

# Sandia Peak Ski Patrol

## Outdoor Emergency Care 2017

### Syllabus

NSP Course Number: R033170004

Location: 1900 Randolph Rd SE, Albuquerque, NM 87106, Health Leadership High School Time: <b>6:00 pm – 9:00 pm</b> (please be prompt) Days: Tuesday and Thursday Starting <b>August 15th</b> Check SPSP calendar for date and location changes. <a href="http://www.sandiapeakskipatrol.org">www.sandiapeakskipatrol.org</a>	
Instructor of Record: Louis Gonzalez (C) (505) 280-8397 After 5 pm M-F available all day during weekends Email: <a href="mailto:spspoc@gmail.com">spspoc@gmail.com</a>	
Attendance: <u>Only 6 hours can be missed</u> unless approved by Instructor of Record. Students are responsible for material missed. Written and Practical make-up tests will only be provided due to an emergency.	
Expectations of Students and Instructors: <ul style="list-style-type: none"> <li>• Students are responsible for reading and studying the course material prior to class, which includes completing homework. Pop quizzes are <b>very</b> possible.</li> <li>• <b>ALL</b> Students will prepare and participate in practical hands-on skills and reviews for each chapter. Failure to participate may result in being dropped from the course.</li> <li>• Appropriate dress for crawling around on the floor is recommended.             <ul style="list-style-type: none"> <li>➢ Sports shorts under outer garments for men.</li> <li>➢ Sport shorts and sports bra under outer garments for women.</li> </ul> </li> <li>• Good hygiene</li> <li>• <b>NO</b> alcohol consumption prior to or during class. Being under the influence of drugs and/or alcohol prior to or during class is grounds for immediate removal from class.</li> <li>• Students are responsible for bringing equipment and material to and from the class.</li> <li>• Completion of AHA CPR for Health Care Providers course. Taught separately from OEC. See SPSP calendar for dates.</li> <li>• <b>NO</b> firearms allowed. If you are permitted to carry a firearm please leave them in a secure facility, do not bring them to the classroom. If your employment requires you to carry a firearm, credentials are required.</li> </ul>	
Text: <b>Outdoor Emergency Care: 5th Edition</b>	
Materials: Notebook, pen or pencil, CPR pocket mask. CPR is taught separately and the class date is posted on our web page.	
Evaluations: 11 Quizzes, Midterm written (75% passing, successful completion of practical skills). Final written ( <b>80%</b> passing, successful completion of practical skills).	
Resources: Sandia Peak Ski Patrol website: <a href="http://www.sandiapeakskipatrol.org">www.sandiapeakskipatrol.org</a> National Ski Patrol website: <a href="http://www.nsp.org">www.nsp.org</a>	

Date	Day	Topic	Instructor
August 3rd	Thursday	Orientation: Chapter 1-6 assigned	Louis Gonzalez and all available instructors

August 15	Tuesday	<p><b>Logistics</b>  <b>Chapter 1</b> Introduction to Outdoor Emergency Care*  <b>Chapter 2</b> Introduction to Emergency Care Systems*  <b>Chapter 3</b> Rescue Basics  <b>Chapter 5</b> Lifts, Loads and Transportation: <i>Be prepared to demonstrate Bridge/Bean Lift and Multiple Person Direct Ground Lift.</i></p> <p><b>Quiz on assigned chapters last 30minutes of class</b></p> <p><i>Candidates are expected to read and be prepared to discuss all chapters. Focus on learning all vocabulary terms. Preparation and participation is critical to success!</i></p>	
August 17th	Thursday	<p><b>Chapter 6</b> Human Anatomy and Physiology* (on going)  <b>Quiz beginning of class!</b></p> <p><b>Chapter 7</b> Patient Assessment Introduction: Review all vocabulary in the chapter, assessing vital signs (p238), and blood pressure (p239-241). <i>Candidates will receive an introduction to assessing vital signs and blood pressure. Please review OEC skills for this chapter</i></p>	
August 22nd	Tuesday	<p><b>Chapter 7</b> Patient Assessment, Part 1. Review all vocabulary and acronyms. Review OEC skills and practice</p>	
August 24 <sup>th</sup>	Thursday	<p><b>Chapter 7</b> Patient Assessment, Part 2. Review all vocabulary and acronyms. Review OEC skills and practice  <b>Homework on Chapter 7 Due</b></p>	
August 26th	Saturday	<p><b>BLS CPR for the Healthcare Provider for all new candidates at Health Leadership High School, 9:00am-4pm.</b></p>	<b>SPSP CPR Instructors</b>
August 29	Tuesday	<p><b>Chapter 9</b> Airway Management. Read chapter and review all terms. OEC skills : 9-2, 9-3, 9-4  <b>Chapter 10</b> Shock Management. Review OEC skills 10-1  <b>Chapter 11</b> Altered Mental Status  Continue to review patient assessments for in class practice. Practice assessing vitals and blood pressure</p>	
August 31	Thursday	<p><b>Homework on chapters 9-11 Due</b>  <b>Chapter 12</b> Substance Abuse and Poisoning  <b>Chapter 13</b> Respiratory Emergencies. Review OEC skills 13-1, 13-2,  <b>Chapter 14</b> Allergies and Anaphylaxis. Review OEC skills 14-1 and 14-2  Continue to review patient assessments for in class practice. Practice assessing vitals, blood pressure, OEC skills.</p>	
September 5th	Tuesday	<p><b>Homework on chapters 12-14 Due</b>  <b>Chapter 15</b> Cardiovascular Emergencies  <b>Chapter 16</b> Gastrointestinal/Genitourinary  <b>Chapter 17</b> Principles of Trauma / sling and swathe  Continue to review patient assessments for in class practice. Practice assessing vitals, blood pressure, and OEC skills.</p>	
September 7th	Thursday	<p><b>Homework on chapters 15-17 Due</b>  <b>Chapter 18</b> Soft Tissue Injuries. Review all OEC skills  <b>Chapter 19</b> Burns. Review all OEC skills</p>	

		Continue to review patient assessments for in class practice. Practice assessing vitals, blood pressure, and OEC skills.	
September 12th	Tuesday	<b>Homework on chapters 18 and 19 Due</b> <b>Chapter 20</b> Musculoskeletal Injuries Part 1 (Upper extremity splints) and practice OEC skills.	
September 14th	Thursday	<b>Chapter 20</b> Musculoskeletal Injuries Part 2 (lower extremity splints) and practice OEC skills	
September 19th	Tuesday	<b>Chapter 21</b> Head and Spine Injuries (backboards) and Practice OEC skills	
September 21st	Thursday	<b>Homework Chapters 20 and 21 Due</b> <b>Chapter 8</b> Medical Communication Practice patient assessments, vitals and blood pressure, and OEC skills.	
September 26th	Tuesday	<b>Midterm – Written Test – multiple choice</b>	
September 28th	Thursday	<b>Midterm – Practical Skills Evaluation</b>	
October 3rd	Tuesday	<b>Chapter 22</b> Face, Eye and Throat Emergencies <b>Chapter 23</b> Thoracic Trauma. <b>Chapter 24</b> Abdomen & Pelvic Trauma. OEC skills 24-1 Continue to review patient assessments for in class practice. Practice assessing vitals, blood pressure, and OEC skills.	
October 5th	Thursday	<b>Homework on Chapters 22-24 Due</b> <b>Chapter 25</b> Cold Emergencies <b>Chapter 26</b> Heat Emergencies <b>Chapter 28</b> Altitude Emergencies Continue to review patient assessments for in class practice. Practice assessing vitals, blood pressure, and OEC skills.	
October 10th	Tuesday	<b>Homework on Chapters 25-28</b> <b>Chapter 27</b> Plants and Animals <b>Chapter 29</b> Water Emergencies* <b>Chapter 32</b> Outdoor Adaptive Athletes Continue to review patient assessments for in class practice. Practice assessing vitals, blood pressure, and OEC skills.	
October 12th	Thursday	<b>Homework on Chapters on 27-32 Due</b> <b>Chapter 30</b> Pediatrics <b>Chapter 31</b> Geriatrics Continue to review patient assessments for in class practice. Practice assessing vitals, blood pressure, and OEC skills.	
October 17th	Tuesday	<b>Homework on Chapters on 30-31 Due</b> <b>Chapter 4</b> Incident Command and Triage	
October 19th	Tuesday	<b>Chapter 33</b> Behavioral Emergencies <b>Chapter 34</b> OB/GYN Emergencies* <b>Chapter 35</b> Special Operations* <b>Chapter 36</b> ALS Interface* Will not be tested! Optional.	
October 24- November 1st	No Class. Candidates are free to study for finals	OEC Study for written and practical exam.  A review session with equipment on Saturday, October 21 <sup>st</sup> might occur if candidates require it.	Available Instructors
October 26- 29th	Thursday, Friday, Saturday, Sunday	<b>Ski Swap!!!</b>	<b>Everybody!</b>

November 2nd	Thursday	<b>OEC Written Test</b>	Available OEC Instructors
November 4th	Saturday	<b>OEC Practical Exam at Sandia Peak</b>	
November 8th	Wednesday	<b>Patroller 101</b>	<b>TBA</b>
November 9th	Thursday	<b>Patroller 102</b>	<b>TBA</b>
November 12 <sup>th</sup>	Sunday	<b>On the Hill at 7am at the Ski Area</b>	<b>On the Hill Instructors</b>

Syllabus Key:

Turquoise=CPR

Yellow=Study/Homework and Reviews

Red=Homework, Exams, and Patrol Training (Participation by all candidates is required)

Green=Ski Swap

Blue=Patroller 101/102

\*Candidates are expected to read through this information and be prepared to test on it. We will not spend much time with this content in class. The OEC team will take questions if needed.