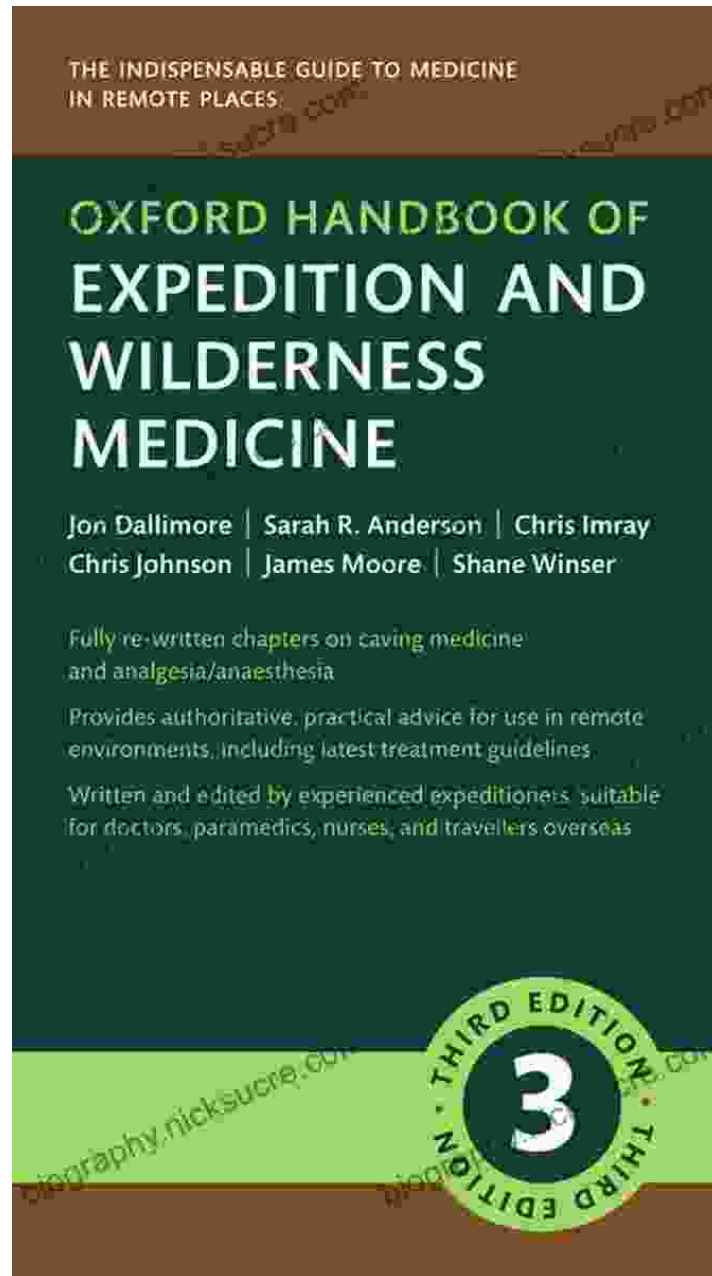


# Oxford Handbook of Expedition and Wilderness Medicine: A Comprehensive Guide to Surviving and Thriving in Remote Environments



The Oxford Handbook of Expedition and Wilderness Medicine is the definitive guide to medical care in remote environments. Written by a team of experienced physicians and wilderness experts, this comprehensive handbook provides essential information on a wide range of topics, from basic first aid to advanced medical emergencies. Whether you're planning a weekend backpacking trip or a month-long expedition, the Oxford Handbook of Expedition and Wilderness Medicine is the essential resource for staying safe and healthy in the wilderness.

Originally published in 1999 and now revised for its fourth edition, this book has been significantly expanded to reflect the latest medical knowledge and wilderness medicine techniques. New chapters cover topics such as remote area nursing, supraglottic airway management, and environmental emergencies.



## Oxford Handbook of Expedition and Wilderness Medicine (Oxford Medical Handbooks) by Fabien Clavel

★★★★☆ 4.6 out of 5

Language : English  
File size : 48078 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Print length : 846 pages  
Lending : Enabled



The Oxford Handbook of Expedition and Wilderness Medicine is a must-have for anyone who travels or works in remote environments. It's a

comprehensive, practical guide that will help you stay safe and healthy in the wilderness.

## **Key Features**

\* Comprehensive coverage of all aspects of wilderness medicine, from basic first aid to advanced medical emergencies \* Written by a team of experienced physicians and wilderness experts \* Clear and concise instructions, with hundreds of illustrations and photographs \* Easy-to-use format, with quick-reference tabs for easy access to information \* Durable, waterproof binding for use in harsh conditions

## **Table of Contents**

to Wilderness Medicine 2. Medical Kit and Equipment 3. Travel Health and Immunizations 4. Basic First Aid 5. Medical Emergencies 6. Environmental Emergencies 7. Expedition Planning and Logistics 8. Nutrition and Hydration 9. Hygiene and Sanitation 10. Wildlife Encounters 11. Remote Area Nursing 12. Supraglottic Airway Management

## **Reviews**

"The Oxford Handbook of Expedition and Wilderness Medicine is the definitive guide to medical care in remote environments. It's a comprehensive, practical guide that will help you stay safe and healthy in the wilderness." - Wilderness Medicine Society

"This handbook is a must-have for anyone who travels or works in remote environments. It's a comprehensive, easy-to-use resource that covers everything from basic first aid to advanced medical emergencies." - National Outdoor Leadership School

"The Oxford Handbook of Expedition and Wilderness Medicine is the most comprehensive and up-to-date guide to wilderness medicine available. It's an essential resource for anyone who travels or works in remote environments." - American Alpine Club

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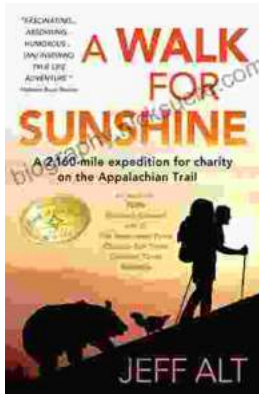


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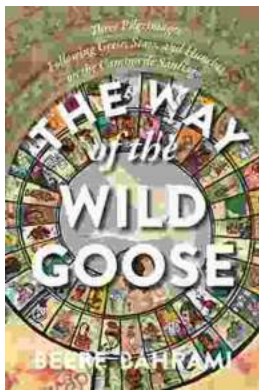
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