

# Preface

Welcome to the National Ski Patrol's (NSP) *Outdoor Emergency Care*, Fifth Edition. Medical education for ski patrollers has evolved over the years. In 1985, *Winter Emergency Care*, the precursor to *Outdoor Emergency Care (OEC)*, was written primarily by Warren Bowman, MD. Dr. Bowman was the principal author for the next two editions as well. He was responsible for changing the book's name to *Outdoor Emergency Care*, as content began to provide information pertaining to all four seasons. Other emergency medical providers who will benefit from this book can include river-rafting guides, park rangers, hunting and fishing guides, mountain biking organizations, or first responders who work in police or fire departments.

As *OEC* evolved, other prehospital medical authorities have increased their participation in the creation of the text. In *OEC4*, editors Dr. Bowman and Dr. David Johe called on multiple authors and reviewers. In this edition (*OEC5*), the NSP partnered with a new publisher—Brady—to develop and evolve *OEC* to new levels of publishing and performance excellence. Now over 40 authors, nearly 100 reviewers, and many other people affiliated with the NSP have spent many volunteer hours working on this project. One individual, Ed McNamara, was the glue and the driving force behind the book. His leadership was instrumental in keeping the team together and focused.

Completion of this project has been a pleasure and a rewarding pursuit that has taken well over four years. In 2006, Dr. Michael Millin and Ed McNamara proposed the development of *OEC5* to Larry Bost, National Education Chair, and to the NSP Board. After receiving approval, they began developing the Table of Contents, recruiting authors, and starting the manuscript-writing process. Many of these authors are leading authorities in their respective fields.

In the summer of 2007, Denis Meade was hired by the NSP to serve as its National Education Director, and he immediately joined the *OEC5* team. Realizing the need for additional assistance with the project, Ed McNamara appointed Deborah Endly, Assistant National OEC Program Director, as Chair of the *OEC5* Collaterals Committee, which brings to you the excellent teaching and student support package beyond this textbook.

Toward the end of the initial writing process, Dr. Millin stepped down as National Medical Advisor. However, he continued to participate in *OEC5*, reviewing and completing several chapters, and was a truly important part of the process. In January 2008, Dr. David Johe was appointed National Medical Advisor and joined the *OEC5* team.

In the fall of 2007, the National Ski Patrol decided to evaluate various noteworthy publishers throughout the country and to select one that is respected by the EMS profession and would provide our members the best program possible. After exhaustive research, our staff recommended that the *OEC5* team partner with Brady/Pearson Education.

Although *OEC4* was very successful, the team working on *OEC5* worked from the ground up to put the text into one voice and to make all the chapters consistent. This edition contains all-new material, and each chapter was written and completed using the most recent evidence-based medical information.

This text contains material that has never appeared in previous editions. It is also a combination textbook-workbook in which users write their answers to questions concerning core content.

- ✦ The feature *Stop, Think, Understand* incorporates workbook-style exercises throughout each chapter to check the user's comprehension.
- ✦ The first chapter includes some of the history of the NSP and OEC and has an important discussion of some of the legal aspects that we all face when caring for a patient.



- ✦ All OEC Technicians need to be familiar with current EMS language and need to be able to communicate among each other and with other EMS providers using the same vernacular. Chapters on both communication and documentation are included for this purpose.
- ✦ Patient assessment is now presented in the same way patients are assessed in the health care system. In addition, the A&P section has been expanded in each chapter, the format for case management has been modified for easier use, and skill guides have been included in many chapters to enable users to readily assess their abilities in the practical training sessions.
- ✦ Chapters also contain new information that is up to date with current prehospital patient care. Some examples include new assessment modules, the use of pulse oximeters, an expanded role for OEC Technicians in assisting patients with medications, use of Mark 1 kits, discussions of the enhanced role of tourniquets, some new ways to apply bandages and splints, and more in-depth discussions of anatomy.
- ✦ The material in this edition meets—and in many cases exceeds—the National EMS Education Standards for Emergency Medical Responders. However, this material is presented in a format that combines the disciplines of urban EMS and wilderness medical rescue.
- ✦ In addition, this edition was updated to incorporate relevant 2010 ECC recommendations for CPR. The editors, with the counsel of medical experts, modified some content to comply with their interpretation of the new guidelines.
- ✦ The last chapter of the text, Chapter 36, was authored by a physician who has written extensively for the wilderness medicine field, and it helps OEC Technicians understand what advanced EMS providers do. When asked to assist these providers, OEC Technicians—when legally allowed to do so—can provide this assistance. It is important to note that *this chapter is NOT part of the OEC curriculum and can be taught only by personnel with advanced training after receiving approval from mountain management, the Mountains patrol Medical Director, and in compliance with state and local regulations.*
- ✦ Beyond the textbook, students have access to an online resource called *myNSPkit*. This web-based tool includes additional exercises and multimedia examples to reinforce content and skills. Instructors have access to a PowerPoint presentation, a test bank, an Instructor Manual, and other materials needed to teach this course.

The National Ski Patrol is a unique organization that has provided training and care to countless individuals in outdoor environments. Originally, it was designed for ski patrollers. As ski patrollers joined other first-responder organizations such as Search and Rescue and Emergency Medical Services, they found that the training they received is widely accepted by those organizations. And in some states successful completion of an OEC course allows the individual the opportunity through reciprocity to obtain an EMS Emergency Medical Responder card. Because of the strength of the OEC program, many other agencies now look to the NSP for OEC courses as a primary education program for Emergency Medical Responders. We expect this audience to expand following the release of this new approach to training.

### Special Tribute

National Ski Patrol pays special tribute to Doug Howlett, who was actively involved in the National Ski Patrol from 1971 until he passed away in 2010. As a member of the Collateral Committee for *Outdoor Emergency Care*, Fifth Edition, Doug contributed to the development of the PowerPoint program.



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