



Continuing Education Facilitator Guide Case Study #3 - GI Problems While Backpacking

Suggested Facilitation Progression and Time Frame:

- Case study (5-10 minutes)
- Discussion (5-20 minutes)
- Optional additional activity (5-15 minutes)

Resources Needed:

- Case study web link or QR code to share with participants
 - Case study webpages are not password protected and are openly available to program participants
- Link to LWM SOAP note or printed SOAP notes
- (Optional) LWM Course Workbook

Relevant LWM Course Workbook Content:

- SAMPLE history
- Acute abdomen
- Backcountry hygiene

Objectives:

After completing the case study, participants should be able to do:

- Complete a SOAP note including problems, anticipated problems, and a plan
- Complete a SAMPLE history when patients present with symptoms of an unknown origin
- Discuss the importance of ongoing patient assessment in order to ensure thorough investigation of a patient's signs and symptoms
- Articulate red flag concerns for abdominal signs and symptoms
- Articulate the importance of personal hygiene, specifically hand washing, in a backcountry setting

Case Study Set-Up:

The first step in the facilitation of this continuing education module is to complete a case study. The case study may be completed as a pre-training assignment or be completed during the first part of the training.

Pre-Training:

Case study can be assigned to participants to be completed prior to a scheduled program training. Participants should be encouraged to come to the training with a completed SOAP note that includes documentation on each part of the focused assessment, along with identified problems, anticipated problems and a plan.

During Training:

Case study can be completed in the first 5-15 minutes of a training session. It is recommended that each participant complete the case study individually on a phone, tablet or laptop. Training facilitators should consider having printed SOAP notes available for participants to complete.



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Facilitation Tools:

Case Study Access:

- <https://www.longleafmedical.com/interactive-gastro1.html>
- QR code scan with phone

Case Study Resources:

- <https://www.longleafmedical.com/resources.html>



Case Study QR Code

Optional Discussion Points:

Case Study

- Review of problem and anticipated problem lists created by participants with consideration towards both the patient and the group
- Review patient symptoms and resulting problems and anticipated problems
- Identify any plans that were not specifically listed by the case study resolution
- Have students discuss the red flags they would be looking for to increase the evacuation need for their patient

Medical Related

- Review evacuation guidelines for abdominal issues (see LWM Course Workbook)
- Review backcountry hygiene standards (see LWM Course Workbook)
- Review SAMPLE history (see LWM Course Workbook) and how to ask open ended and follow-up questions based on information received from patients

Program Related

- Review program policy around participant hygiene, especially hand washing
- Review program policy around water purification
- Review program policy around OTC meds
- If applicable, review of internal incident
- Discussion of group leader challenges
 - Managing a participant with poor hygiene practices without impact group dynamics
 - How to teach basic topics in a way that both experienced and novice participants get what they need

Optional Lesson Extensions:

- Have participants teach a lesson about using the bathroom in the backcountry
- Review of available program field communication technology and call-in protocol
- Using communication section of LWM Course Workbook, based on the information received in the case study, have students create and present a call in script for one of the following:
 - Report of information to the program
 - Request for evacuation, including a plan

Related resources on the LWM Continuing Education Center homepage:

- [Patient assessment review](#)