

Wilderness Physical Therapy Educators, LLC and Idaho State University present

Traversing Wilderness Physical Therapy: An Outdoor, Hands-on Course



**Idaho State
University**



Course Overview

Duration: 2pm Friday, August 2 to 1pm Sunday, August 4, 2024

Location: Idaho State University, Pocatello, Idaho

Description: This course presents a unique opportunity for PTs who love the outdoors and want to enhance their skills in the rapidly growing field of Wilderness Physical Therapy. Participants will learn to problem-solve and develop innovative treatments by taking part in realistic, scenario-based training “on the trail” in the backcountry near Pocatello, Idaho. Emphasis will be placed on clinical reasoning, knowledge for specialty practice, leadership, and patient management.

This course is approved for 2.0 CEUs NC-APTA.

Price: \$499.00: Includes all course materials and 2.0 CEUs.

Completion of this course can be used for credit towards the WPTA Wilderness PT First Responder Certification (PT WFR). Additional online courses are required to receive the certification. For more information please email hello@wildernesspted.com or visit www.wildernesspted.com/certification.

Materials: Handouts and skill cards are provided. We ask that participants bring basic first aid materials, outdoor gear, and a backpack. A full pack list is provided in this document.

Lodging: There are numerous lodging options close to Idaho State University’s campus. For a list of hotels offering group rate discounts for participants of the course please visit www.wildernesspted.com/lodging.

Learning Objectives

- ✓ Students will develop their ability to organize, synthesize, integrate, and apply sound clinical rationale for responding to wilderness emergencies and patient management in the backcountry.
- ✓ Students will learn how to apply consideration of threats and challenges to patient care and scene safety.
- ✓ Students will learn how and when to assume leadership of wilderness medical scenes.
- ✓ Students will perform primary and secondary assessments in scenarios based on real backcountry emergencies.
- ✓ Students will demonstrate approved techniques for shoulder and finger dislocation reductions.
- ✓ Students will demonstrate approved techniques for splinting upper and lower extremity injuries with improvised resources.
- ✓ Students will discuss concepts of wound-care in the austere environment including management of foot/heel pressure areas/blisters and constructing makeshift dressings.
- ✓ Students will demonstrate approved techniques for splinting upper and lower extremity injuries with improvised resources.
- ✓ Students will understand and articulate the decision-making process for evacuation status and speed for ground evacuation for medical/trauma in the backcountry including fractures and dislocations.
- ✓ Student will learn to make an improvised sit harness/gait belt/trugsits in consideration for evacuation.



Schedule

Friday, August 2

2pm–6pm

- Using your PT skills in the backcountry
- Scene management, leadership, and group dynamics
- Medical-legal aspects of wilderness care
- Identification and treatment of immediate life threats
- Communication and transfer of care

Saturday, August 3

8am–5pm

- Secondary assessment and the wilderness physical examination
- Acute trauma and shock: general considerations, wound care and polytrauma
- Regional considerations for trauma
- Management of musculoskeletal injuries
- Reduction of dislocations
- Splinting: SAM splints, vacuum splints, confabulated splints
- Patient transport: lifts, carries, rigs

Sunday, August 4

8am–1pm

- Environmental and medical issues in the backcountry
- Problem-solving stations
- Discussion and course evaluation

Instructors



Paul F. Beattie PhD, PT, FAPTA, WEMT is Distinguished Clinical Professor Emeritus in the Arnold School of Public Health at the University of South Carolina. Dr. Beattie received a BS degree in Physical Therapy from Quinnipiac College, a MS in Orthopedic Physical Therapy from the Medical College of Virginia, and a PhD in Exercise Science from the University of New Mexico. He is currently the co-principal investigator on a large DoD-funded clinical trial investigating the treatment of tibial stress fractures in military trainees and is a co-investigator on an NIH R01 grant investigating the effect of back pain on brain activity. Dr. Beattie has over 150 publications covering a wide array of topics including pain assessment, lumbar MRI, intervertebral disc disease and wilderness medicine. He is also a Wilderness Emergency Medical Technician who has assisted with battlefield emergencies as a member of the US Army during the Vietnam war and since that time has many years of providing patient care in a wide array of back country environments as a medical volunteer. Paul is currently a volunteer backcountry ranger and PT at Grand Teton National Park.



Darren Hearn DPT, PhD, MPH, NREMT is a Performance Scientist at Booz | Allen | Hamilton and at Fort Bragg, NC. He is also an Assistant Professor at South College. Dr. Hearn earned his BS degree from the United States Military Academy, West Point, NY in 2002, his Doctor of Physical Therapy from the University of St. Augustine in 2007 and his PhD from the University of North Carolina, Chapel Hill in 2020. He is an Orthopaedic Certified Specialist and has practiced in a variety of settings with most of his experience being with outpatient orthopaedics and as part of human performance teams. Dr. Hearn has proudly served the US Army in a variety of positions since 2002 including combat deployments to Iraq and Afghanistan. He is passionate about engaging with students of all ages and using data integration to improve tactical and athletic performance, therapeutic approaches, and education. Dr. Hearn is also a NREMT who has assisted with combat trauma in Afghanistan. He is actively involved in his local search and rescue team.



Darin Jernigan MS, DPT, WEMT is Interim Associate Dean of the College of Technology, Idaho State University. Dr. Jernigan received his MS in Physical Therapy from the University of the Pacific and his DPT from Idaho State University. Darin has been a Physical Therapy educator at Idaho State University for 20 years and previously was the Director of Rehabilitation Programs and the Physical Therapist Assistant Program. During that time, he taught numerous courses. He has been an EMS educator for Grand Teton National Park (GTNP) assisting with yearly EMT refresher courses as an instructor. Darin is also a Wilderness EMT who worked for GTNP 20 years as a seasonal Climbing Ranger, EMS Provider and Search and Rescue Coordinator from 1998 to 2017. He is an avid climber and mountaineer with over 30 years of experience. He has participated in hundreds of search and rescue (SAR) missions involving technical rescue on rock, snow, and ice, often with the use of a helicopter. Throughout his career he has done SAR missions in Wyoming, Idaho, Colorado, Montana, and Alaska. Dr. Jernigan is a frequent lecturer at local and national level for Physical Therapy and Emergency Medical Conferences.



Karen Beattie, PT, RYT-500, WFR is a Physical Therapist, Wilderness First Responder and a 500 Registered Yoga Teacher. Living a fitness-based lifestyle is paramount in her daily life and as a Physical Therapist she has been given the opportunity to help others with physical challenges reach their goals. As a yoga teacher she aims to inspire those along their journey with guidance on how to move from a position of strength, imparting an experience of a mindful connection with one's breath. She considers the guidance for us to be mindful—not only on our yoga mat—but also throughout our days, to be one of the many benefits of the practice and is an essential attribute when responding to Wilderness emergencies. Karen has combined her Wilderness First responder, PT and Yoga training in various outdoor environments including volunteering as Assistant Scout Master and Venture Crew Leader for Boy Scouts of America (BSA). She served as an adult leader and Medic for several 14-day backcountry treks at Philmont Scout Ranch in the Sangre de Cristo Mountains of Northern New Mexico and has assisted with instruction in Wilderness Remote First Aid Training and Wilderness Survival Training courses over the last decade. Karen serves as a seasonal Volunteer Backcountry Park Ranger (PT, wilderness first responder and yoga instructor) for park staff at Grand Teton National Park in Wyoming.

Pack List

Attire

- Comfortable clothing that can get dirty (Some scenarios will require lying on the ground.)
- Backpack

Backpack Contents

Bring your packed backpack each day.

- Foam camping pad
- Rain gear
- Jacket
- Bandana
- Headlamp (and extra batteries)
- Sleeping bag or quilt
- Water
- Lunch
- Snacks
- First aid kit (*see First Aid Kit contents*)
- Writing pad
- Pen

Optional Backpack Contents

- Poncho
- Small Tarp (for shelter construction)
- Rope (for shelter construction)
- Change of clothing

First Aid Kit

Pack kit in a large baggie.

- 1-2 Ace bandages
- 1 Roll Coban elastic dressing
- Small roll duct tape or adhesive tape
- 2 rolls of 4 or 6-inch Kerlix gauze
- 5 or more pairs of non-latex disposable exam gloves
- 2 or more surgical face masks
- 1-2 bandanas