

ADIRONDACK COMMUNITY COLLEGE
ADVENTURE SPORTS:
LEADERSHIP AND MANAGEMENT

COURSE: AVS 223 Outdoor Emergency Care

COURSE DESCRIPTION:

A competency-based National Ski Patrol medical care education program, this course prepares ski patrollers and other outdoor and adventure professionals to respond to and provide care for medical emergencies encountered in the pre-hospital, non-urban setting. The medical care knowledge and skills learned are oriented toward the wilderness environment, with special emphasis on ski and snowboard injuries, high-altitude and cold-weather illness, wilderness extrications, and the special equipment needed for emergency care and transportation in the outdoor environment.

PREREQUISITE: HED 108, PED 174

CREDIT HOURS: Lecture: 2 hr. Lab: 3 hr. Credit: 3 hr.

COURSE OBJECTIVE: Students will:

1. assess and determine a baseline set of patient vital signs
2. assess and determine the baseline condition of a patient
3. describe the anatomy and function of the major body systems
4. identify and locate, in topographic terms, the major organs
5. demonstrate the use of oxygen equipment and airway adjuncts.
6. demonstrate the ability to control severe bleeding.
7. demonstrate the immobilization of a fracture site, the adjacent joints, and the extremity
8. demonstrate the immobilization of a mid shaft femur fracture using a traction splint
9. demonstrate the removal of a ski boot and ski helmet
10. assess spinal injury and demonstrate management techniques
11. assess and manage injuries, illnesses, and medical emergencies
12. demonstrate lifting and extrication techniques to move patients
13. demonstrate competency in American Red Cross Cardio-Pulmonary Resuscitation for the Professional Rescuer
14. evaluate the medical, legal, and ethical issues related to the volunteer/professional rescuer

COURSE TEXTS:

Bowman, Warren M.D. Outdoor Emergency Care: Comprehensive Prehospital Care for Non-Urban Settings. Sudbury, MA: Jones and Bartlett.2003.

Beck, Rhonda, J. Outdoor Emergency Care Student Workbook. Sudbury, MA: Jones and Bartlett. 2003

The American Red Cross. CPR for the Professional Rescuer. Yardley, PA: StayWell. 2002.

COURSE CONTENT:

- I. Preparing to be a Rescuer
 - A. Introduction to OEC

- B. The Well Being of the Rescuer
- C. Interfacing with EMS and Medical Personnel
- D. Human Anatomy and Physiology
- E. Baseline Vital Signs and SAMPLE History
- II. Airway
- III. Patient Assessment
 - A. Bleeding
 - B. Shock
- IV. Medical Emergencies
 - A. Respiratory Emergencies
 - B. Cardiovascular Emergencies
 - C. Neurological Emergencies
 - D. Common Medical Emergencies
 - E. Snowsports and Mountain Biking Emergencies
 - F. Environmental Emergencies
 - G. Behavioral Emergencies
 - H. Obstetrics and Gynecological Emergencies
- V. Trauma
 - A. Mechanics and Patterns of Injury
 - B. Soft Tissue Injuries
 - C. Eye Injuries
 - D. Face and Throat Injuries
 - E. Chest Injuries
 - F. Abdomen and Genitalia Injuries
 - G. Principles of Musculoskeletal Injuries
 - H. Assessment and Care of Bone and Joint Injuries
 - I. Head and Spine Injuries
- VI. Scene Techniques
 - A. Rescue Techniques
 - 1. Lifts and Loads
 - B. Triage
 - C. Mass Casualty Incident Management
- VII. Special Populations
 - A. Pediatric Outdoor Emergency Care
 - B. Adaptive Athletes

ADDITIONAL INFORMATION:

With or without reasonable accommodation, all students must be able to:

- Navigate difficult and varying terrain in the mountain, aquatic, challenge course, and alpine environments.
- Lift and carry heavy loads that often exceed 50lbs. over difficult and strenuous terrain.
- Walk, paddle, climb, and hike long distances carrying substantial weight.
- Assist in rescue efforts which may include lifting, climbing and carrying substantial weight over difficult and varying terrain.

Under Section 504 of the Rehabilitation Act of 1973, a post-secondary student with a disability who is in need of academic accommodations or auxiliary aids is required to notify the College of the nature of the disability and to provide appropriate documentation which supports the request for reasonable accommodations or auxiliary

aids.

Individuals who would like to self-identify with a disability (and have not already) or think they may have a disability and want to request accommodations should contact the Office of Accessibility Services directly in Warren Hall, or call 743-2282 / (TTY) 743-2323 for an appointment.