

# WMS™

WILDERNESS MEDICAL SOCIETY

## Virtual Winter Conference

FEBRUARY 21 - 25, 2021



PLUS PRE-CONFERENCE FOR DIMM & GLOBAL HEALTH SYMPOSIUM



*Hello, wilderness friends!*

*As 2020 continues to present us with twists and turns, we are able to lean in to our ability to adapt and change. We will be building off of the success of the first virtual WMS Conference this past summer and will again be going virtual for the Winter 2021 WMS Conference. Though we won't be hanging out in Jackson, Wyoming, this February, we can still connect, share ideas, build skills, and learn through this powerful virtual platform.*

*We are happy to offer a diverse array of wilderness medicine topics from a wide variety of experts. This year has seen unprecedented wildfires with smoke plumes affecting air quality as far as Europe, the Gulf States inundated with hurricanes, and the world continuing to battle a pandemic! We will have several presentations about how human health and the environment intersect. Come join the conversation! We will also be discussing updates to core topics, providing foundational knowledge for those new to the field, and offering plenty of FAWM credits.*

*As always, the conference will kick off with an opening reception. Pick your favorite beverage, relax in your favorite chair and log in to meet new people, share ideas, or reminisce with old friends. We will be creating more space and time for collaboration and interaction throughout the conference as well. Be sure to look out for athletic challenges, special videos, and of course, more trivia with your host, Jamie Lieberman!*

*While we won't all be in the same place – we will all be together. The opportunity to form personal and professional relationships is still there. This conference is also an opportunity to earn 18.5 AMA PRA Category 1 Credits™. Log in and continue to be a part of this vibrant community – wherever you are!*



A handwritten signature in black ink, appearing to read "P. Burns".

Patrick Burns, MD, FAWM, DiMM  
2021 Virtual Winter Conference Chair



A handwritten signature in black ink, appearing to read "D. Young".

David Young, MD, MS, FAWM, DiMM  
2021 Virtual Winter Conference Vice-Chair



# 2021 Virtual 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.

The WMS virtual conference will be an interactive format with a live chat feature, instant polls and live Q&A sessions. You'll, therefore, get the exceptional education that you've come to expect from the WMS to enhance your wilderness medicine knowledge and skills, but now also get the added benefit of accessing this education from the comfort of your home or office. And if convenience was not enough of a reason to participate, then affordability is a great reason to register. We have once again discounted the registration fee by 50%, making this the most affordable option for FAWM and CME credit.

## Main Conference Schedule

*Green is an optional workshop; Yellow is a small group session; Orange is an activity; White is a general session. Times are listed in US Central time (convert to your time zone at [everytimezone.com](http://everytimezone.com)).*

TIME	EDUCATION SESSION	FACULTY
<b>SUNDAY, FEBRUARY 21</b>		
10:00 AM - 12:00 PM	Networking & Info Session	
12:00 PM - 1:00 PM	Virtual Wellness Activity	
<b>MONDAY, FEBRUARY 22</b>		
9:15 AM - 9:30 AM	Welcome	Patrick Burns, Dave Young
9:30 AM - 10:00 AM	State of the WMS	Linda Keyes
10:00 AM - 10:45 AM	Medicine at the End of the World w/ COVID (02-051-0.75)	Yeu-Shin Cindy Chang
11:00 AM - 11:45 AM	Whole Blood Transfusions in Austere Settings (12-046-0.75)	Thomas DeLoughery
12:00 PM - 12:45 PM	Nutrition, Human Health, and Climate Change (09-011-0.75)	Tracy Cushing
1:00 PM - 1:45 PM	Move the Mountain: Health, Carbon, And Public Policy (13-007-0.75)	N. Stuart Harris
2:00 PM - 2:15 PM	Trivia (12-001-0.25)	James Lieberman
2:15 PM - 2:30 PM	Break	
2:30 PM - 3:00 PM	Networking by Interest Groups	
3:00 PM - 4:45 PM	GME Mini Lectures (12-001-1.75)	Taylor Haston
5:00 PM - 5:45 PM	Women Who Can Save Your Life (03-014-0.75)	Jennifer Dow, Laura McGladrey, Emily Sagalyn, Luanne Freer, Alison Sheets
5:00 PM - 5:45 PM	Spinal Cord Protection (12-033-0.75)	Seth Hawkins, Jason Williams

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<b>TUESDAY, FEBRUARY 23</b>		
9:40 AM - 10:00 AM	Networking: Randomized	
10:00 AM - 10:45 AM	Educating Others in a Time of Misinformation (11-023-0.75)	Jay Lemery
11:00 AM - 11:45 AM	Cold Water (09-032-0.75)	Christanne Coffey
12:00 PM - 12:45 PM	Practicing Medicine at Extreme High Altitude (03-014-0.75)	Emily Johnston
1:00 PM - 1:45 PM	Ultramarathon Medicine: Where Sports and Wilderness Medicine Collide (07-018-0.75)	Brandee Waite
2:00 PM - 2:15 PM	Trivia	James Lieberman
2:30 PM - 3:00 PM	Networking by Interest Groups	
3:00 PM - 4:45 PM	Everything Ice Axes (05-029-1.75) (\$25)	Martin Musi
3:00 PM - 4:45 PM	Bootcamp 1 (12-002-0.50, 03-025-0.5, 09-001-0.5, 12-037-0.25)	Kelly DiLorenzo, Brian Strickland, Annaleigh Boggess, James Marvel
5:00 PM - 5:45 PM	Going Green in Your Practice (10-004-0.75)	Hanna Lindstadt
5:00 PM - 6:30 PM	Wilderness Survival (05-001-1.50) (\$25)	Darryl Macias
<b>WEDNESDAY, FEBRUARY 24</b>		
9:40 AM - 10:00 AM	Networking: Randomized	
10:00 AM - 10:45 AM	Up the Water Spout: Envenomations that Crawl and Fly (09-006-0.75)	Colin Little
11:00 AM - 11:45 AM	Integrating the Incident Command System into Small Team Rescues (06-003-0.75)	Andy Rich
12:00 PM - 12:45 PM	Diversity in the Wilderness (02-052-0.75)	Avinash Patil
1:00 PM - 1:45 PM	Journal Watch: Updates in Mountain Medicine (12-048-0.75)	Grant Lipman, Peter Hackett
2:00 PM - 2:15 PM	Trivia	James Lieberman
2:15 PM - 2:30 PM	Break	
2:30 PM - 3:00 PM	Networking by Interest Groups	
3:00 PM - 4:45 PM	Bootcamp 2 (03-002-0.50, 05-003-0.5, 09-009-0.25, 09-004-0.5)	Anne Walker, Maximiliano Smolkin, Jeffrey Lane, Mia Derstine
3:00 PM - 6:00 PM	Mass Casualty (11-014-3.00) (\$25)	Lara Phillips, Joshua Rudner, Amit Padaki
5:00 PM - 5:45 PM	Women Specific Issues in the Wilderness (02-012-0.75)	Christanne Coffey, Emily Sagalyn, Lauren Altschuh
5:00 PM - 6:30 PM	Wilderness Survival (05-001-1.50)	Darryl Macias

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TIME	EDUCATION SESSION	FACULTY
<b>THURSDAY, FEBRUARY 25</b>		
9:40 AM - 10:00 AM	Networking: Randomized	
10:00 AM - 10:45 AM	Virtual Exhibit Hall	
10:45 AM - 11:45 AM	Keynote Presentation: Breaking Trail: Mountains and Molecules	Arlene Blum
11:45 AM - 12:00 PM	Break	
12:00 PM - 12:45 PM	Field-Expedient Celestial Navigation (05-019-0.75)	Steven Carleton
1:00 PM - 1:45 PM	Hypothermia - New Considerations (09-032-0.75)	Martin Musi
2:00 PM - 2:45 PM	Edible Plants (05-004-0.75)	William Chiang
3:00 PM - 3:15 PM	Trivia	James Lieberman
3:15 PM - 3:30 PM	Closing Remarks	Linda Keyes



## “Breaking Trail: Mountains and Molecules”

Thursday, February 25 | 10:45-11:45 AM

Arlene Blum, biophysical chemist, author, and mountaineer has led successful first women’s expeditions to Annapurna I and Denali, and walked 2000 miles across the Great Himalaya mountain range of Bhutan, Nepal, & India. Her scientific research and policy work with government and business protects human health and the global environment. Blum shares her favorite images and dramatic stories illustrating her climbs of remote and beautiful high peaks and her scientific work for healthier people and planet.

We asked WMS 2020 Virtual Summer Conference participants to describe their experience in one word and here’s what they said (the bigger the word, the more responses it received):



# Conference Workshops

Register for any of the following workshops when you register for the Main Conference in the Trading Post. These always sell out so don't wait to sign up!

## EVERYTHING ICE AXES WORKSHOP

**\$25** TUESDAY, FEBRUARY 23, 2021, 3:00 PM  
*Martin Musi*

Ice axes are amazing tools that allow us to transit mountainous terrain and climb ice formations. Join us in this workshop to learn the introductory skills for the use of ice axes.

Objectives:

1. A brief review of the history of ice axes and differences in styles
2. Anatomy and uses of the ice axe
3. Practice your aim and accuracy
4. Video analysis of techniques for self-arrest and snow anchors
5. Maintenance and transport of your axe



**SOLD OUT**

## MASS CASUALTY

**\$25** WEDNESDAY, FEBRUARY 24, 2021, 3:00 PM

*Lara Phillips, Joshua Rudner, Amit Padaki*

With the restrictions imposed by SARS-COV-2, several institutions have canceled conferences, medical student rotations, and other forms of in-person wilderness medical education. As educators attempt to transition their content for remote instruction, the outdoors components of wilderness medicine courses could prove particularly challenging. Virtual adaptations could potentially reduce cost and logistical requirements while still conveying high-value wilderness medicine concepts. Our instructors will share their first-hand tips and tricks of converting the WMS (with) sponsored BreckWild wilderness and wilderness medical medicine student elective (originally a 4-week course scheduled for Breckenridge, CO, in April, but cancelled due to COVID-19) to a virtual format focused on telemedicine. They will explain how doing so can take advantage of the virtual platform while emphasizing disaster medicine, in the context of current events. Our innovative instructors attempted adaptations of multiple types of simulation and interactive education. Their efforts at translating a mass casualty simulation were particularly well-received by the 30 students who participated in the virtual student elective. This MCI simulation included a tabletop exercise for the incident command system (ICS) and rigorous game rules for the field. The webinar explores both their redesigned curricular framework and experience with the virtual simulation itself. Our hope is that you can learn their pearls and pitfalls as you design your own future virtual courses.

**SOLD OUT**

## WILDERNESS SURVIVAL

**\$25** TUESDAY, FEBRUARY 23, 2021 AND WEDNESDAY, FEBRUARY 24, 2021, 5:00 PM  
*Darryl Macias*

Learn practical approaches to survival in the wilderness.

Objectives:

1. To learn how to source water in austere environments.
2. To learn how to find / create shelter with minimal supplies.
3. To learn how to source food in austere environments.

**SOLD OUT**



# 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.

## Diploma in Mountain Medicine (DiMM) - \$1,650



**Wednesday, February 17-18; 8:00 AM - 5:00 PM**

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. 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](https://wms.org/education/dimm.asp) for full program details and more information.

The Winter WMS DiMM session will be a complete DiMM session that is facilitated through a virtual environment. Activities and skills will be managed with some required pre-recorded lectures and activities prior to the synchronous virtual event. In the end all ICAR requirements will be met and the virtual session will stand alone and not require any skills make-up.

The avalanche course will not be offered in conjunction with this conference. Participants are required to get a Level 1 Avalanche certification (at their own expense) in the winter of 2020-21 or 2021-22 (before 4/2022). Criteria to opt out of the avalanche course requirement (proof of prior training and experience) remain unchanged.

## Global Health Symposium - \$200



**Saturday, February 20; 7:45 AM - 3:15 PM**

This course will provide an update on the advances in global health made over the last decade; particularly in the areas of traveling ethically, refugee & disaster medicine, COVID-19 considerations worldwide, austere medicine and mountain & altitude environment. The symposium will be facilitated through a virtual environment. Please see the Winter Conference web page at [wms.org/conferences/virtualwinter21/](https://wms.org/conferences/virtualwinter21/) for full program details and more information. Main conference registration is required for enrollment in the symposium.

### CME:

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 educational activity for a maximum of **6 AMA PRA Category 1 Credits™**. Each physician should only claim credit commensurate with the extent of their participation in the activity.

### ACADEMY OF WILDERNESS MEDICINE:

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



# Registration Fees

The prices below reflect a 50% discount off typical WMS conferences and include lectures, small group sessions, syllabuses, and all virtual activities.

REGISTRATION LEVEL	MEMBER	NON-MEMBER
Doctoral	\$375	\$495
Non-Doctoral	\$285	\$385
Resident	\$250	\$325
Student	\$200	\$225

## ENROLL EARLY

Early registration is encouraged due to limited space availability for the pre-conferences and the hands-on workshops. Visit [wms.org/conferences/virtualwinter21](https://wms.org/conferences/virtualwinter21) 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 Wednesday, January 20, 2021, in order to receive a refund, less a \$100 service fee. After that day no refunds will be given.

# 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 18.5 *AMA PRA Category 1 Credits*<sup>™</sup>. Physicians should claim only the 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

## FACULTY DISCLOSURE

It is the policy of the Wilderness Medical Society to ensure balance, independence, objectivity and scientific rigor. All faculty members are required to disclose any real or apparent conflict of interest related to the content of their presentation.

## ACEP

Approved by the American College of Emergency Physicians for a maximum of 18.5 hour(s) of ACEP Category 1 Credit.

## ACCOMMODATIONS NEEDED

In compliance with the Americans with Disabilities Act, we will make every reasonable effort to accommodate your request. For any special requests, please contact the Wilderness Medical Society at (512) 215-4490 or email [gabi@wms.org](mailto:gabi@wms.org) at least three weeks prior to the conference.

## COMMITMENT TO DE&I

The WMS and the conference planning committee will work to ensure all conference activities are fair, accessible, flexible, inclusive, and encouraging of diversity.

## ACADEMY OF WILDERNESS MEDICINE

This conference offers FAWM core and elective credits. Actual credits awarded depend on personal credit needs and history. This conference has been designated as a live event. FAWM candidates must submit all conference FAWM credits by March 24, 2021 to fulfill the requirement of attending at least one live WMS activity.

## PHYSICIAN ASSISTANTS

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

## AAFP

The AAFP has reviewed WMS 2021 Winter Conference and deemed it acceptable for up to 19.00 Online Only, Live AAFP Prescribed credit. Term of Approval is from 02/21/2021 to 02/25/2021. Physicians should claim only the credit commensurate with the extent of their participation in the activity.



# What did attendees say of the WMS 2020 Virtual Summer Conference?

***“The virtual experience completely exceeded my expectations! I am now looking forward to attending many more actual & virtual WMS Conferences.”***

***“You all did a remarkable job pulling this together. Very impressive!”***

***“I am absolutely blown away by this experience. This was my first time attending and I am sincerely wowed!”***

***“I loved the virtual interaction - this was an amazing opportunity to still have a WMS community experience during the pandemic. The WMS community is so amazing!”***

***“Loved it! Can’t wait for the winter conference.”***

***“Truly memorable, and despite other virtual conferences in 2020, probably my ‘event of the year’.”***

***“Incredible evidence-based talks! And so many extras (links, contacts, suggestions, anecdotes, etc.) in the sidelines via the Chat option.”***

