

ADVANCED WILDERNESS LIFE SUPPORT®
Guatemala January 6-16, 2015

GUATEMALA AWLS CONFERENCE SCHEDULE

Tuesday, January 6th Guatemala City Airport: Stofella Hotel (D)

Arrive in Guatemala City where you will be greeted by a course representative and driven to the hotel.

5:30PM	WELCOME / INTRODUCTION
6:00	Medical Kits / Patient Assessment
7:30	Dinner

Wednesday, January 7th Stofella Hotel (B) (L) (D)

After breakfast at the hotel, students will meet in the hotel conference room where the SOS team will provide transportation to the local Volunteer Bomberos Fire House and begin the course lectures.

7:00AM	Breakfast
8:00	Meet in Lobby and Transfer to Fire House
8:45	Wilderness Wound Management -60 min
9:45	Animal & Insect Bites & Stings -60 min
10:45	Altitude Illness -45 min
11:30	Lunch
12:30PM	Water Disinfection -60 min
1:30	Dive Medicine -60 min
2:30	Break
2:45	HEENT -60 min
3:45	Lightning -45 min
4:30	Snake Demonstration
8:00	Dinner

Thursday, January 8th Samuc Champay/Lanquin: El Retiro Hotel (B) (D)

7:00AM	Breakfast at Hotel
8:00	Meet in Hotel lobby for bus ride to jungle highlands at Samuc Champay. Drive estimated at 6-8 hours
10am	Medical Problems / Infectious Disease Discussions (120 min)
Noon	Lunch (on own)
4pm	Check in
6:00	Submersion / Cold Water -60 min

Friday, January 9th Lanquin: El Retiro Hotel (B) (L) (D)

7:00 AM	Breakfast
8:00	Bus ride to Semuc Champay
Afternoon	Practical Sessions: (240min) -Patient Assessment -Fractures/Dislocations/Splinting -Wraps / Carries / Packaging / Litters -C-spine Management
7:00PM	Dinner

Saturday, January 10th Lanquin: Stofella (B) (L) (D)

6:30AM	Breakfast	
7:00	Bus ride to Cahbon River for Rafting	
9:00	Rafting Trip	
	Wilderness Medicine Scenarios	-60 min
	Transport Back To Hotel	
1:00PM	Lunch	
2:00	Drive Back to Guatemala City	
8:00	Dinner	

Sunday, January 11th San Marcos/Xela (Quezaltenango) Quetzal Trekkers (Local Hostel) (B)(D)

7:00AM	Breakfast	
8:00	Leave for Xela on bus	
Noon	Lunch (on own)	
3:00	Avalanche	-60 min
4:00	Hypo / Hyperthermia / Frostbite	-90 min
7:30PM	Dinner	

Monday, January 12th Tajumulco (Tents on Crater Rim) (L) (D)

5:00AM	Meet in Hostel lobby and proceed to bus station in Xela	
7:00	Breakfast in San Marco	
10:00	Hike to base camp at 3000m on Tajumulco just below the crater rim	
12:00	Lunch - During Trek	
Afternoon	Wilderness Medicine Scenarios	-180min
7:00PM	Dinner	

Tuesday, January 13th Tajumulco/Xela: Quetzal Trekkers (Local Hostel) (B)(L)(D)

4:00 AM	Begin hike by headlamp to summit of Tajumulco 4,220 meters	
12:00	Hike Out	
	Wilderness Scenarios	-60 min
1:00	Lunch	
4:00	Return to Quetzal Trekkers	
8:00	Dinner	

Wednesday, January 14th Xela to Antigua Guatemala: Las Camelias Inn (L) (D)

8:00 AM	Breakfast	
9:00	Explore the markets and city of Xela	
1:00 PM	Depart by bus to Antigua Guatemala and Hotel	
2:30	Explore colonial city of Antigua Guatemala	
6:00	Group Dinner	

Thursday, January 15th: Las Camelias Inn (B) (D)

8:00 am	Breakfast / Written Exam	
9:00	Transport to coffee plantation	
10:00	AWLS final exam / Scenarios	
1:00	Completion of course	
	Afternoon Free - Zip lining or Return to City	
7PM	Final Dinner	

Friday, January 16th: Las Camelias Inn (B)

7AM Transfers Back to Guatemala City for Flights and departures
Ask if you would like help adding on a few days and flying up to Tikal
**(If you have early Flight let us know as you may need shuttle and room in Guatemala City Night Before

Course Description

“Learn the skills to prevent medical problems, reduce suffering and save lives in non-traditional medical settings”

- Earn your Advanced Wilderness Life Support certification
- Learn the latest practical hands-on wilderness medicine skills for patient assessment, treatment and evacuation protocols
- Practice your skills in live scenarios
- Taught by leading experts
- Obtain up to 20.5 hours of category 1 CME

COURSE OBJECTIVES

To provide a practical foundation in Wilderness Medicine for medical professionals

To teach patient assessment and treatment guidelines for life support until definitive care or evacuation is available

To train the provider in methods for managing medical and trauma emergencies and urgencies in the wilderness when evacuation is unavailable or unnecessary.

To teach techniques and guidelines for evacuation

You must hold a medical license (MD, PhD, Nurse, PA, Paramedic, EMT, second year or later student) to certify in AWLS. We also require that you have completed a BLS or CPR certification at sometime in the past.

TOPICS INCLUDE:

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| ➤ Patient assessment | Wound management |
| ➤ Trauma | Water treatment |
| ➤ Medical problems | Hyperthermia, hypothermia, frostbite |
| ➤ Infectious disease | Medical kits |
| ➤ Head, Ear, Eye, Nose, Throat, Skin | Lightning |
| ➤ Animal & insect bites | HAPE/HACE |

- Legal concerns
- Dive Medicine

Musculoskeletal injuries

The Wilderness Medical Society designates this educational activity for a maximum of 20.5 *AMA PRA Category I Credit(s)*[™]. Physicians should only claim credit commensurate with the extent of their participation in the activity.

This activity has been planned and implemented in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Medical Education through joint sponsorship of the Wilderness Medical Society and AdventureMed. The Wilderness Medical Society is accredited by the ACCME to provide continuing medical education for physicians.

Onsite Sign-in

There will be onsite sign in for the course on Wednesday morning from 7:30 to 8:00 AM at the Hotel conference room. You will receive your printed textbook and course program at that time. Sign-in is required so that we have an accurate record of your attendance for CME credits.

Course Materials

The textbook is available at the awls.org website as a digital download. You will be emailed a registration confirmation with the password to access the download. You will receive a hard copy of the AWLS textbook at the time you sign in for the course. The printed and e reader version of the textbook is also available for purchase from our publisher Amazon.com, if you would like a copy of the text shipped to you in advance of the course.

Trip Description- Guatemala

Day 1: Arrival

Delegates will be greeted at Guatemala City Airport throughout the day of the January 14th 2015 and are then taken to their hotel where they can relax and catch up on sleep from the journey.

We will meet in Lobby at 5:15PM and then proceed to have introduction and briefings about course. You will decide what medical supplies will be needed and as a team you will pack and take supplies you have decided upon for the course.

- Medical Kits
- Patient Assessment

Day 2 (Guatemala City)

After breakfast, we will be transported to Conference Room at Volunteer Bombaros Fire House. The course will assemble in the conference room after a short tour of the Fire House.

- Animal, Insect, and Arthropod Bites and Stings
- Altitude Medicine

- Water Disinfection
- Dive Medicine
- HEENT
- Lightning
- Snake Demo / Discussion / Hands-on Interaction

Our resident tropical medicine doctor and herpetologist will discuss malaria & dengue fever, along with snakebites & anti-venom administration respectively. The team will bring live venomous and non-venomous snakes to fuel your interest and assist in the recognition of venomous species in the wilderness.

Day 3

We set off early after breakfast to travel up into the highlands and the jungle. During the drive we will have group discussions about different medical problems and infectious disease cases. Upon arrival we will check in and have a relaxing evening including group dinner and evening presentations about submersion / cold injuries.

- Submersion Injuries

Day 4 Semuc Champey

After Breakfast, we set off early, traveling to Semuc Champey. Beautiful turquoise pools where we can hike to an overlook and enjoy swimming in the many pools of water. Here we will set up many stations for practical skills including rope carries, hypothermic wrap, patient assessment and c-spine injuries, and splinting. After a full day, we will head back to our Hotel and enjoy a nice dinner and relaxing evening.

- Practical Skills

Day 5 (Cahbon River Rafting)

After an early breakfast, we head out for a day of white water rafting at the Cahbon River. This should be an exciting day with some scenarios thrown in for your imagination.

After our rafting trip we will head back to hotel and have lunch, load up, and head back to Guatemala City.

Day 6 (Guatemala City to Xela)

We leave early and arrive in Quezaltenango, known locally Xela (She la), we check into a local hostel, prepare our rucksacks and consolidate our understanding of the effects of avalanche, cold injuries and heat illness. Group Dinner in excellent Italian Restaurant.

Includes:

- Avalanche
- Hypo/Hyperthermia/Frostbite

Day 7 (Xela to Tajumulco base camp)

Following a very early start, we head to the towns bus station where we head for breakfast in San Marcos and then up to the start of the trek at 3,000m. We trek through farmland and forest and then across a barren moonscape of volcanic rock to reach our camp just below the crater rim.

-Wilderness Scenarios

Day 8 (Crater rim to summit and return to Xela) 4220 metres / 13,845 ft

In true expedition style, we rise before the sun, navigating by headlamp to the summit. As the sunrise and breaks through the cloud, you realize you're on the roof of Central America and can see the long chain of volcanoes along the spine of the country. An incredible achievement and just enough time for some breath-taking photos before heading back down to Xela, where we restock the food reserves and have a well earned rest (or cold beer!).

Day 9 (Xela (& Market) to Antigua Guatemala)

The morning is free so we can experience the colonial City of Xela and buy souvenirs before we set off for Antigua Guatemala, the countries famous Spanish Colonial City. We'll get together for dinner, celebrate our achievements, compare wounds, tell stories and sample the local food, coffee (as used by Starbucks!) and beer.

Day 10 – Antigua Guatemala

We wake and have a relaxing breakfast over our final exams. Then we will head to a local coffee plantation and do our final practical scenarios before having some fun zip-lining (optional) for those that need the extra excitement. We will then return back to the city where the majority of people will stay for our final dinner (unless you have early flight next day). We'll shuttle you to the airport from the hotel that evening (if you have early flight) or hopefully you can stay for our final dinner and receive your AWLS card as a team.

Day 11 – Antigua Guatemala

Shuttle Back in AM for flights home or help with planning trip to Tikal or other destinations you may want to see before heading home.

If your flight is early am you may need to shuttle back night before to ensure flight schedule.

CONTRIBUTING FACULTY

Aaron R. Billin, MD, MS, FAAFP, FAWM

Emergency Medicine, Riverton Memorial Hospital, Riverton Wyoming
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Medical Director, Wind River Health Systems, Inc.
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NOTE: Listed faculty may not lecture at every conference. A final schedule will be provided at conference.

All AWLS faculty have signed disclosure statements indicating that they have no relevant financial relationships with any course sponsors.

Travel

Travel is being arranged by Special Operations Support Ltd (SOS), a company that has over 5 years experience running medical trips and close protection courses throughout the world.

We strongly recommend that participants purchase travel insurance. Travel insurance can refund your trip costs if you have to cancel at the last minute for work, illness or certain family crises, among other reasons. It will also provide some coverage for medical expenses/ emergency evacuation while you are traveling. SOS can help you arrange travel insurance when you book your space. Contact us for more details!

You can view pricing and a Description of Coverage by clicking on travel insurance here if you are interested:

To learn more about Special Operations Limited visit their website at:

<http://www.thesosgroup.co.uk>

Medical Evacuation Insurance:

Delegates should have personal insurance to cover any in-country medical examinations, treatment or rescue/evacuation from a remote area. We recommend Global Rescue, who can be contacted via their website: www.globalrescue.com

Transportation

You will need to book a flight to Guatemala City arriving on January 6, 2015 where you will begin the conference that night at 5:30PM so please arrange flights accordingly. Flights are not included in your tour price.

All other transportation in country related to the guided portion of the trip will be provided as part of the tour price.

Clothing and Other Equipment

Guatemala and the surrounding area experiences various temperatures in Jan. and you should refer to gear list on the SOS website. There will be hiking during the guided portion of the tour so bring comfortable hiking shoes. The sun is quite strong and so hats and protective clothing are recommended. All technical equipment is provided for the practical skills sessions.

Registration

Register for trip at <http://www.thesosgroup.co.uk>

To reserve your place in the AWLS Guatemala course you will pay a deposit of \$699 for each traveler. The balance of all fees will be due December 6th, 2015 if not paid in full there will be a \$250 fee or trip cancelled.

Trip Cost: \$2999

Deposit: \$699

The trip cost includes all internal travel within Guatemala between 6th - 16th January 2015, airport transfers, shared accommodation (single supplement extra) and most meals as indicated on itinerary. The cost does not include flights to Guatemala or additional nights accommodation.

CME Cost: \$699 Licensed Doctors, Physician Assistants, NP's, EMT's, PhD's, nurses, respiratory therapists and Dentists

Cancellation Policy: TOUR ONLY Your deposit for the travel portion of the course is nonrefundable if the course is not cancelled due to insufficient participant numbers. The balance of your trip fee will be due **DEC. 6th** prior to departure. NO refunds will be given after Dec. 6th. If complete payment is not paid by Dec. 6th a late fee of \$250 will be applied to your balance or your trip will be cancelled.

We have a minimum registration requirement of 6 participants and a maximum of 20. If the course is cancelled due to insufficient registration you will receive a full refund. Please contact us before purchasing plane tickets to confirm minimum number of registrants. The final trip cancellation date will be Dec. 6, 2015. if we have not reached 6 registrants the course will be cancelled.

COST SUMMARY

Trip cost: \$2,999 per person (deposit of \$699 due at time of reservation)
Single Supplement: \$380.00 (Please notify us that you request single room when you register)
AWLS & CME cost: \$699.00 20.5 hours of CME

* Early Bird Special: If you register before Nov. 15th you will receive a \$150 discount.

**If you register as a group of one or more you will receive a \$100 discount per person in your group

***Combined Discounts will not exceed \$150 total

Discounts will be given in Cash upon arrival to Guatemala City

Included: All transfers, 10 nights lodging (double occupancy), guiding, rafting trip, and most meals as indicated on itinerary.

Excluded: All Flights to Guatemala, airport taxes, travel insurance, rescue insurance, gratuities, and alcoholic beverages. Also, does not include additional days of travel or global rescue insurance. Zip-lining and other optional activities not listed on itinerary.