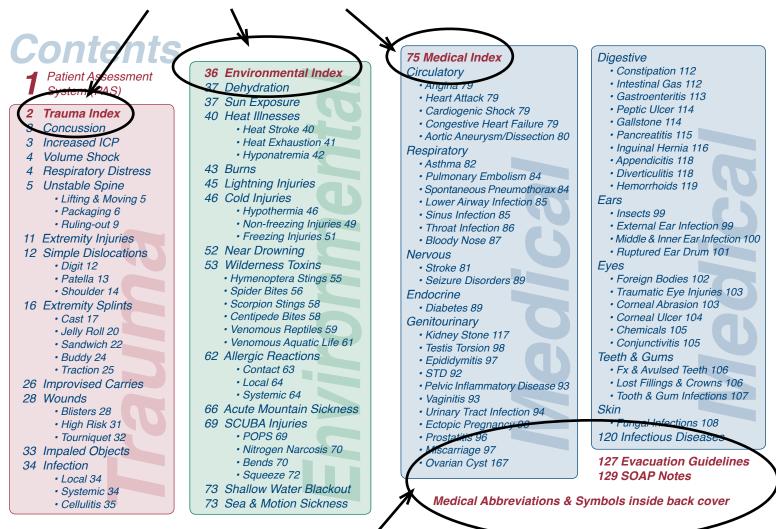
#### How to Use WMTC's Wilderness Medicine Handbook

The Wilderness Medicine Handbook has a unique indexing system based on the Mechanism of Injury — or MOI — that permits you to find information quickly. There are three MOI and each are evaluated differently; they are: Trauma, Environmental, and Medical. In the Contents the Trauma problem list is colored pink; the Environmental problem list, green; and, the Medical problem list, blue. Note that each colored section has it's own Index written in red print at the top with a page number.

### Trauma, Environmental, & Medical Indexes



## Evacuation Guidelines, SOAP Notes, & Medical Abbreviations & Symbols

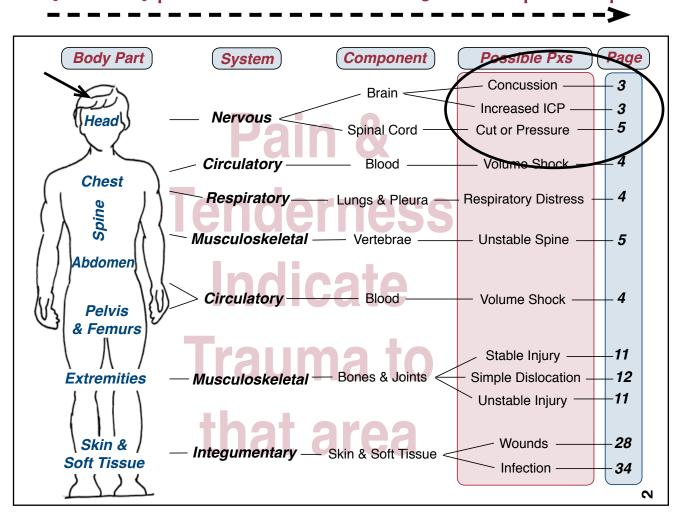
Evacuation Guidelines and Patient SOAP notes are in the back of the book; and, Medical Abbreviations & Symbols are on the inside of the back cover. The book uses LOTs of acronyms and it takes a little while getting used to them.

If you know the name of the problem you are looking for first identify the MOI and then scan the topic list in that section for the problem. Once you find it turn to the page number for a brief explanation of the pathophysiology and bulleted prevention, signs & symptoms, and treatment guidelines.

### If you don't know the problem and are trying to figure it out:

If your patient was hit by or hit something then the MOI is trauma and turn to the **Trauma**Index on page 2. Identify the part(s) of the person body that was hit and follow the index across from left to right to identify the possible problem(s) then turn to that page and see if the signs and symptoms of that problem match those of your patient. If they do, then follow the treatment guidelines for that problem.

### Identify the body part hit and follow left to right to the possible problem



#### For EXAMPLE:

If your patient was hit in the head they may be suffering from increased ICP (see page 3), a concussion (see page 3), and/or they may have damaged a vertebrae and a bone fragment has cut or put pressure on their spinal cord (see page 5). Identify the problem by its signs and symptoms and then follow the treatment guidelines for that problem.

IF your patient wasn't hit or their signs and symptoms don't match any of the traumatic problems, then turn to the **Environmental Index** on page 36 and match the current environmental conditions or specific mechanism with the environmental mechanisms listed in the left column. Once you find a match, move to the second column for a list of all the possible problems related to that MOI then turn to that page and see if the signs and symptoms of the problem match those of your patient. If they do, then follow the treatment guidelines for that problem.

	Environmental MOI	Possible Pxs	Page
It's cold out or your patient is cold.	Low H <sub>2</sub> 0 Intake	Dehydration	37
	Sun Exposure	Sunburn Phototoxic Reactions Photoallergic Reactions Photokeratitis (snow blindness)	37 38 39 39
	Hot	Heat Stroke Heat Exhaustion Heat Rash Heat Cramps Heat Syncope (fainting) Hyponatremia (low sodium)	40 41 41 42 42 42
	Burns	Respiratory Burns Thermal Burns	43 43
	Lightning	Lightning Injuries	45
	Cold	Hypothermia Non-freezing Injuries Freezing Injuries	46 49 51
	Submersion	Drowning & Near Drowning	52
	Wilderness Toxins	General Assessment & Tx Guidelines Absorbed Ingested Inhaled Bites & Stings	53 54 54 55 55
	Allergies	Contact (Poison Ivy, Oak, & Sumac) Local Systemic (Anaphylaxis)	63 64 64
	Altitude	Acute Mountain Sickness	66
	Scuba	POPS (Pulmonary Over Pressure Syndrome) Nitrogen Narcosis Bends (Decompression Sickness) Squeeze (Barotrauma)	69 70 70 72
	Free Diving	Squeeze (Barotrauma) Shallow Water Blackout	72 73
	Sea & Motion Sickness	Nausea, Vomiting, & Dehydration	73

#### For EXAMPLE:

If it's cold out but above freezing your patient may be suffering from Hypothermia (page 46) and or a Non-freezing Injury (page 49). Identify the problem by its signs and symptoms and then follow the treatment guidelines for that problem.

IF your patient wasn't hit, their signs and symptoms don't match any of the traumatic problems, there's no environmental MOI or their signs and symptoms don't match any of the traumatic problems then turn to the **Medical Index** on page 76. Because Medical problems can be very difficult to diagnose, you turn to page 77 for a general assessment and treatment based on "Red Flags."

Turn to page 77 to assess and evacuate based on "Red Flags."

General Assessme	ent & Tx of Medical Pxs page 77	Vaginal Itching or Irritation	vaginitis	93
Major 5/5x & Hx	Possible Pxe	Page Testicular Pain & Tenderno	Epididymitis Testis Torsion	97 98
Non-traumatic, Substernal Chest Pain	Heart Attack & Angina Congestive Heart Failure (CHF) Cardiogenic Shock Heart Burn Aortic Aneurysm & Dissection Pulmonary Embolism (PE)	79 79 79 80 80 80	Insect in External Ear Canal External Ear Infection Middle & Inner Ear Infections Ruptured Ear Drum	99 99 10 10
	Spontaneous Pneumothorax	84	Foreign Body Open Globe Injury 2° Trauma	10:
Awake & Confused to V P U Speech Impediment Partial paralysis	Cerebral Vascular Accident (CVA/stroke) Transient Ischemic Attack (TIA)	Eye Irritation or Pain	Subconjunctival Hemorrhage 2º Trauma Corneal Abrasion Corneal Ulcer Chemicals (sun screen, insect repellent)	100 100 104 108
Acute Respiratory Distress	Asthma Anaphylaxis Congestive Heart Failure (CHF) Pulmonary Embolism (PE)	82 64 79 84	Photokeratitis (snow blindness) conjunctivitis Infectious Disease	10: 12:
	Spontaneous Pneumothorax Infectious Disease Index	Teeth or Gum Pain & Tend	Avulsed & Fx Texan, Lost Filling & Crown Tooth & Gurr Infections	10 10
General Malaise Productive Cough	Infectious Disease Index	Skin Rash	Funda Infection (Tinea, Candida)  Laic Reaction  Allergic Reaction	108 53 63
Sneezing, Runny Nose, & Congestion	Sinus Infection Allergic Rhinitis (Hayfever)	85 64	Infectious Disease  Assessment Guidelines & Dx Charts	109
Sore Throat	Throat Infection	86	Intestinal Gas Constipation	112
Bloody Nose	Nose Bleed Broken Nose	87	Gastroenteritis Peptic Ulcer	110 114
Inattention Automatic Repetitive Behavior Seizures	Seizure Disorders	Abdominal Pain & Tenderi  **Nausea & Vomiting  **Diarrhea  **Fever	Pancreatitis Inguinal Hernia Pelvic Inflammatory Disease (PID)	114 115 116 93
Awake & confused to V P U Hx of Diabetes	Hypoglycemia Hyperglycemia	90	Ovarian Cyst Kidney Stone Diverticulitis	116 117 118
Burning Pain with Urination	Sexually Transmitted Divease (STD) Vaginitis Urinary Tract Infection (UTI) Prostatitis	92 93 94 96	Appendicitis Ectopic Pregnancy Abdominal Aortic Aneurysm/Dissection Constipation	118 96 86
Abnormal Vaginal Bleeding	Ectopic Pregnancy Miscarriage	96 97		118

# Infectious Disease Index Abdominal Pain & Tenderness Diagnostic Charts

If no "Red Flags" exist, then see if you can identify the problem by matching the patients primary signs and symptoms to those in the first column. Once you find a match, move to the second column for a list of all the possible problems related to that MOI then turn to the corresponding page and see if the signs and symptoms of the problem match those of your patient. If they do, then follow the treatment guidelines for that problem. Turn to the diagnostic charts on pages 109-111 to help identify the problem associated with abdominal pain and tenderness; and pages 124-126 if you suspect an infectious disease.

## Follow the general rule: "When in doubt, take them out."

With practice you will be able to navigate the handbook VERY quickly. Consider purchasing small colored plastic dividers to mark the three index pages and two diagnostic charts to make them even easier to find. Use red for the Trauma Index, green for the Environmental Index, and blue for the Medical Index, the Abdominal Pain & Tenderness diagnostic charts, and the Infectious Disease Index.