

Armageddon Medicine with Doc Cindy

Survival Medicine Class Descriptions				
	101	102	201	202
MODULE 1	CLINICAL PROCEDURES without ELECTRICITY	DIFFICULT DECISIONS for DIFFICULT TIMES	CASTING WORKSHOP	CASTING WORKSHOP
	Ear exam & treatment Strep throat tests & Rx Hearing & vision aides Respiratory distress Improvised nebulizer Rx Urinalysis testing & interpretation Dehydration and fluid replacement	Triage under fire Medical rationing Care for the elderly Care for the dangerous Keeping your family safe Security concerns	Fracture diagnosis Tuning fork diagnosis Forearm fractures Long arm cast Sugartong splint Hand and wrist splints Thumb spica splint Ulnar gutter splint	Hand fractures Thumb spica cast Boxer's fracture cast Long leg cast Plaster vs. fiberglass Pediatric casting Fractures that are difficult to cast Principles of traction
MODULE 2	INFECTION & ILLNESS	PREGNANCY and CHILDBIRTH	OPEN FRACTURES	DISLOCATIONS
	Fish antibiotics Deadly diseases you can treat on your own When antibiotics don't work Bioterrorism Radiation – risk and Rx	Effective contraception Treating STDs Radiation exposure Pregnancy problems Assisting with labor Delivering a baby Caring for the newborn	Classification Mangled extremities First aid for open fractures Treating on your own About fracture healing Preventing morbidity Compartment syndrome Fluid replacement Infection control Blood clot prevention	Diagnosis and treatment of common dislocations: Finger Shoulder Patella Associated injuries Subluxed radial head Open dislocations
MODULE 3	SUTURING WORKSHOP	HELPING the CHILDREN Pediatric Emergencies	SUTURING WORKSHOP	SUTURING WORKSHOP
	Intro to suturing Sterile technique Wound cleansing Local anesthesia Hand suture ties Instrument ties Interrupted sutures Alternate suture techniques Skin stapling Wound care & dressing	My baby has a fever My baby won't eat My son won't use his arm My daughter won't walk My child keeps vomiting My baby won't wake up Help! Something's wrong!	Instrument ties Suturing fine skin – facial wounds & pediatric injuries Ear lacerations Scalp lacerations Lip lacerations Advanced patterns Cruciate sutures Running sutures Mattress sutures Bullet removal	Instrument ties Flap lacerations Flap with missing tissue Dog ear repair Z-plasty Advanced patterns Buried/deep sutures Layered closure (for deep wounds) Subcuticular (invisible) sutures RFID chip removal
MODULE 4	MINOR SURGERY	A NIGHT in the ER Adult Emergencies	FIELD TRAINING	SUTURING AFTER CHILDBIRTH
	Cryosurgery Hyfercation & cautery Lesion excision Lancing an abscess Subungual hematoma	My chest aches – will I die tonight? My stomach hurts – is it appendicitis? My back is killing me –	Suturing a patient with active bleeding, under simulated, realistic conditions Wound care and suturing	Repairing lacerations after childbirth Episiotomy – when to perform, how to repair

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	evacuation Digital nerve block Nail excision	could it be broken? I can't breathe – will I suffocate? What's wrong with my face – is it a stroke?	in the field	
MODULE 5	CASTING WORKSHOP	BEYOND DOCTORS & DRUGS	BULLET WOUNDS	BURN TREATMENT
	Principles of fracture care Splinting and casting Volar forearm splint (for sprained wrist) Short arm cast (for fractured wrist) Posterior leg splint (for sprained ankle) Short leg cast (for broken ankle)	Medical uses for household products Foods that can kill, foods that can cure Vitamins and minerals Herbal remedies that work The mighty power of placebos Alternative medicine options	Basic ballistics Cavitation Causes of morbidity and mortality Current therapy Stopping the bleeding Initial management Removing the bullet Preventing infection Amputation	Problems with burns Types of burns Burn classification Extent of burns Fluid replacement Pain treatment Debridement Infection Preventing contracture New burn treatments Options for TEOTWAWKI
MODULE 6	CHRONIC DISEASE	POTPOURRI of PROBLEMS	CHEST WOUNDS	MAJOR TRAUMA
	Treatment of chronic disease: Diabetes Hypertension Heart disease Arthritis Thyroid disease Asthma/COPD Alternative therapies Q & A Session Wrap-up and Evaluation	The unhealthy foot Eye problems that may kill Do-it-yourself dentistry Poisonings and overdoses Prepping in 3 months – what you can accomplish Q & A Session Wrap-up and Evaluation	Broken ribs Flail chest Sternal fracture Interchondral dislocations Sucking chest wounds Tension pneumothorax Q & A Session Wrap-up and Evaluation	Emergency tracheotomy Head wounds Neck injuries Back injuries Abdominal injuries Q & A Session Wrap-up and Evaluation