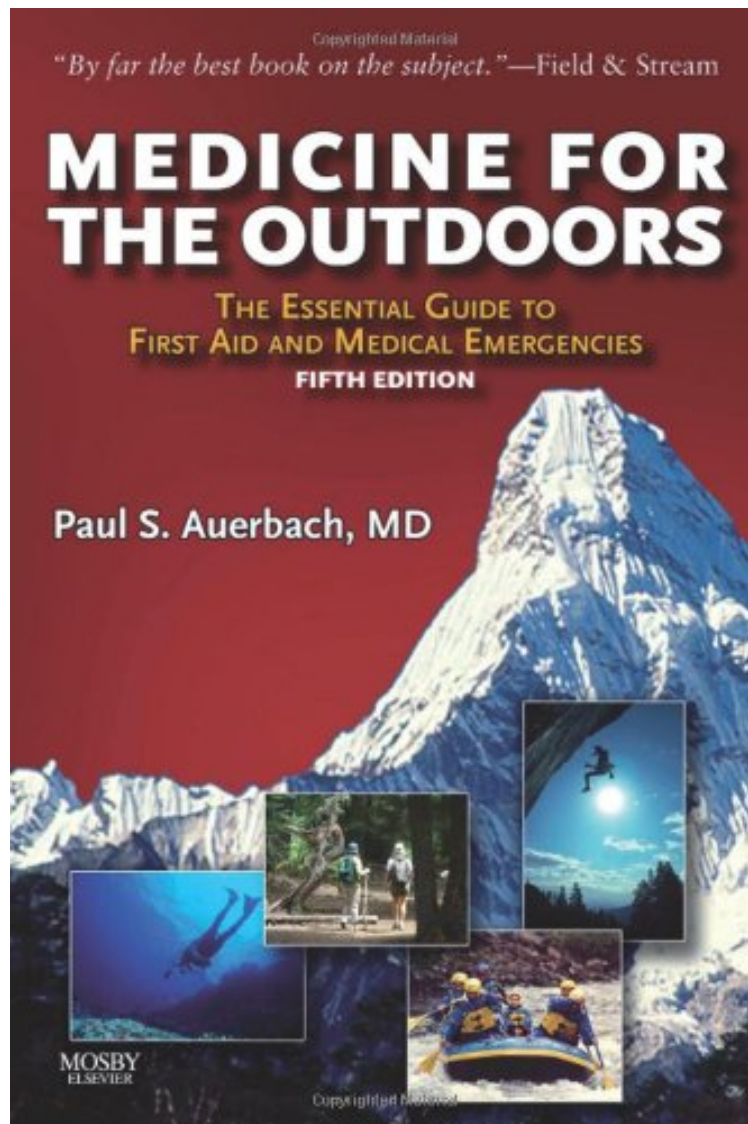


[Online library] Medicine for the Outdoors: The Essential Guide to First Aid and Medical Emergency, 5th Edition

Medicine for the Outdoors: The Essential Guide to First Aid and Medical Emergency, 5th Edition

Paul S. Auerbach

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Paul S. Auerbach : Medicine for the Outdoors: The Essential Guide to First Aid and Medical Emergency, 5th Edition before purchasing it in order to gage whether or not it would be worth my time, and all praised Medicine for the Outdoors: The Essential Guide to First Aid and Medical Emergency, 5th Edition:

85 of 87 people found the following review helpful. Detailed, Advanced First AidBy Cal ZantI have recently read a

few books on first responder type medical aid for wilderness scenarios ... and this is BY FAR the best. If you are looking for a book that goes well beyond even advanced first aid, and presents the material in a practical way using common language ... this book is it. There is a balance with books like this on either being too elementary (i.e. "dumbed-down") or being too academic (i.e. filled with technical jargon that goes over the head of most people), but this book is a great balance between the two. The author has a gift of explaining things in a very straight-forward fashion. 53 of 55 people found the following review helpful. Astounding Depth and Breadth of Information By Steve G This book covers almost every conceivable medical situation you will likely encounter in the field. The only downside is that the book is too big and heavy to carry with you during many of the outdoor activities where you might need it. It is ideal for a survivalist homesteader or other remote but relatively stationary situation, or even as part of a vehicle kit. It includes medications and dosages used to treat various maladies, and would prove an invaluable reference for anyone in an emergency situation away from traditional medical services. It is also a useful tool in creating an emergency medical kit targeted at specific activities and situations, giving detailed information on the items needed for each type of emergency. Training is key, and no book will ever replace professional emergency medical personnel, but this book uses layman's language to describe medical emergencies and their treatments and can assist you when the professionals are not available. 44 of 47 people found the following review helpful. Take an EMT with you By M. Verber I bought this because it had great reviews and was touted as the best to have in outdoor medicine. Personally, I was kind of hoping for more of a "this is what you do if you are out here with no help and best ways to treat different possible injuries" kind of book. I was not looking for a "give some of the huge quantity of antibiotics you brought with you, use some of the extensive medical equipment you brought, and medivac immediately" kind of book. If I wanted something like that, at least it could have a list in the back of all equipment and medications used in this book and how to carry that much into the woods/mountains etc. A good first aid guide contains the same info without the medications. Feel like I wasted my money on this.

Named a top 10 medical title in 2009 by the Wall Street Journal. Since 1986, *Medicine for the Outdoors* has been hailed as the definitive take-along manual on the subject. Packed with step-by-step instructions, how-to explanations, and practical approaches to outdoor and wilderness emergencies, it tells you the best ways to respond to just about any medical problem when help is miles or days away. Author Paul S. Auerbach, MD, MS, FACEP, FAWM, is recognized as one of the world's leading authorities on wilderness medicine. This 5th edition features major updates to bring you the latest on emerging infectious diseases...the most current drug and dosage information...an increased emphasis on making do with the materials at hand...and much more. Logically organized, easy to reference, and simple to understand, *Medicine for the Outdoors* may literally save your life. When you're venturing into mountains, deserts, forests, jungles, or out to sea, it belongs in your duffel or backpack! Provides the most diverse and comprehensive coverage of medical conditions related to the outdoors. Offers logical and complete explanations of every topic. Includes numerous drawings and instructions to enhance your understanding of the descriptive material. Contains recommendations for injury and illness prevention. Features a comprehensive index that helps you locate answers quickly. Offers an increased emphasis on making do with the materials at hand (like using a fanny pack as a cervical collar). Presents the latest guidance on dangerous infections like methicillin-resistant *Staphylococcus aureus* (MRSA), avian flu, and West Nile virus. Offers current and accurate drug and dosage information via careful updates throughout. Provides new safety recommendations on avalanches, forest fires, bear attacks, and more. Demonstrates how to apply various bandages and splints with the aid of brand-new drawings.

From School Library Journal YA-Designed to be taken along on outdoor excursions, this authoritative and informative book is nevertheless an excellent reference source for medical conditions, procedures, definitions, and treatments. Along with a section on general medical information, the first part of the book has excellent suggestions as to how to prepare for outdoor living and travel. Next comes a section on "Major Medical Problems," complete with clear illustrations and concise but thorough instructions as to what must be done. Some of the topics covered include poisoning, fractures, chest injuries, bleeding, amputations, childbirth, burns, and infectious diseases. "Minor Medical Problems" includes treatment for conditions that more commonly occur during outdoor excursions, such as fever, chills, dizziness, foreign bodies in the eyes or ears, nosebleeds, toothaches, and diarrhea. Another section includes illustrated, step-by-step instructions on how to stitch a wound. Shark bites, jellyfish stings, and various other aquatic injuries are addressed, as are insect and animal bites, lightning strikes, and even psychologically related disorders such as a panic attack. Whether used as reference tool in school or as a portable handbook, *Medicine for the Outdoors* is a well-done service. Carol DeAngelo, Kings Park Library, Burke, VA Copyright 1999 Reed Business Information, Inc. From Library Journal Auerbach, former editor of *Journal of Wilderness Medicine* and author of several outdoor medicine books, has updated his classic text, first published in 1986, with instructions for handling almost any medical problem likely to arise. Divided into five sections, this book covers basic first aid, major medical emergencies, minor problems, those specific to particular environments such as high altitude or underwater settings, and miscellaneous topics like transporting the injured and performing procedures. Appendixes include medication dosages and

conversion tables. Weiss, an emergency medicine physician and medical editor for Backpacker magazine, has written a compact guide for remote situations where professional medical care is not readily available, diagnosis must be rapid, and treatment may have to be improvised using whatever materials are at hand. Part 1 covers basic techniques such as CPR; Part 2, specific injuries or illnesses. For each problem Weiss lists signs and symptoms, general treatment guidelines, "when to worry" icons recommending prompt evacuation, and "backcountry tips" showing how to use what you have as makeshift medical supplies. Appendixes cover medications, evacuation of the injured, and what to include in a wilderness first-aid kit. Both physicians emphasize the need for preparation and prevention before embarking on any outdoor travel. Auerbach includes topics not covered in the shorter Weiss book, but in general they include much the same material. Both are well illustrated with excellent line drawings demonstrating techniques. (Indexes not seen.)

AAAnne C. Tomlin, Auburn Memorial Hosp. Lib., NYCcopyright 1999 Reed Business Information, Inc. "In summary, Paul Auerbach's name will be forever associated with wilderness medicine, and his textbooks, including this one, will always be the premier works in this field. The latest edition of these books has surpassed "wilderness medicine," and this book is the best "first aid" text that I have seen. It should become the standard text not just for wilderness travelers but for everyone who wants to know how to do first aid and do it right. At a cost of \$24.95, this is the best bargain in town, even if it only saves your life once." - The Journal of Emergency Medicine, Vol. 39, No. 3, p. 391, 2010 "The new edition is the ultimate handbook for anyone participating in outdoor activities or eco-tourism far from medical care, and it was written by an ...authority in wilderness medicine." Best Health Books of 2009 - Wall Street Journal 2009 "By far the best book on the subject." - Field Stream "If a doctor isn't with you on your wilderness wanderings, this splendid book should be in your pack." - New York Times "Anyone who travels to out-of-the-way places will take comfort in this handy, updated guide." - Publishers Weekly "If you can't have an experienced emergency physician with you when you're traveling off the beaten path, take this book. And read it first!" - Whole Earth "This reference work contains critical information for lay people who encounter unexpected hazards ranging from bad weather and snake bites to sprained ankles and heat stroke. Of course, the book doesn't guarantee that lay people will become certified paramedics; however, armed with 535 pages of detailed information, most readers will feel more confident making decisions that could mean the difference between life and death. Dr. Auerbach's advice, captured in this reference book, teaches us how to safely enjoy "green" exercise." - Carole Carson author of From Fat to Fit: Turn Yourself into a Weapon of Mass Reduction and serves as the national coach for the AARP Fat to Fit Community Challenge, a free weight-loss program welcoming all ages. "Auerbach delivers a substantial amount of material in a well-written and concise paperback that can serve as a medical manual emphasizing outdoor hazards, with therapeutic recommendations extended to a clinic setting The book is divided into major medical problems, minor medical problems, disorders related to specific environments, miscellaneous information, and appendices. Medicine for the Outdoors will prove useful for a broad spectrum of readers needing a credible reference on medical care in remote environments or even in urban environments in the aftermath of a disaster. " - JAMA October 2009