

Outdoor Emergency Care

Fall 2023 Syllabus

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Co-Presidents: Eli DiBari (jdibari@middlebury.edu) & Abby Truex (atruex@middlebury.edu)

Textbook: Outdoor Emergency Care 6th Edition by National Ski Patrol. (Textbooks will be held on reserve in Davis and Armstrong Libraries for student use)

Online Lectures/PowerPoints: <http://middpatrol.squarespace.com/> (OEC Class Tab)

Practical Demo Videos: <https://www.youtube.com/@seangrzyb7136/videos>

All classes are held in *BiHall 216*, Sundays from 6:00-9:00 pm unless otherwise noted.

Sunday, Sept. 24th: Class 1

Lecture

Introduction to Patrol, [Ch. 1](#) (Introduction to Outdoor Emergency Care), [Ch. 2](#) (Emergency Medical Care Systems)

Sunday, Oct. 1st: Class 2

Lecture

[Ch. 3](#) (Rescue Basics), [Ch. 6](#) (Anatomy & Physiology), [Ch. 7](#) (Patient Assessment)

Practicals

Trauma Patient Assessment (with Vitals)

Online Chapters, Q&A in class

[Ch. 4](#) (Incident Command and Triage)

Sunday, Oct. 8th: Class 3

Lecture

[Ch. 10](#) (Shock), [Ch. 18](#) (Principles of Trauma), [Ch. 20](#) (Musculoskeletal Injuries)

Practicals

Upper Extremity (SAM splint, sling/swathe, blanket roll)

Online Chapters, Q&A in class

[Ch. 8](#) (Communication & Documentation)

Sunday, Oct. 15th: Class 4

Lecture

[Ch. 9](#) (Airway Management), [Ch. 13](#) (Respiratory Emergencies), [Ch. 15](#) (Cardiovascular Emergencies)

Practicals

Oxygen and Airway Management (tank/regulator, adjuncts, admin devices, head tilt/chin lift, jaw thrust)

Online Chapters, Q&A in class

[Ch. 12](#) (Substance Abuse & Poisoning), [Ch. 14](#) (Allergies & Anaphylaxis)

Sunday, Oct. 22nd: Class 5

Lecture

[Ch. 30](#) (Pediatric Emergencies), [Ch. 31](#) (Geriatric Emergencies)

Practicals

Lower Leg (NOT ON MIDTERM EXAM)

Online Chapters, Q&A in class

[Ch. 11](#) (Altered Mental Status), [Ch. 17](#) (OB/GYN)

Wednesday, Oct. 25th: MIDTERM REVIEW SESSION

BiHall 216, 6:00 - 9:00 pm

~ Saturday, Oct. 28th: MIDTERM EXAM 8:30am - 3:00pm (ish) ~

Sunday, Oct. 29th: Class 6

Lecture

[Ch. 25](#) (Cold Related Emergencies), [Ch. 26](#) (Heat Related-Emergencies)

Practicals

Bleeding / Puncture Wound Management

Online Chapters, Q&A in class

[Ch. 27](#) (Plant and Animal Emergencies), [Ch. 28](#) (Altitude Emergencies), [Ch. 29](#) (Water-Related Emergencies)

Sunday, Nov. 5th: Class 7

Lecture

[Ch. 19](#) (Soft-Tissue Injuries & Burns), [Ch. 23](#) (Chest Trauma)

Practicals

Spinal Stabilization and Vacuum Splint

Online Chapters, Q&A in class

[Ch. 33](#) (Behavioral Emergencies & Crisis Response)

Sunday, Nov. 12th: Class 8

Lecture

[Ch. 5](#) (Moving, Lifting, and Transporting Patients), [Ch. 21](#) (Spine, Brain, & Nervous System Injuries),
[Ch. 22](#) (Face, Eye, & Neck Injuries)

Practicals

Medical Patient Assessment

Online Chapters, Q&A in class

[Ch. 34](#) (Special Operations & Ambulance Operations)

Sunday, Nov. 26th: Class 9

Lecture

[Ch. 16](#) (Gastrointestinal, Genitourinary, and Reproductive System Emergencies), [Ch. 24](#) (Abdominal and Pelvic Trauma)

Practicals

Slishman Traction Splint & Pelvic Sling & Sheet Swath Demo

Online Chapters, Q&A in class
Ch. 32 (Adaptive Athletes)

Wednesday, Nov. 29th: FINAL REVIEW SESSION
BiHall 216, 6:00 - 9:00 pm

~ ~ Saturday, Dec. 2nd: FINAL EXAM 8:30am - 3:00pm (ish) ~ ~

Course Fees

National Ski Patrol membership fee - \$60.00

This is a required fee to be a member of NSP.

Outdoor Emergency Care course fee - \$60.00

This is a required fee to sign up and test for the OEC exam through National Ski Patrol. Sean will show you how to pay these fees at the beginning of the course. If these fees are not paid, the NSP final exam will not be sent to us, and you will not be eligible for membership to Midd patrol or the NSP. It is very important to take care of this. Just do it. Please.

Out of Class Work Expectations

In order to succeed in this course, we highly recommend taking the time to read (or at least skim) the chapters presented in each class beforehand. We know that you are busy, but we also really want you to pass the exam and coming prepared really helps! If you are ever feeling overwhelmed by the class please do not hesitate to reach out to one of your mentors, Eli, Abby, or Sean. (For real! Please talk to one of us!)

Online Chapters

While the OEC exam will test you on all chapters, there are some that we feel do not require as much class time. You are responsible for reading & reviewing the corresponding online PowerPoints and accompanying materials (which can be accessed via the Midd Patrol SquareSpace under the OEC class tab) on your own time, but there will be Q&A's in class.

- 4. Incident Command and Triage
- 8. Communication & Documentation
- 11. Altered Mental Status
- 12. Substance Abuse & Poisoning
- 14. Allergies & Anaphylaxis
- 27. Plant and Animal Emergencies
- 28. Altitude Emergencies
- 29. Water-Related Emergencies
- 32. Adaptive Athletes
- 33. Behavioral Emergencies & Crisis Response
- 34. Special Operations & Ambulance Operations

Exams & Evaluations

Practicals

Three practicals covered in class before the midterm (Trauma Patient Assessment, Oxygen & Airway Management, and Upper Extremity) will be tested in the first half of the semester/during the midterm exam, and the remaining practicals

covered in the class (Lower Leg, C-Collar/Vacuum Splint, Medical Patient Assessment, Bleeding & Puncture Wound Management) will be tested in the second half of the semester/at the final exam. You will have the opportunity to test on each practical when you feel competent and that you can successfully pass. When you feel ready, let Sean, Abby, and/or Eli know and the practical test can happen during/after class on Sunday night. This is optional... if you elect not to do this, you will be tested on the practicals during the midterm or final exams, as outlined above. In order to receive an OEC certification, students are required to take and pass all practical exams. In order to be considered for Midd patrol, students must pass each practical in a maximum of two attempts. Students not interested in joining Midd patrol may attempt the practical exams as many times as it takes to pass them.

Middlebury Midterm

The midterm will consist of a written exam along with the initial round of official practicals testing for those who have not yet passed practicals. The written exam will consist of questions drawn from the OEC multiple choice question bank along with short answer questions on material covered in the first half of the semester. The practicals tested during (and leading up to) the midterm will be the Trauma Patient Assessment, Oxygen and Airway Management, and Upper Extremity and count as part of the official OEC exam.

OEC Final

The final exam is the official multiple choice exam offered by the NSP along with the remaining practical assessments. Each student will need to answer at least 80% of these multiple choice questions correctly to pass the written portion of the OEC. The practicals tested during (and leading up to) the final will be the C-Collar/Vacuum Splint, Medical Patient Assessment, Bleeding & Puncture Wound Management, and Lower Leg.

Middlebury Final

The Middlebury final will mostly consist of short answer questions to show medical knowledge gained throughout the semester, along with one long answer question to show practical knowledge. Students are encouraged to provide information above and beyond a typical patient assessment. This exam will ultimately allow us to better gauge how a student might perform in an on-hill emergency with problem solving and medical competence. The Middlebury final will be on the same day as the OEC Final and will be handed out as students complete the OEC multiple choice exam.

Attendance/Participation

Your presence in OEC class is crucial to your learning of the material and important for your commitment to being a part of Middlebury Ski Patrol. That being said, there are bound to be conflicts throughout the semester. If you have a reason for not being able to make it to class, no worries, but please let Abby, Eli and/or Sean know that you won't be there. It will be your responsibility to cover the chapter(s) and practical(s) that you miss, but your mentors and other patrollers will always be happy to help catch you up if you ask. In addition to attendance, your attention and effort throughout the class will be the best way for us to gauge your commitment to ski patrol. Your mentors in the class will evaluate you on this basis throughout the semester to contribute to your overall grade. This is nothing to be afraid of, just be yourself!

Midd Patrol Selection Process

The nature of Patrol's role at the Bowl is such that we can only accept a limited number of patrollers each year.

Unfortunately, this means that we have to turn down qualified candidates. Our tryout process proceeds in two stages:

1. Every candidate must demonstrate their medical proficiency in order to pass the OEC test. This means receiving a passing score on the OEC multiple choice test (80%) and passing each practical in at most 2 attempts. Our goal is for every student this year to successfully pass the medical course and receive their OEC certification. If you

attend every Sunday night class and spend 2-3 hours weekly outside of class reading the textbook and practicing practicals, this should be well within your reach.

In order for students to be considered for Middlebury Patrol they must achieve a combined score of at least 75% throughout the semester. This will take into account practicals, the OEC exam, and Middlebury-specific midterm and final exams. The weighted breakdown is as follows:

OEC Practical	40%
Midterm Middlebury Exam	10%
Final OEC Exam	30%
Final Middlebury Exam	10 %
Participation	10%

2. The Ski/Ride Test: all students who pass the OEC test and practicals (within two attempts) and who achieve a combined class average of at least 75% will be invited to the ski and ride test, which occurs the first Thursday and Friday of J-Term.
 - a. The alpine ski/ride test consists of skiing/riding both on- and off-piste runs at the Snow Bowl while patrollers watch, along with a skill session in which we test hop turns, controlled snow plow, falling leaf, and other agility drills. We look for confidence, comfort, and control on your alpine gear of choice (alpine skis, telemark skis, snowboard).
 - b. The Nordic ski test consists of skiing for an hour or so at Rikert with several current patrollers. Nordic patrollers need to be able to efficiently respond anywhere on the Rikert trail system and spend extended hours out on the trails, so we look for confidence and skill in cross-country skiing, along with the baseline level of fitness required to quickly cover distance on cross-country skis.

After the ski/ride test is completed, all current patrollers meet and select the rookie class by unanimous decision. These decisions are made on a holistic basis, considering skiing or riding skill and medical proficiency. Therefore, everyone who makes the final roster is an expert skier or rider and fully competent to carry out the medical responsibilities of a ski patroller. The number of students who will be selected varies from year to year based on the size of the current patrol. Unfortunately, due to the competitive nature of the process, there may be qualified applicants who get cut. See our “Ski Patrol Selection Criteria” document for a more detailed explanation of the process.

We notify everyone who participated in the ski test of our final roster decisions the night the ski test is completed, which is usually the first Friday of J-Term. We invite anyone who participates in the ski test, but does not make the final roster, to participate in the following year’s OEC class and ski test, as long as they have at least 3 winters remaining at Middlebury. This is a common way to make patrol; several current patrollers have made the roster on their second attempt.

If you ever have any questions or concerns, please reach out to Eli, Abby, and/or Sean or just find us in class!

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