

Henry Ford Health Jackson Emergency Medicine Residency Wilderness Medicine Track

Audience: EM1-EM4

Completion timeline: 3.5 years

Goal

The Wilderness Medicine track is designed for Emergency Medicine residents who have an interest in wilderness medicine with goals of experiential learning, educational development, didactic organization, leadership, and conservation. The track distinguishes participating residents from other peers with similar interest by providing evidence of longitudinal involvement and learning throughout the course of residency. The track is also an excellent stepping-stone for the obtainment of a Fellowship in the Academy Wilderness Medicine (FAWM) distinction through the Wilderness Medical Society.

Objectives

Through participation in the WM track, a resident will:

1. Foster a deeper knowledge of practicing medicine in low resource environments
2. Develop teaching, organizational, and leadership skills while educating peers and students
3. Complete many of the requirements for a FAWM distinction
4. Enhance their simulation-based learning and teaching
5. Understand the origins of the North American model of wildlife conservation and the current state of conservation in the United States
6. Distinguish themselves from their peers if applying for a Fellowship residency year in Wilderness Medicine

Format and Logistics

Residents in the WM track ideally complete it in 3-3.5 years. However, residents may join at a later point during their residency with the plan to complete the required activities in their remaining time in residency. Successful completion of the track will require the resident to be self-motivated and self-directed, with additional guidance from their faculty mentor. The time requirements are as follows:

- Much of the lectures given and activities performed will be concordant with normal shift requirements during residency. There will be some weekend requirements
- During the EM3/EM4 year, residents must attend the Wilderness Medical Society Resident rotation or an equivalent rotation (e.g. NOLS, etc.)
- Residents must identify a HFAH faculty mentor for their WM track and will check-in quarterly regarding their progress

Education

- Residents will join the Wilderness Medical Society (\$100/yr.) as this provides access to the wilderness medicine community, scholarly journals, lecture series, conference notification, and other educational materials
- FAWM credit can be obtained via reading online journal articles from the Wilderness & Environmental Medicine Journal (WEM) or listening to the WEM podcast. Both resources are either part of your WMS membership or free:
 - For purchase, there is also a library of recorded CME lectures presented at WMS conferences
- **12 CME credits from journal articles or podcasts from WMS are required.** The resources provide quizzes that generate a certificate of participation and CME to count toward the FAWM application:
 - WEM Journal is accessed through the WMS website, included in your membership (<https://www.wemjournal.org>)
 - Print and present all CME credits obtained to the faculty mentor
- Read this seminal book about conservation: *A Sand County Almanac: And Sketches Here and There* by Aldo Leopold
- Read one other outdoor or wilderness medicine-oriented book of your choice such as:
 - *Into Thin Air* by Jon Krakauer
 - *The Twenty Ninth Day* by Alex Messenger
 - *Mountains Beyond Mountains: The Quest of Dr. Paul Farmer, A Man Who Would Cure the World* by Tracy Kidder
 - Etc.
- Watch this movie about hunting, ethics, and conservation: *Stars in the Sky: A Hunting Story*
- Discuss these three above media pieces with faculty mentor

Activities

- Twice per year, attend the quarterly education lecture days in collaboration with other Michigan residencies through the Michigan Consortium of Wilderness Medicine OR MSU SCS labs at HFAH. These (MCWM) lectures will rotate location between residency sites and focus on core content of wilderness medicine
- Either attend one conference on Wilderness Medicine, such as those offered through the WMS such as: the WMS Annual Conference, the Winter Conference, or the Desert Conference
 - OR attend one wilderness medicine course like Advanced Wilderness Life Support (AWLS) or one provided through the Wilderness Medicine Institute or NOLS, such as Wilderness

Upgrade for Medical Professionals
(<https://www.nols.edu/en/coursefinder/courses/wilderness-upgrade-for-medical-professionals-WUMP/>)

- Either complete Hunter's Safety Certification through the Michigan Department of Natural Resources (10 hours of online learning, 1/2 day practical)
 - OR another equivalent type of learning and certification of your choice such as: MI DNR boater safety, lead climbing certification, etc.
- Complete Stop the Bleed instructor training

Elective

- Residents will participate in the Wilderness Medical Society Student-Resident Elective or equivalent
 - (<https://wms.org/conferences/elective/>)
 - 4-week on site commitment
 - Tuition \$950 for residents
 - Held in the Blue Ridge Mountains and the Jefferson National Forest, approximately 35 miles northwest of Roanoke, Virginia
 - Over 140 hours of combined didactic, interactive, small group, and case-based training with demonstrations:
 - Small group discussions of wilderness scenarios
 - Formal lectures of Wilderness Medicine principles and specific topics by leaders in the field
 - Field and hands-on instruction in survival and pre-hospital patient assessment and evacuation
 - Supervised five-day field-practicum incorporating medical assessment, treatment, evacuation, survival and improvisational techniques.
 - Wilderness Emergency Medical Responder Course

Teaching

- Teach 3 Stop the Bleed courses
- Once per year, give a lecture at the quarterly meeting of the Michigan Consortium of Wilderness Medicine, SCS Wilderness Medicine lab, or help coordinate the curriculum
- Give at least one lecture on a FAWM core content topic to the HFAH residency program
- Create 4 wilderness medicine scenario cards
- *Other lecturing/teaching opportunities exist, please seek them out to add to this list (e.g. lecturing at local hunt clubs or outdoor stores)*

Scholarly project or case report of publishable quality

- Project may take many forms: research activity that results in a submitted paper, oral presentation, case report, educational poster, or abstract presentation:
 - Oral presentation, poster, or case report can be given at a local medical school, EMS hub, DNR meeting, HFAH research forum, MSU SCS EM poster day, CPC presentation at ACEP, etc.

Optional experiences and leadership opportunities

These maybe used to supplement a resident's experience or provide catch up credit to residents who joined the track later. Subject to the discretion of the Faculty mentor

- Work the medical tent at 2 local Jackson venues such as: MIS, Faster Horses for event medicine experience
- Work the medical tent at 2 endurance events such as: the Dexter-Ann Arbor 1/2 marathon, the Ann Arbor Marathon, HFAH Race to Health, YMCA Turkey Trot, or other local events
- Attend 4 Jackson County Authority (JCA) EMS run reviews to discuss pre-hospital medicine
- Work with, attend relevant lectures, or give a lecture to members of the Michigan Department of Natural Resources
- Participants will be encouraged to take on a leadership role in wilderness medicine interest groups of ACEP, SAEM, etc.

Documentation and Credit

The resident will keep a log of the WM track activities with dates and involvement in the provided excel spreadsheet. Procedures performed should be logged in the general procedure log for Emergency Medicine residency. The resident will periodically update the Experience Report with WMS to obtain credit towards the FAWM. Track activities may be eligible for asynchronous conference attendance credit at the discretion of the HFAH program director and/or assistant program director.

Funding

The resident can use their professional development funds (PDF) to pay for the annual WMS membership fee (\$100/yr), FAWM application if desired, and the WMS or equivalent elective fee.

Residency funding to attend a national conference may be available if presenting a scholarly project or on a case dependent basis.

Fellowship in Academic Wilderness Medicine (FAWM) Information

One of the goals of the WM track is to start accumulating credits towards your FAWM. **It is not expected or likely that you will complete it during this residency track.** To earn a Fellowship in the Academy of Wilderness Medicine, a candidate must accumulate a minimum of 100 total credits according to the following table through participation in eligible, credit-scored activities and accumulation of relevant experience:

	<u>Minimum</u>	<u>Maximum</u>
Core Credits	55*	70
Electives	5	10
Experience Report	20	40

* A maximum of 28 Non-WMS Core Credits may be claimed. All other Core Credits must be obtained directly from WMS activities such as WMS Conferences, Online Lectures and Journal Articles.

Candidates must complete a minimum of 55 to a maximum of 70 credits from the list of "required" topics and earn a minimum of 5 to a maximum of 10 credits from the "elective" topics. To reward candidates credit for Wilderness Medical Experience other than attendance at reviewed events, completion of the Experience Report provides up to 40 credits. Each candidate must accumulate at least 20 credits from the Experience Report. The report reflects the candidate's experience in the following categories:

1. *Professional Certification, Education, and Training*
2. *Military Training*
3. *Wilderness Medicine Related Publishing and Research*
4. *Wilderness Medicine Related Editorial Responsibilities*
5. *Wilderness Medicine Related Teaching and Mentoring*
6. *Public Service in Wilderness-centric Medical Services and Deployments*
7. *Wilderness Medicine Related Awards*
8. *Service to WMS*

Limitations and Other Requirements

- Credits for review of Journal articles are limited to a maximum of 12*.
- Credits claimed from Non-WMS activities (not offered directly by WMS) are limited to a maximum of 28*.
- Candidates must attend at least one live WMS activity.

Reference website: <https://wms.org/fawm/default.asp?t=f>

Core Curriculum in FAWM

1. Diving and Hyperbaric
2. Tropical and Travel medicine
3. High Altitude and Mountaineering Medicine
4. Expedition Medicine
5. Survival, Field Craft, and Equipment
6. Safety, Rescue, and Evacuation
7. Sports Medicine and Physiology
8. Preventative Medicine, Field Sanitation, and Hygiene
9. General Environmental Medicine
10. Improvised and Alternative Medicine
11. Disaster and Humanitarian Assistance
12. Wilderness Emergencies and Trauma Management

Contact Information for the WMS

6705 W. Hwy 290, Suite 502-243
Austin, TX 78735
(512) 379-5399
(512) 379-5388 (fax)
www.wms.org

Sample Timeline of Activities

EM1

- Identify a faculty mentor
- Join the Wilderness Medical Society
- Complete 3 WEM journal article CME quizzes
- Attend (1-2) a Michigan Consortium of Wilderness Medicine quarterly education lecture days or SCS Wilderness Medicine labs
- Complete the Stop the Bleed instructor course
- Teach one Stop the Bleed course
- Complete Hunter's Safety Certification with MI DNR or equivalent certification
- Watch *Stars in the Sky: A Hunting Story* and discuss with faculty mentor

EM2

- Lecture (1) at and attend (2) a Michigan Consortium of Wilderness Medicine quarterly education lecture days or SCS Wilderness Medicine labs
- Complete 3 WEM journal article CME quizzes
- Create 4 wilderness medicine scenario cards
- Teach one Stop the Bleed course
- Work a medical tent at a local race or Jackson crowd medicine event
- Read *A Sand County Almanac: And Sketches Here and There* by Aldo Leopold and discuss with faculty mentor

EM3

- Continue involvement with Michigan Consortium of Wilderness Medicine quarterly education lecture days and/or SCS labs, give a lecture or help organize curriculum
- Complete 3 WEM journal article CME quizzes
- Mentor underclassmen in HFAH residency who are interested in the WM track
- Teach one Stop the Bleed course
- Lecture to HFAH residency on a FAWM core curriculum topic
- Work a medical tent at a local race or event venue
- Must attend a WMS or other national wilderness medicine conference
- Develop scholarly project
- Update FAWM application
- Read the other outdoor and wilderness book and discuss with faculty mentor

EM4

- Continue involvement with Michigan Consortium of Wilderness Medicine quarterly education lecture days or SCS labs, give a lecture or help organize curriculum
- Complete 3 WEM journal article CME quizzes
- Mentor underclassmen in HFAH residency who are interested in the WM track
- Work a medical tent at a local race or event venue
- Participate in the WMS Student-Resident Elective or equivalent
- Submit scholarly project
- Submit FAWM application