

Kansas Academy of Family Physicians Wilderness Medicine for the Physician

Learning Objectives

1. Participants will differentiate between patient treatment "street medicine" (when 911 works quickly and effectively) and wilderness medicine protocols.
2. Participants will demonstrate safe, effective, and efficient patient movement.
3. Participants will demonstrate improvised splinting of long bone injuries.
4. Participants will demonstrate improvised ways of serious wound treatment including cleaning and homeostasis.
5. Participants will describe and demonstrate spinal considerations and treatment in austere settings.

**Kansas Academy of Family Physicians
Wilderness Medicine for the Physician
Syllabus**

Friday, October 9, 2026

7:30 AM Breakfast & Registration

8:00 AM Class Introduction – 15 minutes

1. Participants
2. Course

8:15 AM Wilderness Medicine Overview – 45 minutes

1. Definitions
2. Principles
3. Advantages
4. Differences with resource rich environments
5. Epidemiology

9:00 AM Initial Response – 60 minutes

1. Scene Assessment
2. Primary Assessment
3. Secondary Assessment

10:00 AM Break (15 minutes)

10:15 AM Musculoskeletal Injuries – 120 minutes

1. Principles
2. Lower arms
3. Lower legs
4. Knees
5. Buddy system

12:15 PM Lunch (45 minutes)

1:00 PM Mental Status Issues – 30 minutes

1. Challenges
2. Trauma
3. Non-traumatic

1:30 PM Wounds – 90 minutes

1. Principles
2. Wound cleaning
3. Direct pressure and pressure dressings
4. Tourniquets
5. Specific wounds (nose, eyes, teeth, etc.)

3:00 PM Break (15 minutes)

3:15 PM Circulatory Issues – 15 minutes

1. Shock
2. Cardiac arrest
3. Heart attack

3:30 PM Pulmonary Issues – 15 minutes

1. Trauma
2. Illness

3:45 PM Abdominal and GI Issues – 15 minutes

- a. Trauma
- b. Illness

4:00 PM Spinal Issues – 15 minutes

1. Spinal protection vs. immobilization
2. Improvised spinal protection

4:15 PM Patient Movement – 60 minutes

1. Principles
2. Log roles
3. Beaming

5:15 PM Wrap up for the day

Saturday, October 10, 2026

7:30 AM Breakfast

8:00 AM Burns – 15 minutes

1. Prevention
2. Assessment
3. Treatment

8:15 AM Skills Review – 60 minutes

1. Splinting
2. Hemorrhage control
3. Spinal protection
4. Patient movement

9:15 AM Water Treatment – 15 minutes

1. Heat
2. Chemicals
3. Filter
4. UV

9:30 AM Cold Issues – 30 minutes

1. Hypothermia
2. Frostbite
3. Immersion foot

10:00 AM Break (15 minutes)

10:15 AM Heat Issues – 15 minutes

1. Heat exhaustion
2. Heat stroke
3. Hyponatremia

10:30 AM Litters and Carries – 60 minutes

1. Principles

2. Sapling litter
3. Clothing litter
4. Tarp litter

11:30 AM Bites and Stings – 30 minutes

1. Mammals
2. Reptiles
3. Invertebrates

12:00 PM Lightning – 15 minutes

1. Prevention
2. Treatment

12:15 PM Lunch (30 minutes)

12:45 PM Altitude – 15 minutes

1. AMS
2. HACE
3. HAPE

1:00 PM Drowning – 15 minutes

1. Prevention
2. Treatment

1:15 PM Review/Catch-up/Practice – 30 minutes

1:45 PM Scenarios – 60 minutes

2:45 PM Break (15 minutes)

3:00 PM Scenarios – 105 minutes

4:45 PM Summary and Conclusions – 15 minutes