UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

Mountain Rescue: Trauma-Handling in a Remote Environment

2526-2-I0101D909

Aims

The elective course “Mountain Rescue: Trauma Management in Remote Environment” aims to provide students with the necessary skills to deal with trauma management in complex and isolated environmental contexts.
The specific objectives of the course, defined according to the Dublin Descriptors, are as follows:

1. Knowledge and understanding: To know the dynamics, injuries, modes of intervention and complications typical of accidents in remote environments.
2. Application of knowledge: To manage trauma in remote settings using specific techniques, protocols and materials even under critical conditions.
3. Autonomy of judgement: Assess complex situations and make rapid and appropriate decisions in hostile environments with limited resources.
4. Communication skills: Communicate effectively with the rescue team and emergency services, clearly documenting the intervention.
5. Learning skills: Develop independent and continuous learning skills on rescue techniques and trauma management in extreme environments.

Contents

Characteristics of accidents in the Alpine environment
Types of injuries
How to manage the request for action
Types of intervention
Aids and materials used

Detailed program

• Remote emergency situations: field and safety management; tactical management of rescue intervention.
• First aid in remote environment: Basic Life Support (cardio-pulmonary resuscitation, deconstruction); notions of PHTLS (prehospital trauma life support) according to XABCDE criteria
• Remote environment: medical conditions (hypothermia; hyperthermia; altitude sickness; drowning; lightning).
• Vision of the specific garrisons for intervention in alpine, speleological and canyoning.

Prerequisites

Enrolling in the 2nd-3rd year of the Bachelor's Degree in Nursing

Teaching form

Face-to-face teaching – frontal lectures and tutorials

Textbook and teaching resource

• Beattie P.F. Wilderness Medicine: Patient Evaluation and Management in a Challenging Environment. Springer-Verlag GmbH Germany, part of Springer Nature 2023. M. N. Doral, J. Karlsson (eds.), Sports Injuries. https://doi.org/10.1007/978-3-642-36801-1_491-1.
• SIAARTI - BPC Gestione anestesiologica del paziente critico in ambiente ostile. https://d1c2gz5q23tkk0.cloudfront.net/assets/uploads/3786622/asset/Buona_Pratica_Ambiente_Ostile_%281%29.pdf?1716388023
• Corpo Nazionale Soccorso Alpino Speleologico, L., (2021). Processi decisionali in medicina d'urgenza in ambiente impervio e montano. In: 17–19 settembre 2021, Macugnaga, Italia.

Semester

Second semester

Assessment method

Frequency

Office hours

By appointment

Sustainable Development Goals

GOOD HEALTH AND WELL-BEING | CLIMATE ACTION