What is Wilderness Medicine?

Definition (Wikipedia):

Wilderness medicine (also known as expedition medicine) is the practice of medicine where definitive care is more than one hour away, and often days to weeks away.

Defined by difficult patient access, limited equipment, and environmental extremes; decision making, creative thinking and improvising.
What is wilderness medicine?

• Backer, MD, Past President of WMS

“Brief definitions are not adequate. Although wilderness medicine shares many interests and methods with other specialties, such as sports medicine and emergency medicine, it incorporates a unique spectrum of topics and special perspective that validate it as a distinct field of study.”

“Wilderness medicine not only overlaps with sports medicine, but also emergency medicine, military, occupational, and travel medicine and international health.”

“It shares with military medicine an intense interest in environmental stresses and hazards, field management and mobile response.”
Wilderness Medicine Specialties

Emergency medicine  Family medicine
Pediatrics          Anesthesia
Orthopedics         Infectious disease
Sports medicine     Disaster medicine
Travel medicine     Pre-hospital medicine
Military medicine
Wilderness Medicine Disorders

- altitude illness
- heat illness
- hypothermia
- frostbite
- barotrauma
- submersion
- toxins
- infections
- animal attacks
Who Practices Wilderness Medicine?

- First Responders
- EMTs
- Paramedics
- Nurses
- PAs and NPs
- Physicians
- Combat support medical personnel
Content of Wilderness Medicine

Travel Health

Traditional medicine in remote environments
Content of Wilderness Medicine

Medical services in wilderness setting
search and rescue
organization of wilderness medical services
expedition medical planning
Content of Wilderness Medicine

Liability in wilderness medicine
  Duty to Act
  Good Samaritan Laws

Education in wilderness medicine
  WFA
  AWFA
  WFR
  WEMT
  WALS
Content of Wilderness Medicine

Environmental influence
hazards to health
physiologic effects on human performance and health
global health issues
The Wilderness Medical Society is the world's leading organization of medical professionals dedicated to:

*advancing healthcare, research and education related to wilderness medicine.*
WMS History

Conceived by three physicians:
    Paul Auerbach, Ed Geehr, and Ken Kizer.

Incorporated on February 15, 1983

The framework for accomplishing the Society's goals:
    administration
    curriculum content
    meetings
    publications
CME Accreditation

Received provisional accreditation in 1984

Full accreditation by the Accreditation Council for Continuing Medical Education in 1990

Re-accredited every four years
WMS Administration

BOARD OF DIRECTORS

Executive Committee
Aaron Billin, MD, MS, FFAFP, FAWM - President
Robert Quinn, MD, FAWM - Treasurer
Scott McIntosh, MD, MPH, FAWM, DiMM - Secretary
Brad Bennett, PhD, WEMT, FAWM - Past President
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Ian Wedmore, MD FACEP FAWM DiMM
Patricia Zishka, MD
Nate Oz, Student Rep

STAFF
Loren Greenway, PhD, FAWM - Chief Executive Officer
Robyn Bonini - Chief Operating Officer
Teri Howell - Administrative
Jim Ingwersen – Web Developer
Ryan Ingwersen - Editor
Skip Howell - Bookkeeper
What distinguishes the WMS?

Non-profit, Membership Society
Corporate / Organizational Partners
Conferences
Publications
Initiatives such as FAWM, DiMM, DiDMM
Web Content
Research Grants
Student Interest Groups & Student Elective
Community Outreach
Practice Guidelines
Educational Library
Online Education
What distinguishes WMS?

Non-Profit, Membership Society

Classified as a 501(c)3 tax deductible organization

Only membership society dedicated to the community of wilderness medicine

~3200 members from 46 countries, all 50 states
Corporate / Organizational Partners

Affiliates
Companies or organizations that interact with the WMS in an educational capacity are recognized as WMS Affiliates. This is evidenced by direct participation in the Fellowship of the Academy of Wilderness Medicine (FAWM) program as well as the offering of WMS-provided CME credits to registrants of their activities.

Partners
Companies or organizations that offer activities and/or educational opportunities to the community of wilderness medicine and realize that interaction with our members, who share a common interest and passion, is a mutually beneficial relationship. The WMS does not necessarily endorse programs, products or activities offered by these entities.
What distinguishes WMS?

Annual Conferences

Summer:

July/August – Breckenridge, CO
Annual Conferences

Winter:

February – Park City, UT
What distinguishes WMS?

Specialty Conferences
- Desert – Tucson, AZ
- Dive/Marine
- Sports
What distinguishes WMS?

Pre-Conferences

Disaster, Medical Directors,
Sports Medicine, Wilderness Athlete,
AWLS, Avalanche Course, TCCC
What distinguishes WMS?

Adventure Travel

- Everest, MedSail, Canyon Country,
- Grand Canyon, Mars Simulation,
- Fly Fishing, Dude Ranch
What distinguishes WMS?

Publications

- **Wilderness and Environmental Medicine Journal**
  - A peer-reviewed medical journal published quarterly
  - Original research
  - Reviews and Case Reports
  - Lessons from History
  - Abstracts for Literature
  - Book Reviews
  - Wilderness Images
  - First published in January 1984

- **Practice Guidelines for Wilderness Emergency Care**

- Educational Presentation Series
- Community Education Series
- Teaching Simulations
What distinguishes WMS?

Fellowship in the Academy of Wilderness Medicine (FAWM)

16 Disciplines:
- Diving & Hyperbaric
- Tropical & Travel
- High Altitude & Mountaineering
- Expedition
- Survival & Field Craft
- Safety, Rescue & Evacuation
- Sports Medicine
- Preventive, Field San. & Hygiene
- Environmental
- Improvised & Alternative
- Disaster & Humanitarian
- Wilderness Emergencies & Trauma
- Faculty Development
- Research
- Tactical Combat Casualty Care
- Desert

392 Specific Topics
What distinguishes WMS?

Fellowship in the Academy of Wilderness Medicine (FAWM)

- Credits:
  - Core Topics
  - Elective Topics
  - Life Experience

- Received by:
  - Conference Attendance
  - Online Lectures
  - Journal Article Review
  - Journal Podcast
  - Involvement in Wild. Med.

- Master Fellows complete scholarly activities related to specific chosen specialty

- Recognition for Advancing Fellows
Diploma in Mountain Medicine (DiMM)

Internationally recognized course certifying that the participant has undergone rigorous training and testing. The medical commissions of the International Mountaineering and Climbing Federation (UIAA) and International Commission for Alpine Rescue (ICAR), together with the International Society for Mountain Medicine (ISMM) established minimal requirements for these courses in 1997.

The WMS/University of Utah/University of Colorado program meets requirements of and is fully approved by UIAA, ICAR, and ISMM.

- Didactic Sessions: WMS Summer & Winter Mtgs
- Field Sessions: Alpine Rescue & Rock Skills
Diploma in Dive and Marine Medicine (DiDMM)

This program is largely self-guided and should be completed within a two year timeframe. It essentially verifies knowledge and skills in three primary domains: diving, sailing and dive/marine/hyperbaric medicine. After enrolling in the program, students are assigned to a learning "pod" consisting of 10 fellow candidates. As one of the central concepts associated with this unique diploma opportunity, flexibility is key. Pod members, along with their WMS leader, make group decisions about meetings, schedules and customized training events.
What distinguishes WMS?

Web Content

Comprehensive Website

Dynamic Online Magazine
What distinguishes WMS?

Research Grants

Charles S. Houston Grant. $5,000
Research-in-Training Grant is for residents and fellows of an accredited graduate medical education program or doctoral candidates working towards a PhD.

Herbert N. Hultgren Grant. $10,000
For members of the WMS.

Peter Hackett-Paul Auerbach Young Investigator Grant. $10,000
For a young investigator, physician or non-physician, in support of research that improves wilderness medicine practice.

Research-in-Training Grant. $5,000
For residents and fellows of an accredited graduate medical education program or doctoral candidates working towards a PhD.

WMS Adventure Travel Research Grant. $5000
For an investigator in support of field research associated with the WMS Adventure Travel Experiences.
What distinguishes WMS?

Student Interest Groups

~50 groups around the country

~415 student members
(~98 of which are FAWM candidates)

WMS Student Elective (in association with the Virginia Tech Carilion School of Medicine)

• Every February, New Castle, VA

• Designed for third and fourth year medical students, residents, 2nd year PA students and senior nursing students who are enrolled in a program at an accredited or internationally recognized allopathic or osteopathic medical school (PA or nursing school) or residency program in the US and abroad.
What distinguishes WMS?

Educational Library

WMS Educational Presentation Series

22 Topics (downloadable or on CD)


Online Lectures

Hundreds of lectures recorded at WMS conferences
Community Outreach

Community Education Series
A collection of formal presentations on a variety of common wilderness medicine related topics. These presentations are designed for use by WMS members to assist in reaching out to the community to enhance their awareness and preparedness.

Teaching Scenarios
Case-based vignettes, designed to be implemented in the field to create a realistic and interactive learning experience. Each scenario presents a clinical problem and outlines the expected assessment, management and disposition pathway possibilities.
Practice Guidelines

The **WMS Practice Guidelines for Wilderness Emergency Care** was originally published in 1987 and updated five times by 2006 in a chapter-based book format to provide WMS members with an “official statement” of the best methods of handling wilderness related trauma, environmental illnesses, and managing medical problems in the wilderness.

In 2007, the WMS decided to move towards a more evidence-based, expert panel driven consensus of practice guidelines that could be referenced in the medical literature as well as accessed by those outside of the society. The guidelines are published in *Wilderness and Environmental Medicine*, the official journal of the Wilderness Medical Society, and as such are available on PubMed. Thus far, the following WMS Practice Guidelines have been published:

- Anaphylaxis/Field Epinephrine
- Altitude
- Frostbite
- Lightning
- Eye Injuries
- Spine Immobilization
- Hypothermia
- Exercise-Assoc. Hyponatremia
- Heat-Related Illness
- Field Analgesia
- Wound Care
- Acute Pain
- Envenomation
- Drowning/Submersion
- Avalanche
Membership Benefits
WMS members share a sense of adventure:
- from exploring deserts to climbing mountains
- from scuba diving to white-water rafting
- from skiing to windsurfing
- from adventure travel to volunteer-relief work
Membership Benefits

- Peer-Reviewed Journal
  - *Wilderness & Environmental Medicine*
    - Published quarterly
    - Original research
    - Reviews and Case Reports
    - Lessons from History
    - Abstracts for Literature
    - Book Reviews
    - Wilderness Images
  - Debuted in January 1984
  - Neal Pollock, MD, Interim Editor-in-Chief
Membership Benefits

Continuing Education

Long standing commitment to education and research
Sponsors accredited CME conferences

- hands-on workshops
- world renowned experts
- awards research grants
- advancing careers and expanding knowledge
- featured research projects at Annual Meetings
Membership Benefits

Opportunities to Serve
- Committee which utilize the talents and experience of members
- Opportunities to engage in community outreach

Discounts
- Conference registration

CME Adventure Travel
- Available to WMS Members

Medical Liability Insurance
- $50,000 coverage with no deductible
Membership Benefits

Annual Fee Structure*

- Doctoral (MD, DO, DDS, PhD, EdD) $195
- Non-doctoral (Medics, EMT, PA, RN) $150
- Residents $100
- Medical Students** $50

* Members receive Wilderness & Environmental Medicine Journal and online access. Discounts for Military, Retired, and Non-North America (online only).

** Students receive online access only.
Combine *your* Passion with *your* Profession!