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Wilderness Medicine, 5th: Beyond First Aid

William W. Forgey M.D.

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#1266487 in Books Globe Pequot Press 1999-09-01 Original language: English PDF # 1 .60 x 5.59 x 8.531, .66 #File Name: 076270490X256 pages Author: William W. Forgey, M.D. ISBN: 9780762704903 | File size: 18.Mb

William W. Forgey M.D. : Wilderness Medicine, 5th: Beyond First Aid before purchasing it in order to gauge whether or not it would be worth my time, and all praised Wilderness Medicine, 5th: Beyond First Aid:

57 of 59 people found the following review helpful. The one book you really need for an expedition By Cliff Jacobson I lead canoe trips in northern Canada for the Science Museum of Minnesota. Many of our expeditions take us above the

Arctic Circle. I'm no expert in Wilderness Medicine--and that's why I rely on this book. Doc Forgey knows wild places: he has a fly-in cabin deep in Northern Manitoba. Forgey understands that "evacuation", per se, is often not an option in a genuine wilderness setting. This book clearly and quickly pinpoints solutions to problems and tells you how to deal with them. Forgey provides a host of medical options: you can choose sophisticated Rx medicines, or stick with over-the-counter stuff. "Doc" lays out all options and provides alternatives. A superb index provides fast reference to problems--and, this handy little book fits right in your backpack. It's worth every penny--and each new revision is more thorough than the last. I also heartily recommend Buck Tilton's excellent book, *Medicine For The Backcountry*. Get them both and you'll be covered for everything.⁵⁷ of 58 people found the following review helpful. Contest with Nature By Virgil Brown Living out in the wild, in the wilderness, is a contest with Nature. Most of the time, man wins the contest, but sometimes ... stuff happens. Chapter One is about Assessment and starts with that key question: scene safe? Then Dr Forgey takes his reader through the ABCD's, vital signs, levels of consciousness, head to toe examination, shock, respiration rates, heart rates, and CPR. (The numbers for chest compressions and breaths has been changed by the AHA since Dr Forgey updated this book, but that is a minor issue.) Chapter Two is about body system management. The focus of this chapter is on the systems in the head but the abdomen and reproductive system are given sections as well. There is also a very good, short section on poisoning from food poisoning to shellfish poisoning. Chapter Three covers soft tissue wounds and treatments ... and suturing and stapling. Chapter Four covers orthopedic injuries from head to foot. Chapter Five covers bites and stings and anaphylactic shock. Interestingly Dr Forgey finds that rubber suction cups are as worthless as mouth suction. His lone endorsement is the Sawyer Extractor (which is available from [.com](#)). Chapter Six is on infectious disease. Dr Forgey lists the most significant *wilderness* diseases for North America and the world should one be contesting Nature abroad. Chapter Seven's environmental injuries include hypothermia, heat stress, high altitude related illnesses, and ... being struck by lightning. Step current is caused when lightning has struck and the current spreads out like a wave across the ground and the victim's feet are different distances from the strike point. Since the body has less resistance than the ground, a circuit is completed. There are two useful appendices at the end of the book. I am EMS certified and as a BLS instructor. I had a few quibbles with Dr Forgey such as his choice of prescription medications to list in one of the appendices. However I had no major disagreements and found the book to be more easily readable than any EMS book I have read. Lots of nuts and bolts and no fluff. Also as I write this review, I am preparing a first aid segment for a TCLEOSE course on mantracking. Dr Forgey's book provided me with a lot of detail and anecdotes to include. However just as the title says this book is about wilderness medicine *beyond* first aid.¹¹ of 11 people found the following review helpful. Not just for the Average "Joe" By Leon P. First off, this is a great book. If anyone thinks this is just a glorified first-aid book, think again. Dr. Forgey's is quick to point out that some medical emergencies are best treated at a hospital by professionals, having said that he plays a "what if" game where evac is not possible and then provides detailed treatment strategies based on your level of skills and supplies on hand. It's a clever approach where plan A is better than plan B which is better than plan C which is better than plan D. Although, he'll point out that plan D is better than doing nothing. His sense of humor is not lost in this book which makes for a compelling read. It's a must have for laymen or practicing pro new to wilderness medicine. I couldn't recommend this book enough. My only complaint, if it qualifies as a complaint is that there isn't a 6th Edition with the latest in medical technology represented. Having said that, if a technique worked in 1999 it should still work in 2009 or 2019! Favorite excerpt from the book: "Red-hot branding irons and pouring gun powder into a wound and lighting it, while effective in killing germs and among Rambo's favorite techniques, also destroy good tissue." (Chapter 3 p.93 paragraph 2) This one is a keeper, and at the current price, you should buy one for anyone that travels a lot...anywhere! J.D.

You and your group are on the adventure of a lifetime, far from civilization, surrounded by wilderness. Someone gets hurt or sick. What do you do? With Dr. William Forgey's comprehensive *Wilderness Medicine: Beyond First Aid* in hand, you can recognize, assess, and treat many kinds of medical emergencies. This illustrated text is essential reading for anyone from trip leaders, guides, and search and rescue groups to EMTs, paramedics, and physicians who must provide immediate care when access to a medical facility is difficult or impossible. Learn how to survey, assess, and stabilize the victim and the medical situation, what questions to ask to gain necessary vital information, how to manage physical symptoms as well as care for wounds and orthopedic injuries and much more.

From the Back Cover You and your group are on the adventure of a lifetime, far from civilization, surrounded by wilderness. Someone gets hurt or sick. What do you do? With Dr. William Forgey's comprehensive *Wilderness Medicine: Beyond First Aid* in hand, you can recognize, assess, and treat many kinds of medical emergencies. This illustrated text is essential reading for anyone from trip leaders, guides, and search and rescue groups to EMTs, paramedics, and physicians who must provide immediate care when access to a medical facility is difficult or impossible. Learn how to survey, assess, and stabilize the victim and the medical situation, what questions to ask to gain necessary vital information, how to manage physical symptoms as well as care for wounds and orthopedic

injuries and much more. (5 1/2' x 8 1/2', 256 pages, charts, illustrations)