



High Altitude Medicine Course Mt. Rainier, Washington July 31 - August 3, 2008

DAY 1: Thursday, July 31

- Afternoon Mt Rainier tour/Acclimatization Hike (optional)
- 7:00 pm Registration and Welcome Reception at Nisqually Lodge

DAY 2: Friday, August 1

- 8:00 am Introduction & History of High Altitude Medicine
- 9:00 am Mountain and Wilderness Medicine: A Broader Perspective
- 10:00 am Alpine Sports Terminology & Risks to Practitioners
- 11:00 am How We Acclimatize In The Mountains
- 1:00 pm Physical Preparation for a High Altitude Trip
- 2:00 pm Acute Mountain Sickness
- 3:00 pm Complications of Altitude Illness
- 4:00 pm High Altitude Pharmacology

DAY 3: Saturday, August 2

- 8:00 am Medical Consultations for Mountaineers
- 9:00 am Sunscreens & Solar Injury
- 10:00 am Alpine Sports Medicine: The Musculoskeletal Exam
- 11:00 am The Big Chill: Frostbite and Hypothermia
- 12:00 pm Lunch and travel to Ranger Station
- 1:00 pm Trauma and Wilderness Improvisation Lab
- 2:00 pm Avalanche Awareness

DAY 4: Sunday, August 3

- 8:00 am Starvation, Dehydration and Nutrition at Altitude
- 9:00 am Adaptation to Altitude in Sherpas
- 10:00 am Preventing Lightning Induced Injury in the Mountains
- 11:00 am Best Articles in Mountain Medicine 2007
- 1:00 pm Mountain Medical Kit
- 2:00 pm Mountain Travel Skills Lab
- 4:00 pm Wrap-up and Course Evaluation

DAYS 5,6,7 (August 4-8 - Optional)

- Climb of Mt Rainier with guide service.

Sign up at www.mmmmedicine.com/courses/