



Taking the mystery out of medicine

SURVIVAL MEDICINE 101 AND 102

ADVANCED SURVIVAL MEDICINE 201 AND 202

2014 Three-Day Workshops

Check online for specific dates at [Armageddon Medicine](#)

9:00 a.m. until 4:30 p.m. daily (unless otherwise specified)

Registration 8:45–9:00 a.m. on Day One

2014: Georgia (January), Ohio (Several), California (June), and per website

COURSE OUTLINES and DETAILS

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COURSE CONTENTS – Survival Medicine 101

This course is presented from the point of view that you (or your family or group) will be the only source of medical care available, without access to hospitals, doctors, or other health care professionals.

Wherever possible a hands-on approach is taken, including laboratory procedures, clinical skills, suturing, splinting, and casting. The following is a general outline and tentative schedule of the course, although order of teaching may vary. We will cover as much as possible in the time allotted.

Module 1

Clinical Procedures without Electricity

- Ear examination, treatment, and irrigation
- Strep throat diagnosis and testing
- Quick aids for hearing and vision
- Respiratory distress – procedures to aid diagnosis and treatment (PF, HCT, EKG)
- Improvised nebulizer treatment
- Urinalysis – testing and interpretation
- Dehydration and hydration techniques

Module 2

Infection and Illness – How to treat on your own

- Deadly diseases you can treat on your own
- Bioterrorism
- Radiation – risks and treatment
- Alternative therapies
- When antibiotics don't work
- Treatment of chronic disease: diabetes, arthritis, thyroid disease, asthma/COPD

Module 3

Suturing and Minor Surgery – Part I

- Surgical knot tying
- Suture and staple removal
- Sterile technique
- Wound cleansing and debridement
- Local anesthesia
- Suturing of lacerations
- Other wound closure techniques

Module 4

Suturing and Minor Surgery – Part II

- Abscess incision and drainage
- Excision and repair
- Cautery techniques
- Cryosurgery technique
- Digital nerve block
- Ingrown nail removal
- Wound dressings and care

Module 5

Splinting and Casting – Part 1

- Working with plaster
- Diagnosis and treatment of fractures, sprains, and other injuries
- Upper extremity splinting
- Upper extremity casting
- Cast removal without electricity

Module 6

Splinting and Casting – Part II

- Lower extremity splinting and casting
- Injuries you can treat on your own and those you cannot
- Diagnosis without X-rays
- Immobilization techniques

COURSE CONTENTS – Survival Medicine 102

This course is presented from the point of view that you (or your family or group) will be the only source of medical care available, without access to hospitals, doctors, or other health care professionals.

There is no prerequisite for **Survival Medicine 101 or 102**. The following is a general outline and tentative schedule of the course, although order of teaching may vary. We will cover as much as possible in the time allotted.

Module A: Difficult Decisions

Difficult Decisions for Difficult Times

- Triage under fire – deciding whom to treat
- Medical rationing – when & how to use limited supplies
- Care for the debilitated and elderly – attrition, starvation, suicide, and assisted suicide
- Care for the incurable – what to do when drugs won't help
- Care for the dangerous (the addicted, psychotic, violent, or desperate)
- Keeping your family safe – quarantine and isolation
- Security – not just an afterthought

Module B: Preserving the Next Generation

Pregnancy and Childbirth

- Preventing pregnancy (effective birth control without medication)
- Treatment for the inevitable (STDs)
- What to do about radiation exposure
- Diagnosing pregnancy without pregnancy tests, and accurate calculation of due date
- Diagnosis and treatment of problems during pregnancy
- Monitoring and assisting with labor – what helps and what doesn't
- Delivering the baby – first do no harm
- Caring for and safeguarding the newborn

Module C: Helping the Children

Common Pediatric Emergencies

- Help! My baby has a fever!
- Help! My baby won't eat!
- Help! My baby has a rash!
- Help! My baby's not acting right!
- Help! My child won't use his arm!
- Help! My child won't walk!
- Help! My child keeps vomiting!
- Help! My child won't wake up!
- Help! Something's wrong!

Module D: A Night in the ER

Diagnosis and Treatment of Adult Emergencies

- My chest aches terribly...will I die tonight?
- My stomach hurts and I can't eat...is it appendicitis?
- My back is killing me...could it be broken?
- Help! I can't breathe...will I suffocate?
- What's wrong with my face...is it a stroke?

Module E: Beyond Doctors and Drugs

Creative Treatment for Common Problems

- Inventive medical uses for household products
- Foods that can kill and foods that can cure
- Vitamins and minerals to save your bones, your blood, and your baby
- Herbal remedies that work . . . and how to use them safely
- The mighty power of placebos
- Alternative medicine – where to begin (acupuncture, chiropractic, hypnosis)

Module F: Potential Problems

Potpourri of Potential Problems

- The unhealthy foot – you may not survive if you can't keep up
- Eye problems that can kill – bullets won't help if you cannot see
- Do-it-yourself dentistry – if you cannot eat, you will not survive
- Poisonings and overdoses – those you can treat, those you cannot
- Prepping in 3 months – what you can accomplish

COURSE CONTENTS – Survival Medicine 201 and 202

These ADVANCED COURSES are presented from the point of view that you (or your family or group) will be the only source of medical care available, without access to hospitals, doctors, or other health care professionals.

Either course requires only Survival Medicine 101 as prerequisite (possible exception for certain professionals).

The following is a tentative outline and schedule for these hands-on courses, although exact topics and order of teaching may vary. We will cover as much as possible in the time allotted.

ADVANCED SURVIVAL MEDICINE 201		
Day 1	Day 2	Day 3
Advanced Fracture Care – Pt. 1	Advanced Suturing – Pt. 1	Major Trauma – Pt. 1
Splinting/Casting for specific injuries-1 Long arm cast Sugar tong splint Thumb spica splint Boxer’s fracture splint Treating open (compound) fractures Fractures with open wounds Bones through the skin Associated injuries Preventing additional morbidity Bleeding Blood clots Infection Compartment syndrome Principles of traction therapy	Advanced suturing techniques Running sutures Subcuticular sutures Mattress sutures Z-plasty Layered closure for deep wounds of the limbs Flap lacerations and dog ears Special concerns Removing an RFID chip Bullet wounds Special conditions Suturing a simulated patient with active bleeding Hair apposition technique	Bullet wounds Basics of ballistics Mechanisms of injury Causes of morbidity and mortality Stopping the bleeding Preventing infection Bullet removal: pros and cons Wound repair Compartment syndrome Chest wounds Sucking chest wounds Flail chest Tension pneumothorax Hemothorax
ADVANCED SURVIVAL MEDICINE 202		
Advanced Fracture Care – Pt. 2	Advanced Suturing – Pt. 2	Major Trauma – Pt. 2
Splinting/Casting for specific injuries Thumb spica cast Reverse sugar tong splint Pediatric splinting & casting Working with fiberglass Long leg cast Fractures that are difficult to cast Femur, hip, pelvis, ribs, spine Dislocations Shoulder Finger and thumb Patella (knee) Tuning fork use for fracture diagnosis	Special locations and techniques Suturing fine skin Facial and pediatric wounds Ear injuries Lip lacerations Fingers and toes Deep scalp lacerations Hair apposition technique Special concerns Lacerations during childbirth Episiotomy and repair Special conditions Suturing in a challenging environment	Burn treatment 1 st degree burns 2 nd degree burns 3 rd degree burns Inhalation injuries Complications Modifications of new treatments Emergency tracheotomy Indications and technique Major wounds and injuries per location Head wounds Neck injuries Back injuries Abdominal wounds

TUITION

First participant	\$350 plus \$50 MATERIALS FEE – Same price for any course
Co-Registrant	Same as above
Age limits	Teenagers 15–17 may register only with parent or guardian No accommodations are possible for younger children
Refund policy	Full refund minus \$20 processing charge until 7 days before course begins. After that, refund only upon special arrangement with Dr. Koelker
Form of payment	Check or money order, payable to Dr. Cynthia Koelker (see address pg. 6) Or CLICK HERE to register and pay online

Down payment of \$200 per registrant due upon registration – balance due by 2 weeks before conference.

Space is limited – reservations are taken on a first-come, first-served basis.

COURSE MATERIALS

All course materials will be provided and are included in the Tuition and Materials charges.

Light snacks, coffee, and drinks MAY BE included in the tuition charge. You are responsible for your own lodging. See “Shopping and Conveniences” for a list of nearby accommodations and restaurants.

POLICIES

Tuition	See tuition details above.
Dress	Casual. Dressing in layers is advised as we may venture outside at times if weather permits.
Liability	All attendees must agree to and sign the release of liability form.
Smoking	No smoking permitted on premises, inside or outside.
Children	Children of attendees are not permitted (however children of staff may be present).

LOCATION

Unless otherwise specified, all classes for the **Survival Medicine 101, 102, 201, and 201** workshops will be held in:

Atwater, Ohio 44201
(15 minutes east of Akron, just off SR 224)

As this workshop will be held on private property, for security reasons the exact address will be sent upon registration.

For the occasional workshop elsewhere, please see www.armageddonmedicine.net.

Correspondence address for all course communications is:

Survival Medicine Workshops
c/o Cynthia J. Koelker, MD
213 Massillon Road
Akron, OH 44312
Phone 330.733.0111 [M–F, 8–12 EST]
Fax 330.784.4266 [always on]

DIRECTIONS

The following directions will take you to the intersection of **Route 224 and Route 43**, approximately 5 minutes from the workshop location. **Final directions will be sent upon registration.**

From the North (Cleveland Airport), take I-77 South to Akron and at the central interchange follow I-76 East toward Youngstown. The Route 43/Kent exit will be approximately 10 minutes beyond the city limits of Akron. Exit and turn RIGHT/SOUTH on Route 43 to reach Route 224 (about 10 minutes), or turn LEFT/NORTH (just over the bridge) to reach hotels and/or the city of Kent, home of Kent State University.

From the South (Canton-Akron Airport), take I-77 North to Route 224 East, veering right toward Springfield/Mogadore/Canfield. Go through several traffic lights on Route 224 to reach the intersection of Route 43, in Suffield (Portage County).

From the East, take I-76 West and exit at Route 43/Kent, turning LEFT/SOUTH on Route 43 to reach Route 224 (about 10 minutes), or turn RIGHT/NORTH to reach hotels and/or the city of Kent, home of Kent State University.

From the West, take I-76 East to the Route 43/Kent exit, then RIGHT/SOUTH on Route 43 to reach Route 224 (about 10 minutes). Or take OH-224 East, continuing past I-77 toward Springfield/Mogadore/Canfield. Go through several traffic lights on Route 224 to reach the intersection of Route 43, in Suffield (Portage County).

ACCOMMODATIONS

Closest hotels – Route 43 exit off I-76

- about 15 minutes north of workshop

Comfort Inn and Suites Kent	866-573-4235
Hampton Inn Kent-Akron	866-925-4159
Econo Lodge Kent	866-678-6350
Holiday Inn Express Hotel & Suites	866-767-0278

Closest group of hotels with shopping, movies, food:

- about 20 minutes southwest of workshop
- (South) Arlington Road exit, off I-77, ZIP 44312

Comfort Inn	866-767-0278
Hampton Inn Akron-South	866-538-0251
Red Roof Inn Akron	866-925-4159
Holiday Inn Express Akron South	866-678-6350
Quality Inn & Conference Center	866-925-8676
Fairfield Inn & Suites	866-538-1314

Or sleep in a silo at the **Quaker Square Inn** at Akron U: (about 30 minutes away) www.quakersquareakron.com
Or enjoy the [Sheraton Suites](#) in nearby Cuyahoga Falls.

SHOPPING and CONVENIENCES

WALKING DISTANCE None

10–15 Minutes Away **FAST FOOD and Gas Stations**

Take Route 224 West to intersection of Route 91 (Canton Road)

- McDonald's, Taco Bell, KFC, Wendy's, Burger King

Two gas stations with convenience stores are at this location: BP and Speedway

One closer gas station at the intersection of Route 224 West to Route 43

RESTAURANTS

Take Route 224 West to 91 North/Right – just a few miles to Eastgate Plaza, where you'll find Mr. Hero, Molly Brown's family restaurant, and New Ming Home Chinese Restaurant
Or take Canton Road a little further, across the expressway to Bob Evans

LARGE GROCERY STORES

Take Route 224 West to Giant Eagle, Marc's (and bowling)

15–20 MINUTES AWAY

Take 224 West to I-77 South to Arlington Road exit to find:

Wal-Mart, Home Depot, Staples, Lowes, Kohl's, Panera, Chipotle, Bob Evans, Regal Cinema, Friendly's, Applebee's, Friday's - closest area with lots of shopping, a Regal Cinema (Interstate 18), and several hotel options

The city of Kent (take 224 West to 43 North) offers a variety of restaurants and stores.

Nearest Cracker Barrel is at I-76 and Route 44 (take 224 West, then 43 North, then I-76 East one exit) or (take 224 East, then 44 North to just before I-76)

POINTS OF INTEREST

Northeast Ohio – A Prepper’s Paradise.

Why not extend your stay and take advantage of these other opportunities?

Museum of Western Reserve Farms & Equipment Stone Garden Farm & Village (*see below)	Located in Richfield, a 35–40 minute drive north Web site: http://ohiofarmmuseum.com
Heritage Homestead Classes (*see below) Sustainability classes at Stone Garden Farm	Also located in Richfield, a 35–40 minute drive north Web site: http://heritagehomesteadclasses.blogspot.com
Midwest Native Skills Institute Self-reliance at home or in the wilderness One of America’s top wilderness survival schools	http://survivalschool.com
Lehman’s Hardware – Nationally renown The largest hardware store in Ohio Amish country (Also, feed store across the street stocks injectable livestock antibiotics)	Located approximately 50 minutes south 4779 Kidron Road, Dalton, OH 44618 (Kidron area) 888-438-5346 www.lehmans.com
Ohio Amish Country Visit Sugarcreek and Walnut Creek to see how the Amish live without modern conveniences	A beautiful drive, approximately 60 minutes south of Akron www.ohioamishcountry.com www.visitamishcountry.com
Latter Day Saints Home Storage Center / Cannery Inexpensive bulk foods for prepping For food list, CLICK HERE	A 30–40 minute drive north, halfway to Cleveland You must call ahead for an appointment at (440) 526-4057 6900 Southpointe Parkway, Brecksville, OH 44141 Open Weds. and Thurs. 9-1 www.providentliving.org

*** ENJOY A CLASS OR AN EVENING AT STONE GARDEN FARM & VILLAGE**

In conjunction with my Survival Medicine events, my good friends Jim and Laura Fry offer homesteading classes at their farm, Stone Garden Farm and Museum, either the day before or the day after my workshops (or both). Or sometimes we arrange an informal evening with the Fry family just to socialize, get to know each other, and explore their unique farm. I’ve listed their classes on the next page – be sure to avail yourself of this wonderful opportunity. Check [my web site](#) to see which class is offered in conjunction with the Survival Medicine Workshop you’ll be attending, or call the number below for additional details.

The Fry’s farm is located at 2891 Southern Road, Richfield, Ohio 44286, approximately 30–45 minutes north of my “Farmageddon” location. They also offer overnight camping space for \$5, or teepee rental for \$15 per night. Museum and farm tours along with viewing of all the tools needed for self-sufficiency are free. For info on other classes offered visit <http://heritagehomesteadclasses.blogspot.com>. For village & museum information visit www.ohiofarmmuseum.com or call (330) 659-3507 or email stonegardenfamily@yahoo.com.

Homesteading Classes with Jim and Laura Fry

- Classes offered the day before and/or the day after Akron Survival Medicine 101, 102, 201, and 202
- \$40/class or \$60 for both – Home-cooked lunch included with each class
- Call Jim or Laura Fry at (330) 659-3507 or (843) 469-4060 with questions or to register, or email stonegardenfamily@yahoo.com

Homesteading/Survival Series 1 – Hands-on Class

Essential Needs - Learn useful skills for the homestead or survival situation

Featured topics

- Rendering animal fat into easily storable, useful tallow or lard
- Using that tallow to make candles
- Basic hot process using tallow to make lye soap that can be used for body, laundry, or dishes
- Wild edible/medicinal walk to learn the abundance of foods and medicine in our area
- Using herbs to make healing/medicinal salve and discussion of other ways to preserve/use herbs including tinctures, glycerites, and dried herbs
- Tour our many useful buildings, such as our blacksmith shop, weaving mill, tin shop, etc. and see our sustainable farm.

Homesteading/Survival Series 2 – Hands-on Class

Our Daily Bread - Acquiring, using, and storing meat, vegetables, and grain

Featured Topics

- Catching, cleaning, and preparing small game: traps and snares, slaughter, cleaning and dressing
- Fire cooking: using fire and/or heat to prepare small or very large portions of food with easy-to-find or salvaged materials
- Organic/Survival gardening: seed saving, permaculture, edible landscape, gardening for winter, compost, etc.
- Fermented foods and food preservation: simple age-old techniques for long-term food storage without complicated equipment or ingredients; make a batch of sauerkraut, discuss many other preservation methods including proper root-cellar and over-winter gardening techniques
- Grain grinding/grain usage: learn what to look for in a good grinder, how to use one, and the many uses of simple grains
- Tour our many useful buildings, such as our blacksmith shop, weaving mill, tin shop, etc. and see our sustainable farm.

REGISTRATION for SURVIVAL MEDICINE

To register, complete the following and mail pages 11 & 12 along with payment to:

Survival Medicine c/o Cynthia J. Koelker, MD 213 Massillon Road Akron, OH 44312	Select course: <i>(circle one)</i> 101 102 201 (Adv.) 201 (Adv.)
	Course days: <i>(circle one)</i> MTW TWTh WThF ThFS FSS
	Course dates: <i>(list selected dates)</i> _____

Make check or money order payable to Dr. Cynthia Koelker or [CLICK HERE](#) to pay online with PayPal.

Tuition: \$350 plus \$50 Materials Fee for any course

\$200 - per registrant (of amounts above) is due upon registration, with balance due by 2 weeks before course begins

Full Name – First registrant <input type="checkbox"/> \$350 plus \$50 Materials Fee <i>Print name clearly as you would like for your certificate.</i>		D.O.B.	Credentials if any (RN, EMT, MD, etc.)
Full Name – 2 nd registrant <input type="checkbox"/> \$350 plus \$50 Materials Fee <i>Print name clearly as you would like for your certificate.</i>		D.O.B.	Credentials if any (RN, EMT, MD, etc.)
Street Address			Best phone #
City	State	ZIP	
Email address (required)			
Total amount enclosed: \$ _____ for _____ registrant(s) Or mark: <input type="checkbox"/> Paid _____ (amount) online.			

I have read, understand, and agree with the Course Policies and Release of Liability in this packet.

Signed:

Name(s) _____ Date _____

RELEASE OF LIABILITY for SURVIVAL MEDICINE (all courses)

- 1 Course registrants must agree to ALL of the following in order to attend and participate.
- 2 Although this course will be taught by experienced health care professionals and is intended to instruct in proven, effective, and potentially life-saving medical skills, and although successful completion of the course will certainly enhance individual medical preparedness, it cannot substitute for professional training leading to medical licensure and does not purport to do so, nor are participants encouraged to provide care beyond their level of licensed professional training under current law. All course information and training is for educational purposes only and will not lead to certification of any kind.
- 3 Participants are responsible for their own personal safety and cleanliness during all course activities, and recognize that they may be exposed to sharp instruments (scalpels, needles, lancets), hot water, hot instruments (hyfercator or heated metal instruments), medical cleansers and sanitizers, related chemicals, plaster, pig or chicken body parts, and animal or human blood (see Universal Precautions below). Casual, appropriate clothing is encouraged. Standard medical gloves will be provided. Goggles will not be provided and are generally unnecessary, but participants are encouraged to provide their own should they be concerned about possible eye injury.
- 4 Universal Precautions against potentially infective body fluids will be explained and strictly observed by all course participants. Anyone showing intentional disregard for necessary precautions will be restricted from participation or may be dismissed from the course without refund at the instructor's discretion.
- 5 Instructors will provide all necessary learning materials to all participants.
- 6 Although this is a training session and unintended accidents may occur, intentional misuse of medical or other equipment that threatens the safety of oneself or others will lead to restriction of participation and/or dismissal from the course without refund at the instructor's discretion.
- 7 Emergency care will not be provided nor paid for by Dr. Koelker, instructors, staff, venue personnel, facility owners, nor other participating health care professionals. Injured parties should seek immediate medical care (either by calling 911, or at a facility of their choosing).
- 8 Participants also agree to abide by other safety mandates which may be issued throughout the course either verbally or via written instruction.
- 9 Participants agree to abstain from inappropriate language, disrespect of property, tobacco and alcohol use during all training sessions.
- 10 All participants and attendees do hereby release and forever discharge the following persons and entities from all claims, demands, liabilities and causes of action of any kind or description whatsoever which may result from attendance at or participation in this course which may result in injury, illness, or accident: Cynthia J. Koelker, MD and all staff; churches, facility, staff, and property owners of all other class sites.

Printed Name(s) _____

Signature(s) _____ Date _____