

# Tropical Medicine & Wellness Retreat CME - Costa Rica

## Schedule of Activities

**Dates:** April 6th - 13th, 2019

**\*\*\* Conference Starts on April 6th\*\*\***

**Day 1: Sat: April. 6th:**

**Travel Day / Depart USA : Plan arrival for afternoon no later than 1:30 pm April 6th. in Liberia Airport, Costa Rica**

Sat. April 6th	Arrive in Costa Rica and Transportation to Lodge 3:00 pm Departure Time from Liberia Airport
7:00 pm - 8:15 pm	<b>Dinner</b>
8:30 pm - 9:00 pm	<b>Introduction To Course</b>
9:00 pm	<b>Free Time Music / Swim</b>

**Day 2: Sun., April 7th, 2019**

	<b>Conference Schedule</b>
7:30 am - 8:15 am	<b>Yoga Session (optional) Beginner</b>
8:30 am - 9:15 am	<b>Breakfast</b>
8:30 pm - 9:30 pm	<b>Physician Wellness / Stress and Panic Reactions</b> This lecture will review the key components of physician well-being including stress and panic reactions to given situations and how to deal with them.

9:30 pm - 11:00 pm	<p><b>Pre-Hospital Assessment and Medical Kits</b>  <b>Dr. Ben Mattingly</b>  This lecture will provide understanding of pre-hospital assessment and how it differs from hospital assessments as well as an adequately planned medical kit for different regions of the world.</p>
12:30pm -1:30pm	<b>LUNCH</b>
1:30pm	<p>Free Time / Relax  Group Hike to Waterfall  Swim / Walk to Beach  Obstacle Course - Start Competitions</p> <p style="text-align: center;">(Set up ATV / Horseback Riding / Other optional Activities)</p>
5:00pm - 5:45 pm	<b>Yoga Session (optional)</b> <b>Intermediate</b>
6:00pm - 7:00pm	<p><b>Malaria</b>  Matt Razon, PA-C  This lecture will review prevention, diagnosis, and treatment of malaria especially in the world traveler.</p>
7:30pm	<b>Dinner</b>
8:30pm	<b>Free Time</b> <b>BAND</b> <b>Music / Swim</b>

**Day 3: Monday April 8th, 2019**

	<b>Conference Schedule</b>
7:30am - 8:15am	<b>Yoga Session (Optional)</b> <b>Intermediate</b>
8:30am - 9:15am	<b>Breakfast</b>

9:30am - 10:30am	<b>Zika</b> Grant Christian, MD Discuss and educate about current updates on Zika and how to prepare for travel to Central America.
10:30am - 4:00pm	<b>Free Time</b> <b>Lunch @ 11:15am</b> <b>Leave @ Noon for Group Zip-Lining</b>
4:00pm	<b>Snack</b>
5:15 - 6:00pm	<b>Yoga Session (Optional)</b> <b>Beginner</b>
6:15 - 7:15pm	<b>Assessing the Unwell Traveler</b> Grant Christian, MD This lecture will provide understanding of assessment and differential diagnosis in the unwell traveler.
7:30pm	<b>Dinner</b>
8:30pm	<b>Free Time (Game Night)</b> <b>Music / Swim</b>

**Day 4: Tues. April 9th, 2019**

	<b>Conference Schedule</b>
7:30 - 8:15am	<b>Yoga Session (optional)</b> <b>Beginner</b>
8:30 - 9:30am	<b>Breakfast</b>

9:30 - 10:30am	<b>Heat Illness, Dehydration and UV</b> Dersim Kaya, MD This lecture will discuss illness related to heat exposure and UV and both field and hospital treatments.
10:30 - 11:30am	<b>Sea Envenomations</b> Grant Christian, MD
11am - 4:30	<b>Early Lunch 12:00am</b> <b>1:00pm Transport to Playa Guiones</b> <b>Optional Surf Lessons (3pm) vs Relax on Beach</b> <b>Depart Beach @ 5:00pm</b>
5:45pm	<b>Snack Light</b>
6:15 - 7:00pm	<b>Yoga Session (Optional)</b> <b>Intermediate</b>
7:30 pm	<b>Dinner</b>
8:30 pm	<b>Free Time (Camp-Fire)</b> <b>Music / Swim</b>

**Day 5: Weds. April 10th, 2019**

Tuesday	<b>Conference Schedule</b>
7:15 - 8:00 am	<b>Yoga (optional)</b> <b>Intermediate</b>
8:15 - 9:00am	<b>Breakfast</b>
9:00 - 10:00am	<b>Anaphylaxis</b> Matt Razon, PA-C Recognizing and treating anaphylaxis in the field.

10:00 - 11:00am	<b>Pain Management in the Wilderness</b> Ben Mattingly, MD, FAWM How to control pain with a minimal travel kit. Discuss different options and also problems with traveling with certain pain medications.
11:00 - 3:00pm	<b>Free Time</b> <b>Relax at Lodge</b> <b>LUNCH @ 11:30am</b>
2:00pm	<b>SNACK</b>
3:00 - 7:00pm	<b>Sunset Cruise</b> <b>Depart 2:30pm</b> <b>Return 6:30 - 7:00pm</b>
7:15pm	<b>Dinner</b>
8:30pm	<b>Free Time</b> <b>Music / Swim</b>

**Day 6: Thursday April 11th, 2019**

Wednesday	<b>Conference Schedule</b>
7:15 - 8:00am	<b>Yoga Session (optional)</b> <b>Beginner</b>
8:00 - 9:00am	<b>Breakfast</b>
9:15am	<b>Depart for Kayaking / Paddleboarding</b>

9:15 - 1:00pm	<p style="text-align: center;"><b>FREE TIME</b></p> <p style="text-align: center;"><b>Kayaking / Paddle Boarding on River Included or</b></p> <p style="text-align: center;"><b>ATV / Fishing / Snorkeling / Surfing - (Arrange on own - Not Included)</b></p> <p style="text-align: center;"><b>Massages Available: 10am - 12:30pm (If not kayaking)</b></p>
1:30pm	<b>LUNCH</b>
3:30 - 4:30 pm	<p><b>Common Foot Injuries in Wilderness Travel</b>  Ben Mattingly, MD, FAWM  Discuss common foot problems in wilderness settings including injuries as well as trench foot and infections.</p>
4:45 pm	<b>SNACK</b>
5:15 - 6:00pm	<p><b>The Dangers of ATV's</b>  Matt Razon, PA-C  Discuss injury patterns and likely injuries from ATV's and how to prepare your med kit.</p>
6:15 - 7:00pm	<b>Yoga Session (optional)</b> Intermediate
7:30 - 8:30pm	<b>Dinner</b>
8:30 pm	<b>Free Time</b>

**Day 7: Friday April 12th, 2019**

Thursday	<b>Conference Schedule</b>
7:15 - 8:00am	<b>Yoga Session (Optional)</b> Intermediate
8:00 - 9:00am	<b>Breakfast</b>
9:00 - 10:00am	<p><b>Exotic Envenomations</b>  Jenni Mattingly, PA-C  Discuss venomous bites and stings in Central America and what to do if you get bit.</p>
10:00 - 11:00am	<p><b>Dengue</b>  Matt Razon, PA-C  Medical diagnosis and treatment of Dengue</p>

11:30pm	<b>Lunch</b>
12:30 - 7:00pm	<b>Free Time</b> Activities on Own: 1:30pm - <b>Horseback Riding</b> Time Slots Afternoon (2.5 hrs - \$60) or Relax / Swim / Obstacle Course or Massages 12:45 - 6pm
4:30pm	<b>SNACK</b>
5:45 - 6:15pm	<b>Yoga Session (optional)</b> <b>Beginner</b>
6:45 - 7:15pm	<b>End of Conference wrap-up and evaluations</b>
7:30 pm	<b>Dinner</b>
8:00 - 10:00 pm	<b>Free Time / Band</b> <b>Dance-Off</b>

**Day 8: Sat. April 13th, 2019**

Friday	<b>Conference Schedule</b>
7:00 - 7:45am	<b>Yoga Session (optional)</b> <b>Beginner</b>
8:00 - 9:00am	<b>Breakfast</b>
9:30am	<b>Transport Back to Airport</b>
	<b>Arrive Airport approx. 1:30pm</b>





