



Taking the mystery out of medicine

Clinical Skills Training Spring 2012

Thursday through Saturday

March 29–31, 2012

9:00 a.m. until 5:00 p.m. daily

(Registration 8:30–9:00 a.m. on Thursday)

COURSE OUTLINE and DETAILS

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COURSE CONTENTS

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).

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

Splinting and Casting – Part I: Upper Body

- Injuries you can treat on your own
- Diagnosis and treatment
- Immobilization techniques
- Working with plaster
- Upper extremity splinting and casting

Module 3

Suturing and Minor Surgery – Part I

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

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 II: Lower body

- Injuries you can treat on your own
- Diagnosis and treatment
- Immobilization techniques
- Cast removal
- Lower extremity splinting and casting

Module 6

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

TUITION

First participant	\$350 (includes course materials and light snacks, no lodging or full meals)
Co-Registrant	\$350 with course materials; \$300 if sharing course materials with above
Age limits	Teenagers 16 and older 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. 4) Or CLICK HERE to register and pay online

Down payment of \$200 per registrant due upon registration – balance due by March 14, 2012.

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 charge. Additional course materials will not be provided for those who register as “sharing course materials” with a spouse or friend, but a single set of materials should generally suffice.

Light snacks will be available periodically, but meals and lodging are not included in tuition charges. See “Shopping and Conveniences” for a list of nearby accommodations.

POLICIES

Tuition	See tuition details above.
Dress	Expect that you may get plaster, water, or other liquids on your clothing, so dress casually.
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

All classes for **Clinical Skills Training Spring 2012** will be held at:

**Education Building – First floor
North Springfield Presbyterian Church
671 Canton Road
Akron, OH 44312**

Correspondence address for all course communications is:

**Clinical Skills Training Seminar Spring 2012
c/o Cynthia J. Koelker, MD
213 Massillon Road
Akron, OH 44312
Phone/fax 330.784.4266 [M-F 8–12 EST]**

Please do not call the church with questions.

Park in the paved lot or across Albrecht in the gravel lot. Do not park at the bank or Discount Drug Mart.

DIRECTIONS

North Springfield Presbyterian Church is conveniently located less than 2 miles off I-76 and OH-224.

From the North, take I-77 South to Akron and at the central interchange follow I-76 East toward Youngstown. Exit at East Market Street, curve right, and follow this east about a mile to where it curves into Canton Road (there will be a Walgreen's on your right). Follow Canton Road about a mile to Albrecht. The church will be on your left.

From the South, take I-77 North to I-76 East, exiting at East Market Street, as per above. Alternatively, you may take I-77 North to 224 East, which will intersect Canton Road at about the 4th traffic light. Turn left and follow Canton Road north about 2 miles. Church will be on your right, past Discount Drug Mart.

From the East, take I-76 West and exit at East Market Street, turning left onto Market at bottom of exit ramp, then follow the directions as "From the North."

Or exit at Gilchrist Road, turning right at the bottom of the exit ramp onto Gilchrist, then turn left at the top of the hill at the light onto Darrow Road, which becomes Canton Road after crossing back over I-76. The church will be about 2 miles down the road on the left, per above.

From the West, take I-76 East or OH-224 East and exit per instructions above, from the North or South.

ACCOMMODATIONS

Closest Hotel – about 2 miles away – off I-76

Quality Inn Akron
2677 Gilchrist Road
Akron, OH 44305

(nothing special, but not expensive)

Closest group of hotels with shopping, movies, food

(South) Arlington Road exit off I-77

Comfort Inn, Hampton Inn, Red Roof Inn, and others

(much nicer, many options)

SHOPPING and CONVENIENCES

WALKING DISTANCE

Discount Drug Mart

A full-service pharmacy and reasonably-priced small grocery store, right next door

US Bank - also right next door

Hamburger Station – half a block away

Shell Gas Station – across the street

WITHIN A MILE or TWO

FAST FOOD

Take Canton Road south and you'll find McDonald's, Wendy's, Burger King, KFC, Taco Bell
Take Canton Road north then E. Market west to Arby's, Subway, Wendy's, McDonald's

RESTAURANTS

Take Canton Road half a mile north 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 Canton Road north to Wedgewood, turn left ¼ mile to Acme.
Take Canton Road south to 224 and turn left to Giant Eagle, Marc's, and bowling

10–15 MINUTES AWAY

Take I-77 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 and several hotel options

The **Chapel Hill Mall** area is about 15 minutes north – take I-76 West to Route 8 North, Howe Avenue exit, turn right for shopping and dining areas

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
Lehman’s Hardware The largest hardware store in Ohio Amish country Nationally renown	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
Midwest Native Skills Institute Self-reliance at home or in the wilderness One of America’s top wilderness survival schools	http://survivalschool.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) 524-4057 6900 Southpointe Parkway, Brecksville, OH 44141 www.providentliving.org

* SELF-SUFFICIENCY/SURVIVAL CLASS FOLLOWING CONFERENCE

On Sunday, April 1st (the day following Dr. Koelker’s Armageddon Medicine Conference) from 10:30 am to 4 pm we will be having a homesteading & survival class at the Museum of Western Reserve Farms and Equipment. We will render tallow from beef suet and use the tallow to make soap, candles, and a hand/lip salve.

We will also discuss basic survival skills including water purification, fire building, shelter building, wild edibles, and will have a question and answer session. Lunch is included in the cost of the class.

The museum is located at Stone Garden Farm & Village in Richfield, approximately 1/2 hour from the Medicine Conference. Overnight camping space is free. Museum and farm tours and viewing of all the tools needed for self-sufficiency are free. Cost of class is \$40.

<http://heritagehomesteadclasses.blogspot.com> or www.ohiofarmmuseum.com

For more information: contact 1-330-659-3507 or farmerSGF@yahoo.com, or we'll see you at the Conference.

REGISTRATION

To register, complete the following information and mail pages 8 & 9 along with payment to:

Armageddon Medicine – Clinical Skills Training
 c/o Cynthia J. Koelker, MD
 213 Massillon Road
 Akron, OH 44312

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

Tuition: \$350 – all registrants WITH course materials
 \$300 – additional family member or co-registrant SHARING course materials with first registrant
 \$200 - per registrant (of amounts above) is due upon registration, with balance due by 3/15/12

Full Name – First registrant <input type="checkbox"/> \$350	D.O.B.	Credentials if any (RN, EMT, MD, etc.)
Full Name – 2 nd registrant <input type="checkbox"/> \$350 or <input type="checkbox"/> \$300 shared with materials	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)		

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

Signed:

Name(s) _____ Date _____

RELEASE OF LIABILITY

- 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.
- 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 only to full participants. Those registered without learning materials are encouraged to share with their spouse or other co-registrant.
- 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 instructors, staff, or other participating health care professionals. Injured parties should seek medical care (either at the Accu-Med center nearby, or by calling 911, or at a facility of their choice).
- 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; and North Springfield Presbyterian Church and all staff.

Printed Name(s) _____

Signature(s) _____ Date _____