

INTRODUCTION TO WILDERNESS MEDICINE

HEDU 2095 – Online course

Click here to watch the welcome video

COURSE SYLLABUS

- Instructor: Richard J. Ingebretsen, MD, PhD
Phone: 581-6901
email: richi47@comcast.net
Office hours: I can talk to you on Zoom, Facetime or a phone call anytime
- Text: Introduction to Wilderness Medicine available at wildmedu.org in PDF format. There is also a link to the text in the files section to the left, or you can [click here](#) to download it.

GENERAL INFORMATION Fall 2020 This is an online canvas course for Spring 2021. It is designed to prepare outdoor enthusiasts and world travelers who have no formal medical training to prevent and treat injuries and medical problems that might occur in the backcountry. Please email me if you have any questions at all. richi47@comcast.net

- There will be regular assignments due online via Canvas.
- There are four scheduled quizzes during the semester-found on Canvas
- You will write a paper on a subject of your choice that relates to wilderness medicine

Due dates are found below on the schedule.

Wild Med U A lot of learning material can be found on Wild Med U. Log onto www.wildmedu.org Here you will find the resources you can use to pass this course. Rather than live lectures, you can listen to podcasts on the subjects you need to study. These podcasts are also found on iTunes and Spotify. You can download the textbook Introduction to Wilderness Medicine in PDF format. There are also practice tests and important videos for you to watch.

Quizzes For your grade in the class, you will take quizzes that are found on Canvas. They are designed to focus your study on the most recent material that you study. The quizzes will consist of multiple-choice questions and true/false questions. These are taken through Canvas online and you will have about 30 minutes per quiz and seven days to complete them. No make-up quizzes will be given.

Look below for the due dates.

Assignments This will be a weekly assignment that is posted online. The assignment will be a number of questions from the subjects studied that week. These weekly writing assignments will open up on Fridays at 12 midnight (except for quiz dates and holidays) and you will have until the next assignment to finish them. They will close at 11:59 pm on that day. You will not be allowed to turn in homework after this period.

Paper This paper is designed for you to learn about something that interests you from wilderness medicine topics. Choose an area of interest that you have in medicine and learn more about it. I do not want you to do a research paper but work off of the internet, as well as look at other texts, and learn about a topic that would benefit you. You can tell about an event that happened to you or a family member or friend. You can take about something you read for the class as well. Make sure you cite your work if you download something from the internet. It should be no more than a few pages long. However, there is not a required minimum length. Submit it on the due date, electronically by uploading it to canvas under the paper assignment under the ‘assignments’ tab. You will have the same one-week grace period to turn in your paper/project as your weekly writing assignments. The paper is **due Monday, April 5th**.

Here are some ideas from what students have done in the past to help you with ideas:

- Bear spray
- Diabetics at altitude
- New bike seats
- Best shoes for hiking
- Heart disease in the wilderness
- Blister care
- Best bikes for off-road use

Grading methods and criteria Students will be evaluated in the following manner:

- There will be 4 quizzes. Each quiz will be worth about 30 points.
- 10 total weekly writing assignments. Each assignment will be worth 2 points.
- Paper: Will be worth 10 points.

Grading We don’t follow the traditional percentage grading system. Focus on learning the material, and if you, you will do well on the homework and on the quizzes and you will get a good grade. Everyone can get an A in the course.

- Quiz 1 – 10% of the final grade
- Quiz 2 – 10% of the final grade
- Quiz 3 – 10% of the final grade
- Quiz 4 – 10% of the final grade
- Weekly Assignments – 30% of the final grade
- Paper/Project – 30% of the final grade

Course Objectives: At the end of the course the students will be able to:

- Provide basic suggestions for preparedness
- Demonstrate how to pack an effective first aid kit
- Learn proper techniques for water disinfection
- Learn the back-country assessment of an injured or sick patient
- Learn the treatment of dislocations, sprains, strains and breaks
- Learn how to treat medical problems and prevent infectious disease

- Study and learn the treatment of bites and stings
- Learn the treatment of skin-related injuries including sunburn and poison ivy
- Study the prevention and treatment of lightning-related injuries
- Learn to treat hot and cold-related injuries including dehydration and frostbite
- Understand the treatment of altitude-related illnesses
- Study avalanche prevention and rescue
- Understand the management of head and neck trauma
- Know the proper techniques for the transport of an injured patient
- Know basic causes of infectious diseases in various parts of the world

Faculty and Student Responsibilities All students are expected to maintain professional behavior in the classroom setting, according to the Student Code, spelled out in the Student Handbook. Students have specific rights in the classroom as detailed in Article III of the Code. The Code also specifies proscribed conduct (Article XI) that involves cheating on tests, plagiarism, and/or collusion, as well as fraud, theft, etc. Students should read the Code carefully and know they are responsible for the content. According to Faculty Rules and Regulations, it is the faculty responsibility to enforce responsible classroom behaviors, beginning with verbal warnings and progressing to dismissal from class and a failing grade. Students have the right to appeal such action to the Student Behavior Committee. Faculty...must strive in the classroom to maintain a climate conducive to thinking and learning.” PPM 8-12.3, B. “Students have a right to support and assistance from the University in maintaining a climate conducive to thinking and learning.” PPM 8-10, II. A.

University Counseling Center [*The University Counseling Center \(UCC\)*](#) provides developmental, preventive, and therapeutic services and programs that promote the intellectual, emotional, cultural, and social development of University of Utah students. They advocate a philosophy of acceptance, compassion, and support for those they serve, as well as for each other. They aspire to respect cultural, individual and role differences as they continually work toward creating a safe and affirming climate for individuals of all ages, cultures, ethnicities, genders, gender identities, languages, mental and physical abilities, national origins, races, religions, sexual orientations, sizes and socioeconomic statuses.

Office of the Dean of Students *The [Office of the Dean of Students](#)* is dedicated to being a resource to students through support, advocacy, involvement, and accountability. It serves as a support for students facing challenges to their success as students, and assists with the interpretation of University policy and regulations. Please consider reaching out to the Office of Dean of Students for any questions, issues and concerns. 200 South Central Campus Dr., Suite 270. Monday-Friday 8 am-5 pm.

The Americans with Disabilities Act The University of Utah seeks to provide equal access to its programs, services and activities for people with disabilities. If you will need accommodations in the class, reasonable prior notice needs to be given to the Center for Disability & Access, 162 Olpin Union Building, 801-581-5020. CDA will work with you and the instructor to make arrangements for accommodations. All written information in this course can be made available in alternative format with prior notification to the Center for Disability & Access.

Addressing Sexual Misconduct Title IX makes it clear that violence and harassment based on sex and gender (which includes sexual orientation and gender identity/expression) is a Civil Rights offense subject to the same kinds of accountability and the same kinds of support applied to offenses against other protected categories such as race, national origin, color, religion, age, status as a person with a disability, veteran's status or genetic information. If you or someone you know has been harassed or assaulted on the basis of your sex, including sexual orientation or gender identity/expression, you are encouraged to report it to the University's Title IX Coordinator; Director, Office of Equal Opportunity and Affirmative Action, 135 Park Building, 801-581-8365, or to the Office of the Dean of Students, 270 Union Building, 801-581-7066. For support and confidential consultation, contact the Center for Student Wellness, 426 SSB, 801-581-7776. To report to police, contact the Department of Public Safety, 801-585-2677(COPS).

Campus Safety The University of Utah values the safety of all campus community members. To report suspicious activity or to request a courtesy escort, call campus police at 801-585-COPS (801-585-2677). You will receive important emergency alerts and safety messages regarding campus safety via text message. For more information regarding safety and to view available training resources, including helpful videos, visit safeu.utah.edu

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