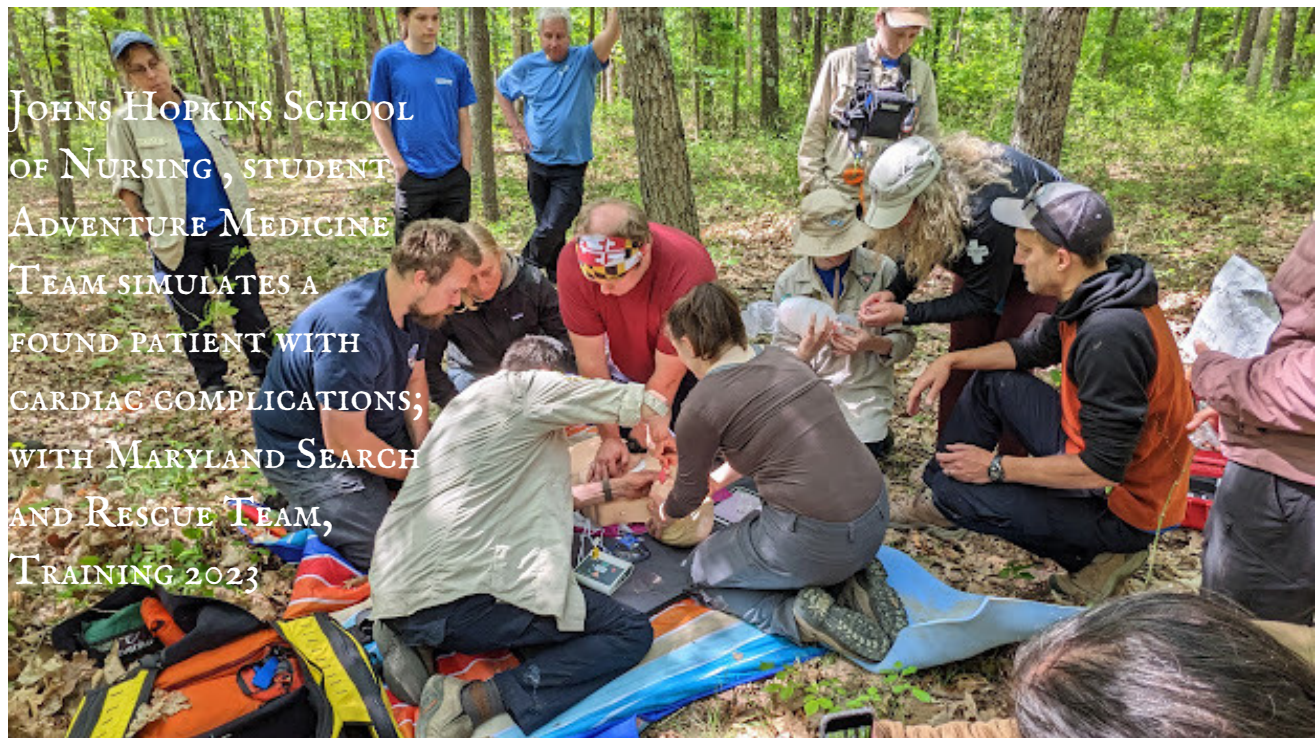


JOHNS HOPKINS SCHOOL OF NURSING STUDENT ADVENTURE MEDICINE TEAM

January 2024



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**NURSE'S
TAKING**

FLIGHT



**JOHNS HOPKINS LIFELINE
SITE VISIT**

INTRODUCING:NEW LEADERSHIP



TESSA TUDOR

VICE PRESIDENT- IN COMING PRESIDENT
SUMMER 2024

...

HAVING THE SKILL SET TO QUICKLY ASSESS AN EMERGENT SITUATION IN THE WILDERNESS IS NECESSARY FOR ANYONE WHO LOVES THE OUTDOORS, AND AS A NURSE, WE GET TO TAKE THAT FURTHER AND PROVIDE POTENTIALLY LIFESAVING CARE. AS SOMEONE WHO HAS HAD SEVERAL INJURIES ON OUTDOOR ADVENTURES, I CAN SAY FIRSTHAND THAT NURSES HAVE THE UNIQUE ABILITY TO COMFORT PATIENTS IN THEIR SCARIEST MOMENTS, WHICH IS EVEN MORE VALUABLE IN AN UNPREDICTABLE SETTING. WHICH IS WHY I'M SO EXCITED THAT THE ADVENTURE MEDICINE TEAM FORMED AT JHSON; JOINING THE TEAM AND HAVING THE OPPORTUNITY TO GAIN THIS EXPERIENCE WAS A HUGE DRIVING FACTOR FOR ME TO MOVE ACROSS THE COUNTRY AND ATTEND JHSON. I CAN'T WAIT TO BRING EVEN MORE AM EXPOSURE TO OUR FELLOW STUDENTS AND EXPLORE EVERYTHING THIS SIDE OF NURSING HAS TO OFFER!



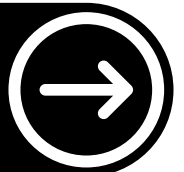
HALEY BAUMGARTNER

COMMUNITY OUTREACH OFFICER: GUESTS
AND CONNECTIONS

.....

I GRADUATED FROM THE UNIVERSITY OF MINNESOTA TWIN-CITIES IN 2020 WHERE I MAJORED IN SPANISH AND PHYSIOLOGY. I AM HOPEFUL TO JOIN MY DEGREE IN NURSING TO PROVIDE CARE GLOBALLY BY EITHER WORKING WITH DOCTORS WITHOUT BORDERS OR ASSISTING IN TIMES WHERE DISASTER RELIEF MEDICINE IS NEEDED. I AM INCREDIBLY EXCITED TO BE A PART OF THIS TEAM TO EXPLORE MORE ABOUT ADVENTURE MEDICINE, WORK WITH YOU ALL, AND LEARN MORE ABOUT MYSELF!

READ MORE





UPCOMING TRIP



What does Adventure Medicine mean to you?..

"Adventure Medicine continues to find experts in wilderness who have taken our team to the next level...Both Rich[Wild Med, University of Utah director] and Linda[RN, FAWM, AWLS and more] are well known and respected educators in their craft that we are honored to be associated with..[I' am grateful to be associated with them and hope they continue to be vital alliances with our team"

- Lindsey Gannon
MSN Fall 2023

Read more about our Utah adventure for our AWLS certifications (pg.2) and making healthcare more human(pg.4)



AWLS Utah Wild Med
University, Utah • P2

May Training Events and
glance at June• P3

Making Healthcare Human
competition 2024 • P4

Global Health Immersion :
Guatemala 2024; Christian
Jenkins P6

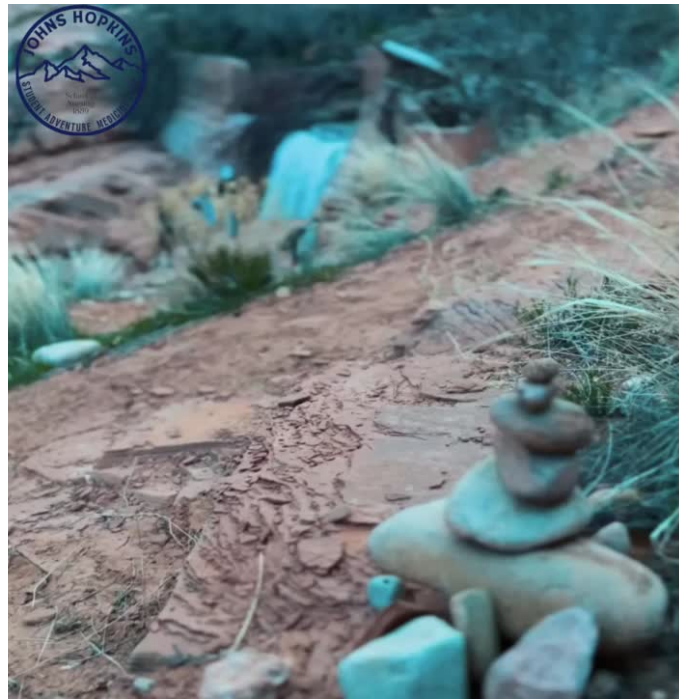
Spring AMT Conference P.7

THE UNIVERSITY OF UTAH OFFERS AWLS (ADVANCED WILDERNESS LIFE SUPPORT) TRAINING IN MOAB, UTAH, PROVIDING A COMPREHENSIVE PROGRAM DESIGNED TO EQUIP HEALTHCARE PROFESSIONALS WITH THE SKILLS AND KNOWLEDGE NECESSARY TO RESPOND EFFECTIVELY IN WILDERNESS AND REMOTE MEDICAL EMERGENCIES. THIS SPECIALIZED TRAINING TAKES ADVANTAGE OF MOAB'S UNIQUE NATURAL ENVIRONMENT, WHICH INCLUDES RUGGED TERRAIN, DIVERSE ECOSYSTEMS, AND OUTDOOR RECREATIONAL ACTIVITIES. PARTICIPANTS IN THE AWLS TRAINING ENGAGE IN HANDS-ON LEARNING EXPERIENCES, SIMULATIONS, AND LECTURES THAT COVER TOPICS SUCH AS EXPEDITION MEDICINE, OUTDOOR SURVIVAL, AND ENVIRONMENTAL HAZARDS. WITH THE UNIVERSITY OF UTAH'S EXPERTISE AND MOAB'S EXCEPTIONAL WILDERNESS SETTING, AWLS TRAINING OFFERS A VALUABLE OPPORTUNITY FOR HEALTHCARE PROFESSIONALS TO ENHANCE THEIR ABILITIES IN PROVIDING MEDICAL CARE IN CHALLENGING OUTDOOR ENVIRONMENTS.



THOUGH MANY OF US TOOK DIFFERENT FLIGHTS AND PATHS TO SLC, UTAH, EVENTUALLY, WE ALL WIND UP AT THE CAR RENTAL KIOSK AROUND 10 AM READY TO TAKE ON THE MOUNTAINS THAT SURROUND THE AIRPORT SKYLINE. FILLED WITH EXCITEMENT, CAFFEINE, AND WANDERLUST WE BEGIN OUR COUPLE HOUR DRIVE TO MOAB WHERE THE AWLS HANDS ON TRAINING WILL TAKE PLACE. WE DRIVE THROUGH TOWERING CANYONS, WINDING ROADS, AND AS WE APPROACH MOAB DESERT CLAY BEGINS TO REPLACES THE WHITE SNOW FLATTENED FIELDS. WE ARRIVE AT OUR CAMPSITE WITH VIEWS OF WHITE CAPPED PEAKS AND THE RED BODIED ARCHES ALIKE- WHERE WE WOULD LATER ALSO SEE THE "MOON RISE" AND CREST JUST ABOVE US AS IF RISING AND SETTING DIRECTLY OUT OF THE MOUNTAINS BEFORE US.

THE TEMPERATURE WAS AS PREDICTED COLD BUT WE ALL PACKED LIGHT FOR THE FLIGHTS AND FOUND IT TO BE MILDLY DISRUPTIVE TO OUR SLEEP SO FORTUNATELY WE UNANIMOUSLY AGREED TO MUDDLE OUT OF OUR BAGS BEFORE SUNRISE AND WALK A NEARBY TRAILHEAD WITH THE WAKING OF DAY. THE CANYONS ALONG THE SMALL STREAM BEAMED WITH THE GLOW OF THE MORNING SUN, ILLUMINATING THE NATURAL BEAUTY AND ISOLATION OF THE DESERT. AFTER A FEW WATER CROSSINGS AND SOME FULL SUBMERSIONS WE MADE OUR WAY BACK INTO MOAB PROPER FOR A BREAKFAST BEFORE HEADING TO THE MEETING POINT FOR ASSESSMENTS.



video of the team in Utah! Check out on video and more on page!

AFTER A FULL DAY OF TRAINING, ASSESSMENTS, AND CONNECTION WITH OTHER WILDERNESS MEDICINE PROFESSIONALS, PHYSICIANS, PARAMEDICS, NURSES AND RECREATIONAL LEARNERS ALIKE WE MADE OUR WAY OUT TO A LOCAL POPULAR HIKE OUT TO ANOTHER ARCH AND SWIMMING "HOLE". NATURALLY, WE INCORPORATED PHARMACOLOGY NOTES INTO OUR HIKE AND, I FOR ONE, WILL NEVER FORGET ANTIBIOTICS. ON OUR FINAL DAY WE EXPLORED IN AND AROUND THE ARCHES NATIONAL PARK IN A NEW LIGHT - WITH PRACTICED PREPARATION, GAINED CONFIDENCE, AND COMPETENCE FOR ANYTHING THAT COULD COME OUR WAY. AS STEWARDS OF THE NURSING PROFESSION, OUR ORGANIZATION, AND THE WILDERNESS MEDICINE TENANTS WE ARE SO GRATEFUL AND PROUD TO HAVE HAD THE OPPORTUNITY TO EARN OUR AWLS CERTIFICATIONS AND APPLY OUR PROFESSION FOR HEALTHCARE TO OUR PASSION FOR THE OUTDOORS, IN ALL SETTINGS, AND HELPING PEOPLE WHERE THERE IS. .

"AWLS training equips nurses with the skills and knowledge needed to navigate the unpredictable wilderness, transforming them into guardians of life beyond the hospital walls."

UNKNOWN



-AYLA CHASE
MSN, AMT 2023

3RD ANNUAL SOUTHEASTERN REGIONAL HEALTHCARE IMPROVEMENT CASE COMPETITION

Compete with the brightest minds in interdisciplinary teams to solve the Southeast's most pressing healthcare challenges in this annual competition hosted by the Institute for Healthcare Improvement (IHI) Emory Chapter



Prompt Release: March 4, 2024
Final Presentations: March 25, 2024



APPLY BY MARCH 1



PRIZES

\$5,000

1st Place

\$2,500

2nd Place

\$1,000

3rd Place

\$500

Participants' Choice

Teams must consist of **3-5 students** and represent **2+ school programs**

Open to all undergraduate & graduate students from all universities in Georgia as well as Duke, Johns Hopkins, and Vanderbilt University.



TEAM SIGNUP



UP COMING EVENTS



12-14 APRIL AWLS TRAINING
WITH UNIVERSITY OF UTAH



CHECK OUT THE PAGE FOR HIKING TRIPS!



HUMANITARIAN HEALTH WITH DR.
SPIEGEL AND EMILIE GRANT



MAKING HEALTHCARE HUMAN COMPETITION



SPRING MEET AND
GREET

FRIDAY FEB. 16TH 5-6PM
MINISTRY OF BREWING
*RSVP BEFORE 12FEB FIRST
DRINK FREE



Christian Jenkins
cohort 2024

GLOBAL HEALTH IMMERSION : GUATEMALA
2024

ANY INQUIRES, COMMENTS, REQUESTS FOR TRAININGS OR CONTACTS CAN BE SUBMITTED VIA THE WEBPAGE OR BY EMAIL. CHECK THE PAGE FOR
HIKES, OUTDOOR ACTIVITIES, UNOFFICIAL VOLUNTEER EVENTS, AND MORE... REMEMBER WE DON'T SEND OUT EMAILS EXCEPT FOR THE
NEWSLETTER ALL INFORMATION AND GROUPINGS ARE DONE VIA THE WEBSITE.

Teammate Highlight: Emily Calman, BS, NBC-HWC

EMILY CALMAN IS A SECOND-SEMESTER MSN STUDENT WHO ENJOYED HER WINTER BREAK GOING BACK TO HER BELOVED VERMONT MOUNTAINS TO PLAY IN LOTS OF FRESH POWDER. THESE PICTURES ARE TAKEN AT JAY PEAK MOUNTAIN IN NORTHERN VERMONT CLOSE TO THE CANADIAN BORDER. SHE LOVES EXPLORING AND IS LOOKING FORWARD TO GETTING TO KNOW THE NATURE AROUND MARYLAND THROUGH HIKING AND ROCK CLIMBING.



Global Health Immersion: Guatemala

Christian Jenkins

OUR ADVENTURE BEGAN IN GUATEMALA CITY, WHERE OUR DIVERSE TEAM OF STUDENTS AND FACULTY FROM AROUND THE WORLD CONVENED. AMIDST THE EXCITEMENT, WE DELVED INTO THE LOCAL CULTURE BY VISITING A SMALL CO-OP FOR LOCAL ARTISANS AND INDULGING IN DELICIOUS ICE CREAM WITH UNIQUE GUATEMALAN FLAVORS. THE COLORFUL CULTURE OF GUATEMALA UNFOLDED AS WE EXPLORED ANTIGUA, A UNESCO HERITAGE SITE WITH COBBLESTONE STREETS, HISTORIC BUILDINGS, AND A VIBRANT TOWN CENTER THAT SHOWCASED THE COUNTRY'S RICH TRADITIONS.

HOWEVER, THE HEART OF OUR TRIP LAY IN THE SERVICE LEARNING INITIATIVES. WE JOURNEYED TO SAN MARTIN JILOTEPEQUE-PACOXPON TO WITNESS THE COMPLETION OF A WATER AND SANITATION PROJECT INITIATED BY A PREVIOUS COHORT. THE CLOSING CEREMONY, LED BY THE COMITÉ COMUNITARIO DE DESARROLLO (COCODE), HIGHLIGHTED THE TANGIBLE IMPACT OF OUR COLLABORATIVE EFFORTS, EMPHASIZING THE SIGNIFICANCE OF SUSTAINABLE COMMUNITY DEVELOPMENT.

THE IMMERSION CONTINUED WITH A VISIT TO AN INDIGENOUS WOMEN'S CO-OP, WHERE WE LEARNED ABOUT THEIR DEDICATION TO FUNDING EDUCATION THROUGH THE SALE OF INTRICATE GUATEMALAN TEXTILES. TRADITIONAL DANCES, TORTILLA-MAKING SESSIONS, AND THE TASTING OF PEPIAN DE POLLO ENRICHED OUR UNDERSTANDING OF THE LOCAL CULTURE.

THE CORE OF OUR WORK INVOLVED WORKING ALONGSIDE THE LOCAL NGO, NURSING HEART, IN SAN MARTIN JILOTEPEQUE. THROUGH A SCHOOL CLINIC, WE ADDRESSED ORAL HYGIENE, PROVIDED DEWORMING MEDICATION, AND CONDUCTED HEALTH ASSESSMENTS, CATERING TO DIVERSE NEEDS WITHIN THE COMMUNITY. SHADOWING COMMUNITY HEALTH WORKERS (CHWs) DURING HOME VISITS ALSO PROVIDED VALUABLE INSIGHTS INTO THE CHALLENGES FACED BY THE COMMUNITY, PARTICULARLY REGARDING CHRONIC CONDITIONS SUCH AS DIABETES AND HYPERTENSION.





THE DEDICATION OF THE CHWs, WHO VOLUNTEERED TO CHECK ON THEIR COMMUNITIES, LEFT AN INDELIBLE MARK. THEIR EFFORTS TO BUILD TRUST, EDUCATE, AND RECOMMEND LIFESTYLE CHANGES SHOWCASED THE POWER OF GRASSROOTS INITIATIVES IN ADDRESSING HEALTHCARE DISPARITIES. AS WE PRESENTED OUR FINDINGS AND RECOMMENDATIONS TO THE CHWs AND NURSING HEART, THE ACKNOWLEDGMENT OF THEIR VITAL WORK WAS MET WITH GRATITUDE. BEYOND PROVIDING NURSING CARE, WE EXPLORED INSTITUTIONS LIKE OBRAS SOCIALES HERMANO PEDRO, A HOSPITAL OFFERING SUBSIDIZED OR FREE CARE FOR THOSE IN NEED. WE ALSO VISITED THEIR SISTER ORGANIZATION, HOGAR VIRGEN DEL SOCORRO, A COMPREHENSIVE IN-PATIENT REHAB FACILITY, WHICH SHOWCASED AN EXEMPLARY LEVEL OF CARE FOR INDIVIDUALS WITH DEVELOPMENTAL DISABILITIES.

GUATEMALA, WITH ITS RICH HISTORY AND DIVERSE INDIGENOUS CULTURES, REVEALED THE CHALLENGES FACED BY RURAL COMMUNITIES. LIMITED ACCESS TO HEALTHCARE, LANGUAGE BARRIERS, AND MISTRUST IN THE HEALTHCARE SYSTEM UNDERScoreD THE URGENT NEED FOR COMMUNITY-DRIVEN INTERVENTIONS.

THIS TRANSFORMATIVE EXPERIENCE HAS SOLIDIFIED MY COMMITMENT TO WORKING IN HUMANITARIAN AID, ESPECIALLY IN A PUBLIC HEALTH CAPACITY FOR UNDER-RESOURCED AREAS. THE RESILIENCE OF THE GUATEMALAN PEOPLE, THEIR COMMITMENT TO COMMUNITY WELL-BEING, AND THE BEAUTY OF THE COUNTRY ITSELF HAVE LEFT A PERMANENT MARK ON MY JOURNEY TOWARD BECOMING A COMPASSIONATE AND CULTURALLY SENSITIVE HEALTHCARE PROFESSIONAL. THE SERVICE LEARNING TRIP TO GUATEMALA WAS NOT JUST AN EDUCATIONAL ENDEAVOR BUT AN EXPERIENCE THAT HAS BROADENED MY PERSPECTIVE AND FUELED MY PASSION FOR MAKING A MEANINGFUL IMPACT ON GLOBAL HEALTH.

-CHRISTIAN JENKINS
AMT, COHORT 2024



HAVE A STORY OR EXPERIENCE YOU'D LIKE TO SHARE
AND BE FEATURED IN THE AMT NEWSLETTER?
EMAIL US AT [JHUSONAMT.JH.EDU](mailto:jhusonamt.jh.edu) OR ON THE
WEBPAGE!

SPRING AMT SEMINAR

PRESENTED BY JOHNS HOPKINS SCHOOL OF NURSING ADVENTURE MEDICINE AND PUBLIC HEALTH NURSING NETWORK TEAMS



THE 1ST ANNUAL AMT CONFERENCE

UNIQUE "ADVENTURE" NURSING OPPORTUNITIES
THINKING OF TAKING YOUR SKILLS AND KNOWLEDGE TO BOTH DOMESTIC AND GLOBAL ENVIRONMENTS, BUT NOT SURE WHERE TO START? THERE'S INFINITE OPPORTUNITIES IN NURSING...

PLANETARY HEALTH
ONE HEALTH - WHAT DOES IT MEAN, HOW DOES IT APPLY TO OUR NURSING PROFESSION, AND WHAT CAN WE DO? EXPERTS AND LEADERS IN THE PULSE ON HEALTHCARE AND THE PLANET...

PRACTICES FOR THE HEALTH CARE WORKER
IN A WORKPLACE KNOWN FOR BURNOUT - LONG HOURS, UNDERSTAFFED, AND DEMANDING BUT WHAT, IF ANYTHING, CAN WE DO TO MAINTAIN OUR HEALTH AND PASSION WE STARTED WITH...

RSVP