



# NWWMC16

## Northwest Wilderness Medicine Conference Winter 2016



Silver Beach Resort, WA

### Saturday 12/17

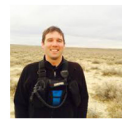
0700-0800: Check-In & Registration  
0800-0810: Conference Introduction & Venue Orientation  
0810-0835: Patient Assessment Algorithm (Mcdonough)  
0835-0925: Assessment & Spinal-Safe Movements Skill Station  
0930-1020: Helicopter Considerations (Mcdonough)  
1030-1100: Winter Musculoskeletal Injuries (Wells)  
1100-1200: Musculoskeletal Skill Station

1200-1300: Lunch

1300-1350: Case Study: 2015 Nepal Earthquake Response (Johnston)  
1400-1450: Altitude Medicine (Luks)  
1500-1550: Hypothermia (Lowry Edmark)  
1550-1620: Hypothermia Treatment Skill Station  
1620-1700: Frostbite/Trenchfoot (Warden)  
1710-1750: Avalanches: Medical Considerations (Warden)  
1750-1800: Day 1 Wrap-Up/Day 2 Introduction  
1800-1900: Optional Skills Stations  
1900: Dinner + Socializing + Raffle

### Sunday 12/18

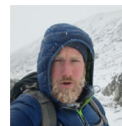
0700-0800: Breakfast  
0730-0800: Day 2 Briefing/Travel to scenario sites  
0800-1000: Scenario 1  
1000-1200: Scenario 2



Miles Mcdonough is a second year medical student at USSOM. Previously Miles worked as a lead instructor and provider for Remote Medical International. He has been an EMT-B since 2009 and has 6 years of experience providing care as a rescue technician with the Snohomish County Helicopter Rescue Team. He is also a member of both Everett Mountain Rescue Unit and Seattle Mountain Rescue, currently serving as the Medical Chair for the latter. When he has free time he's ski mountaineering, alpine climbing, or trail running.



August Longino is a medical student at UWSOM. After participating in a number of medical evacuations while working as a mountain ranger on Mt. St. Helens, he became interested in the application of medicine in low-resource settings. While working for a medical relief organization in Ecuador, he helped train local volunteer firefighters as first responders in the rural amazon basin. When not climbing or skiing, August helps Miles Mcdonough and Cameron Fisk run the UWSOM Wilderness Medicine Interest Group.



Forrest Wells is a medical student at OHSU and president of the OHSU Wilderness Medicine Interest Group. During three summers instructing for the Northwest Outward Bound School, he developed a keen interest in backcountry medical care and the role of trained laypersons such as Wilderness First Responders in wilderness medicine. He is an avid climber, rafter, and skier; his greatest accomplishments in medical school have been skiing 40 days last year, summiting Mt. Jefferson, and not getting kicked out for having too much fun.



Cassie Lowry Edmark is an osteopathic medical student from Washington State. Since becoming a Wilderness EMT prior to medical school, Cassie has remained active in mountain rescue, SAR, and ski patrol. In addition to developing her career as a physician, her focuses are on the advancement in clinical research in hypothermia and altitude with the pre-hospital application of this knowledge in austere environments, currently contributing to the Mountain Rescue Association MEDCOM and leading PNW's Wilderness Medicine Club.



Emily Johnston, MD, EMT-B(IV) is the ED Medical Director at Cascade Medical Center in Leavenworth, WA and works in the ED at Madigan Army Medical Center. She guides for International Mountain Guides leading climbers to the top of Mt. Rainier, Mt. Everest, and other peaks in the US and abroad. Dr. Johnston's areas of interest include high altitude medicine and physiology, rural emergency medicine, and rural and wilderness EMS. She teaches Diploma in Mountain Medicine (DiMM) courses for the US Army, has completed the Wilderness EMS Medical Directors course, and is medical advisor for several outdoor organizations. In all of her spare time, she works as a professional ski patroller, and a whitewater guide. She completed her emergency medicine residency at OHSU in Portland, and is a clinical instructor for the University of Washington School of Medicine.



Dr. Andy Luks is a faculty member in the Division of Pulmonary and Critical Care Medicine at the University of Washington. Based largely at Harborview Medical Center, he spends most of his clinical time working on the different intensive care units in the hospital including the medical, trauma surgical and neurosciences ICUs. Outside of his clinical duties, he maintains an actively scholarly program in the area of high altitude medicine and physiology with a particular focus on travel to high altitude with underlying medical conditions, while at the same time engaging in a variety of educational endeavors in the School of Medicine including leading one of the main blocks in the first year curriculum and the wilderness medicine elective.



Dr. Craig Warden is an attending physician in the OHSU Department of Emergency Medicine and medical director of Clackamas County EMS. He earned his M.D. at the University of Colorado and M.P.H. at the University of Washington, and has completed residencies in pediatrics and emergency medicine as well as fellowships in pediatric emergency medicine and medical toxicology. Dr. Warden is faculty advisor to the OHSU Wilderness Medicine Interest Group and enjoys rafting, cross-country skiing, and mountaineering; his mountaineering experience includes ascents of 14,000' peaks in Colorado, Mt. Kilimanjaro, and the Grand Teton.

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