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APPALACHIAN SEARCH AND RESCUE CONFERENCE  
P.O. Box 440 Newcomb Station  
Charlottesville, VA 22903

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Reply To:  
Keith Conover, M.D.  
36 Robinhood Road  
Pittsburgh, PA 15220-3014  
412-561-3413

August 13, 1989

Robert Koester  
2508 A Fontaine  
Charlottesville, VA 22903

Dear Bob:

Subject: BLS Protocols, Lesson Plans, and Textbooks

First, a reminder: please send me a diskette with an ASCII or WordPerfect format version of your BLS protocols, so I may adapt them for Pennsylvania. Of course, I'll send you notes on whatever (minor) changes I make to keep you up to date. I'll also soon start work on ALS protocols for Pennsylvania.

I'm also including a copy of our Pennsylvania WEMT fact sheet for your information. I'll send updates as we send them out. Also, please start thinking about those textbook sections you've agreed to coordinate for me:

Appalachian Search and Rescue Textbook:

**IV. Wilderness Emergency Medicine**

1. Wilderness First Aid, Emergency Medicine, and Emergency Medical Services: Background (Bob Koester)
2. Wilderness First Aid\* (Bob Koester)
3. Primary Care in the Wilderness\*\* (Bob Koester)
4. Emergency Medical Services in the Wilderness\*\*\* (Keith Conover, M.D.)
  - A. Cold Injury: Hypothermia and Frostbite
  - B. Snakebite
  - C. Fractures and Dislocations
  - D. Cardio-Pulmonary Resuscitation
  - E. Allergic Reactions
  - F. Trauma
  - G. Altitude Illness\*
  - H. Soft Tissue Injury\*
  - I. Heat Injury\*

\*=very limited coverage

Please send me your drafts for sections IV: 1, 2, and 3, in WordPerfect 5.0 basic outline format. Even if the outline numbering in your version looks a bit different than this, (I.A.1.a. rather than I.1.A.(1)) I can still convert to the standard Textbook Nota Bene format without difficulty. Right now, I'm working on converting back

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into WordPerfect outline format, and, with luck, I'll be able to finish that program in another week or so. Then, we'll be able to send sections back and forth flawlessly.

Wilderness EMT Lesson Plan/Textbook Outline

**XIII. Stress Management/Critical Incident Stress Debriefing (1 hr.)**

You should already have an outline that I wrote for this section and sent out to members of your Task Group, along with a list of Task Group members. Your job is to contact Task Group members, and anyone else you'd like, to review this outline. Please let me know of any changes ASAP so we may send it to the Editorial Board for approval.)

**XVIII. Disasters**

**(1 hr.)**

(Note that the section number for this section is different than before, because we've now split the Environment Emergencies section into several separate sections.) I don't have anything written on this section, so you're on your own here. I do have a few suggestions, though; here is a list of words I made up one day when thinking about the subject:

Gas gangrene

Tetanus

Water treatment

Latrine siting

Important endemic diseases, recognition and treatment:

S. America

Europe

Soviet Union

Asia

Africa

I also am including a letter about disasters I sent to Ralph Wilfong a few months ago. I'll include an ASCII file of this on diskette, in case you'd like to incorporate any of this material. As with the ASRT section, I'd prefer WordPerfect 5.0 standard outline format. The CISD outline you already have should be a good guide to style. As soon as you have something worth reviewing, please send it to me so we may send it to Task Group members for review.

Please give me a call if you have any questions about all this.  
Thanks.

Sincerely yours,

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Keith Conover, M.D.

encl: ASRC--CEM WEMT Fact Sheet, Version 1  
diskette with ASCII text of enclosures.

cc: ASRT file, WEMT file

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**\*This Chapter will not provide a comprehensive text or reference on wilderness first aid, as such texts already exist. Instead, it will point out the differences of wilderness first aid from routine first aid, as taught by the Red Cross in the "Standard First Aid and Personal Safety" class, the established standard at the most basic level. (Even though the Red Cross may not teach this course any more, it still provides a standard reference level of training.)**

**\*\*This Chapter should provide members with an EMT/PR/Advanced FA background the basic information (without specifying any protocols) to understand and manage simple common medical and surgical problems with minimal equipment and some over the counter or prescription medications. This Chapter should not go into the pharmacology and background that will appear in the Wilderness Emergency Medical Technician Textbook.**

**\*\*\*This Chapter should not reproduce the contents of the Wilderness Emergency Medical Technician Textbook, but should confine itself to a more basic level. It should aim at educating the ASRC member who is not a Wilderness Emergency Medical Technician, but who has had First Responder, Advanced First Aid, or Emergency Medical Technician training. This Chapter should concentrate on a few topics where the wilderness management differs from that taught in most first aid and emergency medical classes.**