
<tr>
<td>8:15 AM - 9:00 AM</td>
<td>Carbon Monoxide Poisoning: The Silent Killer in the Back Country? (05-020-0.75)</td>
<td>Linda Keyes</td>
</tr>
<tr>
<td>9:00 AM - 9:45 AM</td>
<td>Political Landscape of Wilderness Emergency Medical Services: What is it and Who Cares? (06-011-0.75)</td>
<td>Michael Millin</td>
</tr>
<tr>
<td>10:00 AM - 10:45 AM</td>
<td>Intersection of Wilderness Medicine and Global Health (11-010-0.75)</td>
<td>Darryl Macias, Geoffrey Tabin, Justin Sempsrott</td>
</tr>
<tr>
<td>10:45 AM - 11:30 AM</td>
<td>Management of Patients with Suspected Spinal Cord Injury: Do We Really Need to Immobilize? (12-033-0.75)</td>
<td>Michael Millin</td>
</tr>
<tr>
<td>11:30 AM - 12:15 PM</td>
<td>From Taking Histories to Telling Stories: A Clinicians Guide to a Novel Approach in Fighting the Climate Crisis (11-031-0.75)</td>
<td>Terry O’Connor</td>
</tr>
<tr>
<td>12:15 PM - 12:30 PM</td>
<td>Closing Remarks</td>
<td>James Lieberman, Grant Lipman, Ali Arastu</td>
</tr>
</tbody>
</table>

**NEW!** Conference attendance qualifies you for automatic approval to the new pro-sales platform, Outdoorly, which offers inside deals to more than 45 brands such as Mammut, So ILL, Icemule and Klean Kanteen. The code for expedited approval will be provided after the conference!
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 equipment rental, lift/gondola tickets, park permits, supplies, etc. These always sell out so don’t wait to sign up!

**ICE AXE WORKSHOP**

$55  SUNDAY, MARCH 1, 2020, 1:00 PM  

Todd Miner  

Learn how to use an ice axe to more efficiently and safely climb and descend in snowy terrain. Practice alpine ice and snow anchors, self-arrest, and snow anchor. No experience necessary and equipment provided.

**SOLD OUT**

**AVALANCHE RESCUE AND RESUSCITATION WORKSHOP**

$30  MONDAY, MARCH 2, 2020, 1:00 PM  

Jacob Jensen, Darryl Macias  

Short introductory lectures followed by hands-on avalanche workshop with practice scenarios including avalanche victim(s) search and recovery with medical management/post-resuscitation care to avalanche victims.

**FOOT CARE WORKSHOP**

$20  MONDAY, MARCH 2, 2020, 1:00 PM  

Patrick Burns  

Hands-on workshop to practice the tried and tested best techniques to prevent and treat blisters - the enemy of the feet.

**WOUND CLOSURE WORKSHOP**

$30  TUESDAY, MARCH 3, 2020, 1:00 PM  

Patrick Burns, Colin Little, Jacob Jensen, Eileen Deignan  

You’re out in the wilderness and someone has sustained a significant wound. Should you close it? What did (or should) you bring with you to adequately close the wound? This workshop will cover these issues and provide materials and instruction for properly closing wounds.
Lodging Options

Sun Valley Inn group block has been sold out. Overflow lodging has been arranged at:

Hotel Ketchum
600 N. Main Street | Ketchum, ID 83340
ROOM RATES & ROOM RESERVATIONS
• Room rate is 25% off their hotel's prevailing rate and rates are available from 2/26 - 3/4
• Reservations can be made by calling 208-471-4716 and mention code: WILD (this code is not available online)
• A 2-night minimum is required
Cancellations/changes are accepted up to 72 hours prior to arrival

Tamarack Lodge
291 Walnut Avenue | Ketchum, ID 83340
ROOM RATES & ROOM RESERVATIONS
• Room rate is 25% off their hotel's prevailing rate and rates are available from 2/26 - 3/4
• Reservations can be made by calling 208-726-3344 and mention code: WILD (this code is not available online)
• A 2-night minimum is required
Cancellations/changes are accepted up to 72 hours prior to arrival

Knob Hill Inn
960 N. Main Street | Ketchum, ID 83340
A small hotel with only 29 rooms total. Rooms are available on a first come, first serve basis.
ROOM RATES & ROOM RESERVATIONS
• $299/night plus tax
• Reservations can be made by calling 208-726-8010 (ask for WMS rate)

Travel
GETTING TO SUN VALLEY BY AIR
Sun Valley is served by Hailey's Friedman Memorial Airport (SUN). It's located 14 miles from the resort and is easily accessible from the gateway cities of San Francisco (SFO), Seattle (SEA), Los Angeles (LAX), Salt Lake City (SLC), Denver (DEN), and Chicago (ORD). These cities are served by most major airlines and are met by Sun Valley's connecting carriers: Alaska Airlines, Delta Connection (Operated by SkyWest) and United Express (Operated by SkyWest).

Sun Valley Resort offers courtesy transportation for guests staying at the resort from/to Friedman Memorial Airport and the Sun Valley Resort. For more information contact Bell Service (208) 622-2122 or e-mail svshuttle@sunvalley.com. Reservations must be made to guarantee a seat upon arrival.

DRIVING INTO SUN VALLEY
Driving to Sun Valley Resort offers an enjoyable ride with very little traffic.

GETTING AROUND SUN VALLEY
Sun Valley is a complete walking village, where automobiles are unnecessary. The Mountain Rides Transportation Authority system provides free transportation in Ketchum and Sun Valley, including continuous round trips from the Village to both Dollar and Bald Mountains and to the town of Ketchum and Elkhorn Springs. For more information visit mountainrides.org.
Pre-Conference Courses

All pre-conference programs have limited enrollment to ensure the quality of the learning experience. Please register early to guarantee your space. Participants must also register for the Main Conference as content for these pre-conferences will be presented during the main conference sessions.

Level 1 Avalanche Course - $550
Thursday, Feb. 27 - Saturday, Feb. 29
DiMM Candidates Only*

This intensive course will present comprehensive information about safe travel in avalanche terrain, avalanche transceiver use, and snowpack analysis. Participants will practice efficient rescues with avalanche beacons, and 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. The Wilderness Medical Society (WMS) is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

* 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.

** 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 waitlist.

Advanced Wilderness Life Support (AWLS) - $400
Friday, Feb. 28 - Sunday, March 1

AWLS is a practical hands-on certification course originally developed at the University of Utah School of Medicine in 1997 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.

Visit https://wms.org/conferences/sunvalley20/ for full details on CME credits available.

NAEMT’s Tactical Emergency Casualty Care (TECC) - $400
Friday, Feb. 28 - Saturday, Feb. 29

Topics include scene safety, hemorrhage control, coverage of the MARCH assessment, surgical airway control, needle decompression, techniques for dragging and carrying victims to safety, and much more. Consider the 2017 Las Vegas Shooting or the 2013 Boston Marathon Bombing. How would you respond to casualty care in a threatened environment? NAEMT’s Tactical Emergency Casualty Care (TECC) course teaches medical personnel how to respond to, and care for, patients in a civilian tactical environment. Stemming from the Department of Defense’s Tactical Combat Casualty Care (TCCC) course, which teaches evidence-based, life-saving techniques and strategies for providing the best trauma care on the battlefield, TECC offers the same knowledge and skills for application in noncombat environments.

Diploma in Mountain Medicine (DiMM) - $2,150
Monday, March 2 - Tuesday, March 3

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 number of disciplines including expedition medicine, search and rescue operations, mountain guiding, snowshoeing, and mountain recreationalists. Topics in this pre-conference include hypothermia, improvised rescue, exercise physiology, pediatric wilderness medicine, medical problems in remote areas, snow shelters, and more. Please see the WMS DiMM web page at wms.org/education/dimm.asp for full program details and more information.

Visit https://wms.org/conferences/sunvalley20/ for full details on CME credits available.
**Registration Fees**

Includes lectures, small group sessions, syllabus, four continental breakfasts, welcome reception and Tuesday evening banquet.

<table>
<thead>
<tr>
<th>REGISTRATION LEVEL</th>
<th>MEMBER</th>
<th>NON-MEMBER</th>
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<tbody>
<tr>
<td>Doctoral</td>
<td>$750</td>
<td>$995</td>
</tr>
<tr>
<td>Non-Doctoral</td>
<td>$570</td>
<td>$770</td>
</tr>
<tr>
<td>Resident</td>
<td>$495</td>
<td>$640</td>
</tr>
<tr>
<td>Student</td>
<td>$400</td>
<td>$450</td>
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**ENROLL EARLY**

Early registration is encouraged due to limited space availability for the pre-conferences and the hands-on workshops. Visit [wms.org/conferences/sunvalley20](http://wms.org/conferences/sunvalley20) today, and call 512-379-5399 if you have questions or need any assistance.

**CANCELLATION AND REFUND POLICY**

Written notice of cancellation must reach the WMS office by Friday, January 31, 2020, 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.

**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.

**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 activity for a maximum of 26.5 AMA PRA Category 1 Credits™. Each physician should only claim credit commensurate with the extent of their participation in the activity.

**EDUCATIONAL OBJECTIVES**

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

- Understand the limitations of practicing medicine in austere environments
- Adequately prepare for practicing medicine in austere environments
- Recognize and treat common injuries and illnesses that occur in the wilderness

**ACADEMY OF WILDERNESS MEDICINE**

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

**AAFP**

This live activity, Wilderness Medical Society 2020 Winter Conference, with a beginning date of 02/27/2020, has been reviewed and is acceptable for up to 26.50 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.
The Mountain

Sun Valley is America's original winter playground for good reason. The town boasts an abundance of line-free lifts and cloud-free skies. Baldy is a big-time mountain with perfect-pitch vertical from peak to base and no flats or plateaus. There's plenty of time to make as many turns as your legs will allow, usually under a sun that shines for 80 percent of the year. With runs ranging from expert to beginner, groomers to slalom challenges, Baldy is a mountain for people who like to go down, no matter how fast or what they strap to their feet.

Dollar Mountain is the home of the world's very first chairlift, it now has 76 rails, along with beginner-friendly slopes, five lifts and 628 feet of vertical on a treeless, sun-kissed face. Every snow-lover, no matter their skill level, will find something on this mountain that will put a grin on their face and some fresh tracks behind them in the snow.

Visit sunvalley.com/things-to-do for a comprehensive listing of events and activities while in Sun Valley.

Optional Social Events*

NEWBIE BOWLING AT THE SUN VALLEY LODGE
• Sunday, March 1, 2020 from 5:00 PM - 7:00 PM
• Limited to first 24 bowlers; priority given to first-time conference attendees

PUB CRAWL
• Monday, March 2, 2020 from 7:00 PM - 9:00 PM
• Specialized drinks (alcoholic and non-alcoholic) and discounts available. Discounts available for those wearing their WMS apparel.

SKI & BOARD WITH THE WMS BOARD
• Tuesday, March 3, 2020 from 1:00 PM - 4:00 PM
• Some experience required

* Additional charge may apply
What have past attendees said about the annual WMS Winter Conference?

“What I liked most was the incredible wealth of knowledge in the room and the thoughtful questions asked in response to some wonderful presentations.”

“The presenters were phenomenal - engaging and knowledgeable.”

“Keep up the good work! Very well organized, informative and fun—with a great group of people!”

“As a new nurse student I learned much more about medicine beyond the clinical setting than I ever would in the classroom.”

“I will use information to teach and inspire medical students.”

“Lecturers are by “front line” people, experienced in the field who are able to convey information with precision and passion.”