



High Altitude Medicine Course Mt. Rainier, Washington July 21 - July 24, 2009

DAY 1/Tuesday, July 21

- 2:00 p.m. - 3:00 p.m.: Welcome and Registration (Faculty)
- 3:00 p.m. - 4:00 p.m.: Introduction to High Altitude Medicine (Darryl Macias MD)
- 4:00 p.m. - 5:00 p.m.: Mountain & Wilderness Medicine (Joe Alcock MD)
- 5:00 p.m. - 6:00 p.m.: Alpine Sports Terminology & Risks (Jason Williams EMT-P)

DAY 2/Wednesday, July 22

- 9:00 a.m. - 10:00 a.m.: Acclimatization in the Mountains (Macias)
- 10:00 a.m. - 11:00 a.m.: Physical Preparation for High Altitude (Robert Quinn MD)
- 11:00 a.m. - 12:00 p.m.: Acute Mountain Sickness (Macias)
- 12:00 p.m. - 1:00 p.m.: Lunch
- 1:00 p.m. - 2:00 p.m.: Complications of Altitude Illness - HAPE & HACE (Macias)
- 2:00 p.m. - 3:00 p.m.: Adaptation to Altitude in the Sherpas and Andeans (Alcock)
- 3:00 p.m. - 4:00 p.m.: High Altitude Pharmacology (Macias)
- 4:00 p.m. - 5:00 p.m.: Sunscreens and Solar Injury (Alcock)

DAY 3 / Thursday, July 23

- 9:00 a.m. - 11:00 a.m.: Avalanche Awareness (Faculty)
- 11:00 a.m. - 1:00 p.m.: Trauma & Wilderness Improvisation Lab (Faculty)
- 1:00 p.m. - 2:00 p.m.: Lunch
- 2:00 p.m. - 3:00 p.m.: Alpine Sports Medicine – Musculoskeletal Exam (Quinn)
- 3:00 p.m. - 4:00 p.m.: The Big Chill: Hypothermia and Frostbite (Macias, Quinn)

DAY 4/Friday, July 24

- 9:00 a.m. - 10:00 a.m.: High Altitude Nutrition (Williams)
- 10:00 a.m. - 11:00 a.m.: Medical Consultations for Mountaineers (Macias)
- 11:00 a.m. - 12:00 p.m.: Lightning Injury (Alcock)
- 12:00 p.m. - 1:00 p.m.: Lunch & Best Articles in Mountain Medicine (Macias)
- 1:00 p.m. - 2:00 p.m.: Mountain Medical Kit (Faculty)
- 2:00 p.m. - 4:00 p.m.: Mountain Travel Skills (Faculty)

Sign up at www.mmmedicine.com/courses/