



ADVANCED WILDERNESS LIFE SUPPORT®
Mexico/Orizaba November 2-10th, 2014

MEXICO/ORIZABA AWLS CONFERENCE SCHEDULE

Note: (B)=Breakfast, (L)=Lunch, (D)=Dinner provided

Sunday, November 2nd: Mexico City / Maria Cristina Hotel (2400M)

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

5:00PM	WELCOME / Introduction to Wilderness Medicine	
5:45	Medical Kits Lecture	-60 min
6:45	Patient Assessment	-60 min
8:00	Dinner	

Monday, November 3rd: Tlachichuca Village / OMG (Orizaba Mnt. Guides) Hostel (2600M)

(B)(D)

After breakfast at the hotel students will meet in the hotel conference room where the SOS team will prepare to pack for travel.

7:00AM	Breakfast	
8:00	Transport (approximately 3-4 hour drive) to Tlachichuca Village	
11:30	Lunch	
12:30PM	Hypothermia/Hyperthermia/Frostbite	-90 min
2:00	Animal & Insect Bites & Stings	-75 min
3:15	BREAK	
3:30	Lightning	-30min
4:00	Submersion / Cold Water	-60 min
5:00	Avalanche	-60min
6:00	Break / Get Ready for Dinner	
7:00	Dinner	

Tuesday, November 4th: Hidalgo: Hostel in Forest (3200M)

(B)(L)(D)

7:00AM	Breakfast	
8:00	Meet in Hotel lobby for transportation to Forest:	
11:00	Lunch	
12:00	Wound Management	-75 min
1:15PM	Dive Medicine	-60min
2:15	Break	
2:30	Altitude Medicine	-60min
3:30	HEENT	-60min
4:30	Water Disinfection / Hydration	-45min
7:00	Dinner	

Wednesday, November 5th: Hidalgo: Hostel in Forest (3200M)

(B)(L)(D)

8:00AM	Breakfast	
9:00	Small Group Break Out Sessions	
	-Medical Problems	-60min
	-Infectious Disease	-60min
11:00	Lunch	
12:00	Practical Skills Workshop	-240min
	-Patient Assessment	
	-Dislocations	
	-Pulls, Carries, Hypothermic Wrap and Litters	
	-C-spine Management	
4:00PM	Recap/Summary	
7:00	Dinner	

Thursday, November 6th: Piedra Grande Hut / Stone Refuge (4200M)

(B)(L)(D)

7:00 AM	Breakfast	
8:00	4x4 Drive to Stone Refuge / Set up Camp	
12:00	Lunch	
1:00PM	Wilderness Medicine Scenarios	-120min
3:00	Break	
3:30	Wilderness Medicine Scenarios	-60min
7:00	Dinner	

Friday, November 7th: Tents on Mountain (4900M)

(B)(L)(D)

6:30AM	Breakfast	
7:30	Hike to High Camp 4-5 hrs	
12:00PM	Snacks	
1:00	Wilderness Medicine Scenarios	-60 min
3:00	Set up Camp / Relax	
5:00	Dinner	

Saturday, November 8th: Summit Day / Tlachichuca Village –OMG Hostel

(B)(L)(D)

2:00 AM	Breakfast / Prepare for Summit Attempt	
6:00	Base of Glacier / Crampon Point	
8:00	Summit	
8:30	Begin Descent to Stone Refuge (Piedra Grande)	
11:00	Lunch	
1:00PM	Return to Tlachichuca	
5:00	Dinner	

Sunday, November 9th: Maria Cristina Hotel / Mexico City

(B)(D)

7:00AM	Breakfast / FINAL EXAM	
9:00	Return to Mexico City	
11:00	Lunch	
1:00PM	Final Scenario Testing	-240min
5:00	Wrap-up / Finish Ride to Mexico City	
7:00	Dinner	



Monday, November 10th: Depart Home / Shuttle to airport

8:00AM **Breakfast** on own
Afternoon Airport Transfers

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 some time 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 | Musculoskeletal injuries |
| ➤ Dive Medicine | |

The Wilderness Medical Society designates this educational activity for a maximum of 20.5 *AMA PRA Category 1 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 Sunday Night at 5:00PM 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 if requested prior to 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- Orizaba

Day 1: Arrival Mexico City

Elevation 2400M

Delegates will be greeted at Mexico City Airport throughout the day of November 2nd, 2014 and will be taken to their hotel where they can relax and get ready to meet up in evening with group.

- Welcome / Intro
- Medical Kits Lecture
- Patient Assessment

Day 2: Mexico City to Tlachichuca Village

After breakfast, you will be transported along with the SOS team to Tlachichuca Village.

Elevation (2600M)

- Hypothermia / Hyperthermia / Frostbite
- Animal and Insect Stings
- Lightning
- Submersion / Cold Water
- Avalanche

Day 3: Tlachichuca Village to Forest Lodge

Elevation 3200M

We set off early to travel up into the forest. Presentations for the day include:

- Wound Management
- Dive Medicine
- Altitude Medicine
- HEENT
- Water Disinfection / Hydration



Day 4: Layover Day at Forest Lodge

Elevation 3200M

Today we relax and cover some basic small group discussions before getting out the gear and practicing our medical Skills.

- Medical Problems (Breakout Sessions)
- Infectious Disease (Breakout Sessions)
- Practical Skills:
 - Patient Assessment
 - C-spine Management

 - Dislocations, Fractures, Splinting
 - Pulls, Carries, Hypothermic Wrap, and Litters

Day 5: Forest Lodge to Piedra Grande Hut (Stone Refuge)

Elevation 4000M

After an early breakfast, we head towards the base of Orizaba by 4x4 trucks. We will get situated and then practice our skills with life-like scenarios.

- Wilderness Medicine Scenarios

Day 6: Piedra Grande Hut to High Camp on Mountain

Elevation 4900M

We will leave early and enjoy the beautiful scenery as we climb up to high camp. We will hike slow and steady and watch out for some surprise scenarios along the way. Once at camp, everyone will pitch in to get camp ready and unload our gear in preparation for our summit attempt.

- Wilderness Scenarios

Day 7: Summit and back to Tlachichuca

Elevation 5730M

We will awake early around 2am for our summit attempt. If all goes well, we plan to be on the summit for sunrise. Unbelievable views from the Summit of Orizaba, the highest point in Mexico. Our hopes to have only simulated scenarios today, but one must expect some degree of altitude related illness. Bed early back at Tlachichuca Village.

- Wilderness Medicine Scenarios

Day 8: Tlachichuca to Mexico City

You will take your final exam while enjoying breakfast. Shortly after, we will plan for practical exams.

After several scenarios, students will complete the final requirements for their AWLS certification. We will then be transported back to Mexico City.

This evening we will enjoy our last meal together back in Mexico City for dinner, celebrate our achievements, compare wounds, tell stories, and sample the local food ! AWLS cards will be handed out to those lucky enough to pass the final exams!

Day 9: Airport Transfers

CONTRIBUTING FACULTY

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

Emergency Medicine, Riverton Memorial Hospital, Riverton Wyoming
Wilderness Medical Society - Board of Directors/Chairman, Membership Committee
Medical Director, Fremont County EMS
Medical Director, Wind River Health Systems, Inc.
Fremont County Search and Rescue, Riverton Division
Auxiliary Faculty, University of Utah School of Medicine

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Tacoma, Washington

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

Special Operations Support Ltd (SOS) is arranging travel, 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 or visit our website.

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 Mexico City arriving on November 2, 2014 where you will begin the conference that evening with introductions. See itinerary. 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

Mexico City and Pico de Orizaba experiences various temperatures in Nov. and you should refer to gear list on the SOS website. There will be hiking during the guided portion of the tour with significant exposure to high altitude so please ensure fitness level and refer to equipment list. Use of Ice Ax and Crampons will be needed, but experience is not necessary to climb Orizaba. The sun is quite strong and so hats and protective clothing are recommended. All technical equipment is provided for the practical skills sessions. Please refer to SOS website for details of gear, fitness level, and experience needed. This is a very strenuous climb but it has very little technical requirements.

Registration

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

To reserve your place in the AWLS Mexico/Orizaba course you will pay a deposit of \$750 for each traveler. The balance of fees will be due Sept. 15, 2014.

Trip Cost: \$2299

Deposit: \$750

The trip cost includes all internal travel within Mexico between Nov. 2nd – Nov. 10th, airport transfers, shared accommodation and most meals during the trip. (refer to included meals listed on itinerary) The cost does not include flights to Mexico City or additional nights accommodation, souvenirs, or rental gear if needed.

CME Cost: \$699 Licensed Doctors, Dentists, Physician Assistants, Nurse Practitioners, nurses, paramedics, and EMT's.

Cancellation Policy: TOUR ONLY Your deposit for the travel portion of the course is nonrefundable if the course is not cancelled. If we do not reach the requirement of 6 participants and we have to cancel then a full refund will be given. The entire balance of your trip fee and CME fee will be due **SEPT. 15th** prior to departure. NO refunds will be given after Sept. 15st.

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 Sept. 15th, 2014. If we have not reached 6 registrants the course will be cancelled.

COST SUMMARY

Trip cost: \$2,299 per person (deposit of \$750 due at time of reservation)

Single Supplement: No single supplement (Contact with questions as we may be able to arrange single Hotel Rooms for Extra Fee, but not on Mountain)

AWLS course cost: \$699.00 All Participants (for 20.5 hours of CME)

***Please Note: 3% transaction fee will be applied if you pay by PayPal or credit card.
Contact us for address to send check or money order.**

Incentives/Discounts:

1. Early bird: Delegates signing up prior to 1st August will receive a **\$150 discount*** on the total price

2. Group discount: **\$100 discount** per person for groups of two or more who sign up and attend the course

**Discounts will come in the form of cash reimbursements upon arrival in Mexico City.
Maximum discount \$150 per person.*

Included: 8 nights lodging, AWLS manual and certification, guiding and most meals (where indicated on itinerary)

Excluded: All Flights to Mexico, airport taxes, airport transfers to the hotel, travel insurance, gratuities, alcoholic beverages. Also, does not include additional days of travel or global rescue insurance (required)