

ADVANCED WILDERNESS LIFE SUPPORT® COURSE
CLEBURNE STATE PARK
HOSTED BY JOHN PETER SMITH HOSPITAL
DALLAS/FT WORTH AREA, CLEBURN, TEXAS MARCH 19-22, 2014

Course Schedule

Wednesday March 19, 2014

2:00 PM	Registration
2:30	Welcome to Wilderness Medicine
3:00	Finding Water in the Wilderness
3:30	Making Fire in the Wilderness
4:00	Knot tying
4:30	Trapping 101
5:00	Land Navigation
6:30	Supper
After Dark	Night Land Navigation

Thursday March 20, 2014

7:00AM	Optional Bike Ride
8:00	Registration
8:30	Welcome
8:45	Patient Assessment
9:15	Wound Management
10:15	Break
10:30	Water Disinfection and Hydration
11:00	Altitude
11:30	Avalanche
12:00	Lunch
1:00	Dive Medicine
2:00	Break
2:15	Medical Problems Breakout Session
3:15	HEENTS
4:15	Break
4:30	Travel Medicine Update
5:30	Urban Survival
6:30	Supper

Evening Presentation: Preparing for Expeditions

Friday, March 21, 2014

7:00AM	Optional Bike Ride
8:15	Practical sessions
	Patient Assessment
	Cervical Spine/moving injured patient
	Splinting & dislocations
	Hypothermic wraps and Patient Packaging
11:45	Break for Lunch
12:45	Animal, Insects, Bites & Stings
1:45	Medical Kits
2:15	Break
2:30	Infectious Disease Breakout Session
3:30	Lightning
4:00	Heat and Cold Injuries

5:00	Submersion
5:30	Break
5:45	“How to Deliver a Baby with Nothing”
6:15	Advanced Airway and Pain Management in the Wilderness
7:00	Supper

Evening Presentation: Adventures in....

Saturday, March 22, 2014

7:00AM	Optional Hike
8:30	Victim Scenarios – Hands on Teaching
11:30	Break for Lunch
12:30	AWLS Testing Scenarios
4:00	Course Wrap Up
4:15	AWLS Written Exam
5:15	End of Course

Additional CME will be provided by John Peter Smith Hospital for workshops and lectures which are not part of the AWLS curriculum. Nursing CEUs for Texas nurses will be provided by John Peter Smith Hospital.

Meals provided for course participants:

Breakfast will be provided on Thursday, Friday and Saturday

Lunch will be provided on Thursday, Friday and Saturday

Supper will be provided Wednesday, Thursday and Friday evening

Free Housing:

Free housing is available in the 2 group camp facility dorms for 24 women and 24 men. Each dorm includes 12 bunk beds, 3 showers, 3 toilets and 24 lockers. You must bring your own bedding and toiletries. Facilities are 2 years old, and they are in excellent condition. PLEASE notify Lura Rhoden at lrhoden@jpshealth.org as soon as possible if you plan to stay in the dorm. Beds will be provided in the order the request is received.

For further lodging options see below.

Onsite Sign-in

There will be onsite registration for the course on Wednesday from 2:00 to 2:30 pm at the Cleburne State Park Group Facility. Registration will also be available from 8:00 to 8:30 am on Thursday morning. Sign-in is required so that we have an accurate record of your attendance for CME credits.

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 over 20.5 hours of category 1 CME*
- Receive Wilderness Medical Society Fellowship credits
- Learn survival skills in the supplementary skills lectures

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	

*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.

Course Faculty

James Barbee, M.D.

Board Certified Sports Medicine

Assistant Clinical Professor, Department of Family and Community Medicine, University of Texas Southwestern Medical School

Faculty, Department of Family Medicine, John Peter Smith Hospital, Fort Worth, Texas

Richard Fulkerson, M.D.

Assistant Clinical Professor, Department of Family and Community Medicine, University of Texas Southwestern Medical School

Faculty, Department of Family Medicine, John Peter Smith Hospital, Fort Worth, Texas

Medical Director, Utilization Management, John Peter Smith Hospital, Fort Worth, Texas

John Gibson, M.D.

Assistant Clinical Professor, Department of Family and Community Medicine, University of Texas Southwestern Medical School

Director, Global Health Track, John Peter Smith Hospital Family Medicine Residency, Ft. Worth, Texas

Faculty, Department of Family Medicine, John Peter Smith Hospital, Fort Worth, Texas

Gloria Glidewell

Certified Nurse Midwife

Lesca Hadley, M.D.

Assistant Clinical Professor, Department of Family and Community Medicine, University of Texas Southwestern Medical School

Faculty, Department of Family Medicine, John Peter Smith Hospital, Fort Worth, Texas

Christopher Haas, M.D.

Fellow of the Academy of Wilderness Medicine

Anesthesiologist, Private Practice: Pinnacle Anesthesia Consultants, PA

Mark Koch, M.D.

Assistant Clinical Professor, Department of Family and Community Medicine, University of Texas Southwestern Medical School

Faculty, Department of Family Medicine, John Peter Smith Hospital, Fort Worth, Texas

Director of Informatics, John Peter Smith Hospital, Fort Worth, Texas

Loren Lasater, M.D.

Colonel, United States Army Reserve, Medical Corps

Medical Director, Family Medicine Ambulatory Care, John Peter Smith Hospital, Ft. Worth, Texas

Faculty, Department of Family Medicine, John Peter Smith Hospital, Fort Worth, Texas

Jason Mogonye, M.D.

Board Certified Sports Medicine

Faculty, Department of Family Medicine, John Peter Smith Hospital, Fort Worth, Texas

Robert Richard, D.O.

Chairman Community Medicine Tarrant County Hospital District/UNTHSC

Coast Guard: Rescue Swimmer and Hospital Corpsman

William Pate, M.D.

Director of Rural Track, John Peter Smith Family Medicine Residency, Fort Worth, Texas
Associate Clinical Professor, Department of Family and Community Medicine, University of
Texas Southwestern Medical School
Faculty, Department of Family Medicine, John Peter Smith Hospital, Fort Worth, Texas

Levi Sundermeyer, M.D.

Lieutenant Colonel, United States Air Force, Medical Corps, Flight Surgeon
Assistant Clinical Professor, Department of Family and Community Medicine, University of
Texas Southwestern Medical School
Faculty, Department of Family Medicine, John Peter Smith Hospital, Fort Worth, Texas

All AWLS faculty have signed disclosure statements indicating that they have no relevant financial relationships with any course sponsors.

Cleburne State Park

Description

Cleburne State Park is located on 528 acres of land in an area of white limestone hills where oak, elm, mesquite, cedar and redbud are almost impenetrable. An earthen dam holds a 116 acre spring fed lake of sparkling clear water, creating excellent swimming and fishing opportunities for the whole family. The hills, valleys and lake offer a panorama of colors and natural scenic beauty throughout the year. The park offers excellent hiking and recreational activities on land and water. It is close to the Dallas-Ft. Worth metroplex, but it remains far removed from the stresses of city life.

Available Activities in the Park

Cleburne State Park mountain bike trails offer miles of beautiful scenery with a variety of challenges for all experience levels. The terrain on the trail is as diverse as the hills. You will experience treacherous downhills, fast smooth flats, and everything in between. The technical and wooded trails form an entire loop that has made this trail a favorite for mountain bikers in training or those who enjoy a challenging ride. The trail will test your skills and endurance and is well worth your time!

Fishing and boating the clear blue waters of Cedar Lake is a wonderful way to spend the day with your family. Note: Boats may not create any wake on this lake, and personal watercraft (i.e. jet skis, seadoos, etc.) are not allowed. Currently no ice, groceries, food or camping supplies are available within the park.

Nature

Admire the juniper (cedar), oak, elm, mesquite, redbud, cottonwood, sycamore, ash and sumac trees that cover white rocky hills. In early spring, there is a carpet of bluebonnets in the open fields and many other varieties of wildflowers throughout the park.

Wildlife Observation and Photography: Wildlife present in the park includes white-tailed deer, turkey, duck, armadillo, squirrel, skunk, bobcat, cottontail rabbit, raccoon, opossum, coyote, and many species of birds. Popular fish include crappie, bass, catfish, bluegill and redear sunfish.

History of Cleburne State Park

Located southwest of Fort Worth in Johnson County, the park was acquired from the City of Cleburne and private owners in 1935-36 and was opened in 1938.

The region surrounding Cleburne State Park was a favorite hunting ground for many Indian tribesmen, since it was composed of dense woods surrounded by plains and included several clear springs. The Comanche Indians used this area as a trail from the northwest to raid the homesteads in the south. The Indians would lead two fresh horses as they rode a third one, switching to a fresh horse as each was winded. In this manner, they would escape their pursuers.

Their concealed trail was last used for a raid on Kimbell (now known as Kimbell Bend), which, built in 1851, was the first town in Johnson County. Kimbell was established on the Chisholm Trail at its crossing on the Brazos River. Vast herds of cattle from the southern ranches in Texas crossed at Kimbell Bend going north to the markets. The park, located eight miles north of

Kimbell Bend, was also a good campsite for the cowboys who drove cattle on the Chisholm Trail.

In 1934, this beautiful valley of springs was recognized as a picturesque locality for a park. A group of local businessmen, interested in its development, secured it for the State Park Board to establish a state park. In 1935, [Civilian Conservation Corps](#) Company 3804 of the federal government moved into the park site to start developing a park

The enrollees built a small earthen dam to impound the park's 116-acre lake, with a beautiful masonry, three-level spillway, and then cleared a three-mile scenic roadway around the lake. A concession building, boathouse and bathhouse were built in 1936, with additions in 1940..

Lodging in Cleburne State Park

Campsites are also available in the Cleburne State Park from \$16-30 a night with various amenities. Reservations for campsites must be made through the Central Reservation Center for Texas Parks and Wildlife at 512-389-8900 or texas.reserveworld.com

Lodging in Cleburne

Hotels

Liberty Hotel
205 South Caddo Street, Cleburne, TX 76031

Best Western Smithfield Inn
1707 W. Henderson, (Business Highway 67 South), Cleburne, TX 76033

Motel 6
1720 W Henderson St, near Henderson St & Meadow View Dr, Cleburne, TX 76033

Hampton Inn and Suites
1996 West Henderson Street, Hwy 67 S, Cleburne, TX 76033

La Quinta Inn and Suites
107 East Kilpatrick Ave, Cleburne, TX 76033

Holiday Inn Express Inn and Suites
1800 West Henderson Street, Cleburne, TX 76031

Days Inn and Suites
2005 North Main St, Cleburne, TX 76033

Best Way Inn Cleburne
2110 W. Katherine Pl Raines Rd, Cleburne, TX 76033

Bed and Breakfasts

River Rock Bed and Breakfast Cottages
206 West Dabney, Cleburne, TX 76033

Lodging in Glen Rose

Hotels

Holiday Inn Express Hotel and Suites
113 Paluxy Summit Boulevard, Glen Rose, TX 76043

Rough Creek Lodge
5165 County Road 2013, Glen Rose, TX 76043

Best Western Dinosaur Valley Inn and Suites
1311 NE Big Bend Trail, Glen Rose, TX 76043

America's Best Value Inn and Suites
1614 NE Big Bend Trail, Glen Rose, TX 76043

La Quinta Inn and Suites
101 West Bo Gibbs Road, Glen Rose, TX 76043

Comfort Inn and Suites
1615 NE Big Bend Trail, Glen Rose, TX 76043

Bed and Breakfasts

Inn on the River
205 S.W. Barnard St, P.O. Box 1417, Glen Rose, TX 76043

Country Woods Inn
420 Grand Ave., Glen Rose, TX 76043

Bursey's Something Special Bed and Breakfast
202 Hereford St, Glen Rose, TX 76043

Cedars on the Brazos
2920 County Rd 413, Glen Rose, TX 76043

Cleburne, Texas

Cleburne “was near the earliest Johnson County road, an old wagon trail that was used by soldiers traveling from Fort Belknap to Fort Graham. The location had an excellent water source on West Buffalo Creek that attracted travelers, including cattlemen from the nearby Chisholm Trail. During the Civil War the site was used as a bivouac for Johnson County units marching off to war. This temporary facility, known as Camp Henderson, became a permanent settlement on March 23, 1867, when it became necessary to choose a new, centrally located county seat to replace Buchanan. The town was named in honor of Gen. Patrick R. Cleburne, under whom many of the men had fought during the Civil War.” - From handbook of Texas online

Glen Rose, Texas

Glen Rose provides the perfect destination for families, or people just wanting a taste of small town Texas. Glen Rose is best known as the “Dinosaur Capital of Texas,” but is much more than

dinosaurs. Glen Rose has been a popular tourist destination since the early 1900s. In addition to the beautiful scenery, rolling hills and rivers, the Glen Rose area had hundreds of natural springs. The water flowing from the springs was heavily laden with minerals believed to have healing powers. Glen Rose is still a popular tourist destination with the rolling hills and rivers. Several family attractions over the years have been added including [Dinosaur Valley State Park](#), [Dinosaur World](#) and [Fossil Rim Wildlife Center](#), just to name a few. Also, visit the Historic Courthouse Square. Home to quaint shops, restaurants and lodging, it provides a nostalgic feel that few towns can still claim. As for those hills and rivers that first put Glen Rose on the map, they are still here. In addition to the natural beauty, visitors will find opportunities for hiking, mountain biking, wildlife viewing, kayaking, canoeing or just kicking back and enjoying a sunset. See <http://www.glenrosetexas.net> for further information.

Fort Worth, Texas

Fort Worth is a rare mix of old west charm and modern day sophistication. Known as the “City where the West begins,” the Fort Worth Stockyards and the downtown Sundance Square proudly display its western heritage. Popular attractions include the world-renowned Bass Hall and the top-rated Fort Worth Zoo. Museums in the Fort Worth Cultural District are famous for the quality of their collections as well as their architecture. Other nearby attractions include the Texas Motor Speedway and Six Flags Over Texas. See www.fortworth.com for further details.

Dallas, Texas

[Amusing](#), [historic](#), [educational](#) and iconic are just a few of the words that can be used to describe the sights and attractions in Dallas. Regardless of which sights you choose to visit, you can be assured that you will find unique experiences available only in and around Dallas. See <http://www.visitdallas.com> for further details.

Driving Directions

From Austin, Texas: Go north on I35 taking I35 West when it divides. Take Highway 67 South for 18.6 miles. Go 6.2 miles on Park Road 21 until you see the Park entrance. Stop at the Ranger Station for a map and directions to the Group Camping Facilities. As you enter the park, please tell the attendant at the gate that you are attending the Wilderness Course.

From DFW: Follow Highway 183 West to Highway 121 South. Go South on I35W to Highway 174 South. Drive 13.3 miles on Highway 174 South to Highway 67 South. Go 8.4 miles on Highway 67 South to Park Road 21. Go 6.2 miles on Park Road 21 until you see the Park entrance. Stop at the Ranger Station for a map and directions to the Group Camping Facilities. As you enter the park, please tell the attendant at the gate that you are attending the Wilderness Course.

Alternate route from DFW: Follow Highway 183 West to TX 360 South. Follow TX 360 South to I20 West. Go west on I20 until you reach I35 W. Go South on I35 W to Highway 174 South. Drive 13.3 miles on Highway 174 South to Highway 67 South. Go 8.4 miles on Highway 67 South to Park Road 21. Go 6.2 miles on Park Road 21 until you see the Park entrance. Stop at the Ranger Station for a map and directions to the Group Camping Facilities. As you enter the park, please tell the attendant at the gate that you are attending the Wilderness Course.

From Dallas, Texas: Follow I35 E South to Highway 67 South. Go 52.2 miles to Park Road 21. Go 6.2 miles on Park Road 21 until you see the Park entrance. Stop at the Ranger Station for a

map and directions to the Group Camping Facilities. As you enter the park, please tell the attendant at the gate that you are attending the Wilderness Course.

From Ft. Worth, Texas: Follow I35W South to Highway 174 South. Drive 13.3 miles on Highway 174 South to Highway 67 South. Go 8.4 miles on Highway 67 South to Park Road 21. Go 6.2 miles on Park Road 21 until you see the Park entrance. Stop at the Ranger Station for a map and directions to the Group Camping Facilities. As you enter the park, please tell the attendant at the gate that you are attending the Wilderness Course.

Clothing and Other Equipment

The average temperatures in March in Texas are variable. Practical portions of the course will be held outdoors so participants should dress accordingly. Hats and sunscreen are recommended for sun protection. All equipment and supplies for the hands-on teaching sessions will be provided.

Registration and Further Information

You can register online at www.awls.org. Or to register by check you can complete the form below and mail it to **JPS FAMILY MEDICINE ALUMNI FOUNDATION**.

COST SUMMARY

Payable at time of registration

AWLS Doctoral course cost: \$650.00

AWLS Non-doctoral course cost: \$460.00

Course includes 20.5 hours of CME credits and meals as indicated in course description

Free housing is also available in the 2 group camp facility dorms for 24 women and 24 men.

Excluded: transportation, lodging if not in free housing arranged through Lura Rhoden and meals not indicated in course description

Cancellation policy: You will receive a full refund of your course fee (less a 10% processing fee) with cancellation up to 30 days prior to a course. Within 30 days of a course your fees will be applied to a future AWLS course.

For additional questions, information, visit the AWLS FAQs page on the website or contact Advanced Wilderness Life Support and AdventureMed: www.awls.org or 866-830-3394

To contact other registrants regarding sharing lodging, transportation or other, please visit our facebook page at:

<https://www.facebook.com/pages/AWLS-Advanced-Wilderness-Life-Support/180716034310>

Cleburne, Texas:

<http://www.visitcleburne.com>

<http://www.ci.cleburne.tx.us>

Glen Rose, Texas:

<http://www.glenrosetexas.net>

www.jpshealthnet.org/education/residency-family.asp

CLEBURNE CONFERENCE – MARCH 19-22, 2014

Registration Information- Please enter conference attendee's information below. Please complete all fields including the type of registration. Please contact us at 866-830-3394 if you have any questions regarding your registration.

First name _____ Last name _____

Company or employer _____

Billing address _____

Address 2 _____

City _____ State _____ Zip _____

Province/Country _____ Email _____

Phone _____ Alternate phone _____

Fax _____

Comments or special requests _____

Type of Registration _____

Type	Description	Price
A	Physician	\$650
B	Nurse/PA/EMT/Paramedic	\$460
C	Medical resident or student	\$460

CME: 20.5 hours of Category One Physician CME available.

Payment method ☐ check

Make checks payable to **JPS FAMILY MEDICINE ALUMNI FOUNDATION** and remit to the address listed below.

JPS Family Medicine Alumni Foundation
c/o Lura Rhoden
P.O.Box 11066
Fort Worth, TX 76110