ADVANCED WILDERNESS LIFE SUPPORT® COURSE, SCANDIC NARVIK HOTEL, NARVIK, NORWAY HOSTED BY NORDLANDS LEGEFORENING NARVIK, NORWAY, MAY 8TH – 11TH, 2016

Course Leaders

Benjamin Lischner, MD, FAWM, Specialist in Family Medicine, Alleen Legesenter, Narvik
Sverre Håkon, MD, Specialist in Family Medicine, Ankenes Legesenter, Narvik

Course Schedule

Sunday, May 8

4:00 PM Registration
5:00 PM WELCOME, information
5:30 PM Patient Assessment
6:15 PM Break
6:30 PM Practical Skills Workshop Session 1: Patient Assessment
8:00 PM Working Dinner with special presentation

Monday, May 9

8:00 AM Wound Management, Musculoskeletal injuries and Burns
9:00 AM HEENTS
10:00 AM Break
10:15 PM Breakout Session 1: Medical Problems
12:00 PM Lunch
1:00 PM Practical Skills Workshop Session 2: C-spine: Moving an injured patient
2:30 PM Break
2:45 PM Practical Skills Workshop Session 3: Patient Packaging and Hypothermic Wraps
4:15 PM Practical Skills Workshop Session 4: Splinting and dislocations
5:45 PM Break
6:00 PM Avalanche injuries
7:00 PM Special Presentation
8:00 PM Dinner

Tuesday, May 10

8:00 AM Hypothermia and Cold injuries
8:45 AM Heat illness
9:30 AM Coffee break
9:45 AM Breakout Session 2: Infectious Diseases
11:15 AM Altitude Medicine
12:00 PM Lunch and Transport to AWLS Training Scenarios
1:00 PM AWLS Training Scenarios (all afternoon)
4:45 PM Break
5:00 PM AWLS Testing Scenarios
7:00 PM Transport down Mountain and to Hotel
8:00 PM Dinner
Wednesday, May 11

9:00 AM  Submersion
9:30 AM  Medical Kits
10:00 AM  Break
10:15 AM  Animal, Insect Bites & Stings
11:15 AM  Lightning injuries
12:00 PM  Lunch
1:00 PM  Water treatment
2:00 PM  Dive Medicine
3:00 PM  AWLS Written Exam
4:00 PM  Coffee, Course evaluation and Wrap-up

Onsite Sign-in

Onsite sign-in for the course opens at 4:00 PM on May 8th in the course lecture room at Scandic Narvik Hotel. There will be signs at the main entrance and in the reception showing you the location. You will receive your printed textbook and schedule when you sign in. Sign-in is required so that we have an accurate record of your attendance for CME credits. All course participants must present proof of payment before being permitted to attend the course.

Course Description

“Learn the skills to prevent medical problems, reduce suffering and save lives in non-traditional medical settings”

- Earn your Advanced Wilderness Life Support certification
- Learn the latest practical hands-on wilderness medicine skills for patient assessment, treatment and evacuation protocols
- Practice your skills in live scenarios with our expert instructors
- Obtain up to 20.5 hours of category 1 CME*
- Receive Wilderness Medical Society Fellowship credits
- Receive 25 Clinical Subject Course Credits for graduate and post-graduate training for family practitioners in Norway

COURSE OBJECTIVES

To provide a practical foundation in Wilderness Medicine for medical professionals

To teach patient assessment and treatment guidelines for life support until definitive care or evacuation is available

To train the provider in methods for managing medical and traumatic emergencies and urgencies in the wilderness when evacuation is unavailable or unnecessary.

To teach techniques and guidelines for evacuation.
**TOPICS INCLUDE**

- Patient assessment
- Wound management
- Trauma
- Water treatment
- Medical problems
- Hyperthermia, hypothermia, frostbite
- Infectious disease
- Medical kits
- Head, Ear, Eye, Nose, Throat, Skin
- Lightning
- Animal & insect bites
- HAPE/HACE
- Musculoskeletal injuries
- Dive Medicine

*The Wilderness Medical Society designates this educational activity for a maximum of 20.5 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity.*

This activity has been planned and implemented in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Medical Education through joint sponsorship of the Wilderness Medical Society and AdventureMed. The Wilderness Medical Society is accredited by the ACCME to provide continuing medical education for physicians.

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**Narvik, the Ofoten Fjord and the Iron Ore Railway**

The port city of Narvik, located on the Herjangen branch of the Ofoten Fjord, is a city that has historically played a major role during the 20th and 21st century. Narvik is located on the Norwegian side of the Scandinavian Mountain Range, approximately 200 km north of the arctic circle.

Narvik is the terminal destination of the Iron ore railroad. The Iron ore railroad was begun in 1898 and completed in 1902. The railway line links the arctic iron ore mining town of Kiruna, Sweden with the annual ice free harbor of Narvik, Norway.

The railroad boasts to be one of the world’s most beautiful beginning on the plateau of arctic Lappland where once crossing the border into Norway, descends 500 vertical meters into the fjord landscape which is typical of the Norwegian coast.

The railroad is a vital part of the infrastructure of Northern Scandinavia. The iron ore extracted from Kiruna is supposedly of high quality. It is specifically this iron ore which made Norway a strategic target during the Second World War.

Each day trains with 52 cars loaded with iron ore traverse the 170 km stretch along the electrified railway line. This railway line is shared with both freight as well as passenger train sets. Many tourists take advantage of this mode of transportation to appreciate the beauty of the surrounding nature.

The polar nights and the midnight sun dominate during the winter and summer solstices. Temperatures along the railway range from 25°C in the summer to as cold as -35°C in midwinter.

The course will be held during the **late winter/early spring** period.

Narvik also boasts a fabulous downhill ski experience where one can swoop down the hills with the surrounding mountains and fjord as a backdrop. Additionally one can reach the border community of Riksgränsen by either rail or automobile where one can take advantage of some of the best powder skiing in the world.

Tourists can also utilize Narvik as a starting point to explore the Lofoten Islands or by taking an Orca safari.
Lodging

The recommended stay during the course is at the brand new Scandic Hotel Narvik. Alternative options include the newly renovated Grand Hotel, the bed and breakfast Norum Gården and the hostel Victoria Vandrerhjem. You are required to contact these hotels directly to make your own bookings.

Scandic Narvik Hotel
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Meals

Most hotels furnish breakfast free of charge. Lunch and snacks will be available at the course site. Traditionally in Norway one pays for snacks, lunch and conference hall rental separately from course costs by paying for “dagpakke” or day package. The “dagpakke” is mandatory and should be factored into your course budget. Each participant is responsible for paying the conference site/hotel directly for the “dagpakke.” Price: 550 NOK per day.

In addition, we are hosting three dinners Sunday, Monday and Tuesday. These are not mandatory but are very, very enjoyable. Price for dinner will be announced at the course. Each participant will also be responsible for paying for his or her dinners.

Transportation

AIR:

The nearest commercial airports are

Harstad/Narvik, Evenes Airport (EVE), Norway. 60 km. Regular bus transport to Narvik. Rental cars available. Connections with international flights to/from Oslo-Gardermoen Airport (OSL).
Kiruna Airport (KRN), Sweden. 190 km. Transfer bus to Narvik available for some flights. Rental cars available. Connections with international flights to/from Stockholm-Arlanda Airport (ARN).

Narvik City Airport (NVK), Norway. 5 minute transfer to town. Flights connect through Bodø (BOO).

TRAIN:

Daily train connections to/from Stockholm, Sweden. Night train with comfortable sleeping cars leaving from Stockholm in the afternoon or evening, arrives at the course location early afternoon. Go to [www.sj.se](http://www.sj.se) for booking details.

CAR:

From Oslo take E6 north. Allow at least two to three days for driving time. From Northern Norway take E6 south to Narvik. From the south of Sweden drive north on E4. From Luleå follow the signs to E10 west. Allow at least two days for driving time. Drive straight on E10 for 480 km. At the crossroad to E6 pick up E6 south to Narvik.

Clothing and Other Equipment

The average temperature in Northern Norway during June is generally between 0-15°C. The weather can change very fast due to Atlantic winds hitting the Norwegian West coast. Strong winds and rain or snow can be present. The course will be held snow, rain or shine, so participants should bring rainwear and warmer layers to account for unexpected cold or precipitation.

All equipment and supplies for the hands-on teaching sessions will be provided.

Registration and Further Information

To register, please contact Nordlands Legeforening [lena@nordland-legeforening.no](mailto:lena@nordland-legeforening.no)

OR

For more information regarding the course and other specifics please contact Benjamin Lischner, MD, FAWM at [med96ben@me.com](mailto:med96ben@me.com) or Sverre Haakon Evju, MD at [evju@sverrehaakon.no](mailto:evju@sverrehaakon.no)

| Advanced Wilderness Life Support and AdventureMed: [www.awls.org](http://www.awls.org) or 866-830-3394 | Norway: [www.visitnorway.com](http://www.visitnorway.com) |
| Kiruna County and Swedish Lapland: [www.kirunalapland.se](http://www.kirunalapland.se) | Riksgränsen ski area: [www.riksgransen.nu](http://www.riksgransen.nu) |
Course fees

Course Price:

5400 NOK for members of the Norwegian Medical Association (mDNLF). 10800 NOK for non-members. In addition there is a mandatory licensing fee of 2500 NOK. Payable after agreement with Nordlands legeforening. These fees cover course, materials and certification fees. Proof of payment must be presented at the onsite registration desk.

Dagpakke; 550 NOK per day is mandatory. (Your total minimum price is 10100 NOK)

As listed above, dinners will incur on-site at an extra cost. Extra fees will also be incurred on-site for hotel.

Proof of payment must be presented prior to course start. Lack of proof of payment will result in cancellation of course registration.

Textbook

An online textbook will be available to all course participants by contacting Dr. Lischner or Dr. Evju. Textbook will be available on site.