

## UHMS and AsMA Workshops Summaries

### The ORCA Project: Operational Resilience and Cognitive Awareness

**Date: Sunday, May 22**

**Time: 8:00 a.m.- 5:00 p.m.**

The course will address issues surrounding diving incidents and fatalities. Discussion of human factors concerns will be a part of the course.

### Wound Care for the Hyperbaric Provider

**Date: Sunday, May 22**

**Time: 8:00 a.m.- 5:00 p.m.**

The course will address wound care procedures within the hyperbaric setting. Such as diabetic foot ulcers, lymphedema, debridement and dressings. The course will include panel discussion and some hands-on instruction for casting and wrapping.

### Stop the Bleed

**Dates: May 23, 24, 25, or 26**

**Time: 12:00 - 1:00 p.m.**

Through our STOP THE BLEED® course, you'll gain the ability to recognize life-threatening bleeding and intervene effectively. The person next to a bleeding victim may be the one who's most likely to save him or her. Take the course and become empowered to make a life or death difference when a bleeding emergency occurs. STOP THE BLEED®. Save a Life! There will be a small registration fee of \$10.

**Learn more about the UHMS portion of the joint meeting here:** <https://www.uhms.org/meetings/annual-scientific-meeting/uhms-annual-scientific-meeting-information/104-asm-new/387-about.html>

### Aerospace Medicine Faculty Development Workshop

**Date: Sunday, May 22**

**Time: 8:00 a.m. - 11:30 a.m.**

The Accreditation Council for Graduate Medical Education (ACGME) requires faculty members regularly participate in organized clinical discussions, rounds, journal clubs, conferences, and on an annual basis pursue faculty development designed to enhance their skills. Faculty development is intended to describe structured programming developed for the purpose of enhancing transference of knowledge, skill, and behavior from the educator to the learner. This workshop will offer needs-based programming reflective of recent and upcoming changes to residency training as implemented by the ACGME and demonstrate solutions to current resident educational requirements. Focus areas will include Resident Supervision, Learners in Trouble, and Feedback.

**Learning Objectives:** 1. The audience will be able to describe typical deficits at various learner levels, list signal behaviors, discuss intervention, and develop programs to prevent learning problems; 2. Attendees will be able to define feedback, demonstrate the components of effective feedback, identify barriers, and review strategies for delivering feedback; 3. Participants will be able to define the ACGME levels of supervision, the characteristics of effective supervisors, barriers to supervision, and apply a standardized model to communicate supervision needs.

### Aircrew Selection: Aptitude, Motivation, and Mental Health Considerations

**Date: Sunday, May 22**

**Time: 9:00 a.m. - 4:00 p.m.**

Selecting candidates for aviation careers requires consideration of aptitude and motivation, as well as an assessment of mental health. Such a system needs to be psychometrically valid and legally defensible while also cost effective. This workshop focuses on the assessment of a candidate's aptitude and motivation to succeed in an aviation career as well as screening mental health. Aptitude is composed of Knowledge, Skills, Abilities, and Other characteristics (KSAOs; which includes the non-pathological domains of personality) that identify someone as capable for successful performance based on formal job analysis procedures. Candidates are assessed on KSAOs through various tests and measures that are validated against key performance indicators to determine whether they meet minimum job qualifications. While the assessment of KSAOs is designed to identify individuals who CAN become a successful aviation asset, the assessment of personality and motivation can help predict who WILL become an asset. Mental health also needs to be considered, to include depression, anxiety, substance abuse/dependence as well as personality disorders and maladaptive personality traits. This workshop will enable participants to be better consumers of selection efforts and will employ slide presentations, case vignettes, questions and answers, and video and/or live demonstrations of applicant interviews.

**Learning Objectives:** 1. Participants will understand the difference between SELECT IN and SELECT OUT in personnel selection; 2. Participants will come to appreciate the unique personality structure of aviators; 3. Participants will understand that aviators face most of the same life stressors that confront the rest of the population.

### Meeting the Challenges of Work-Related Stress and Mental Health in Aviation

**Date: Sunday, May 22**

**Time: 9:00 a.m. - 4:30 p.m.**

Mental health of aviation professionals is critical to safe operations and personal mental wellness. Numerous barriers exist to seeking mental health assistance. These barriers can be inherent to the aviation professional including personality types, his-

torical cultural norms in aviation, and employer work agreements/contracts. Barriers also include the implications of medical certification and regulatory authority oversight, confidentiality protections, and lack of mental health professionals familiar with the aviation environment. Studies show that although aviation workers have significant mental health stressors and varying levels of distress, relatively few seek professional help despite a desire to do so. The aviation peer support programs (PSP) have removed many barriers to seeking mental health support and can be very effective in resolving many mental health issues that arise. This workshop will explore the research into the magnitude of mental health challenges in aviation professionals and establishment of programs to address these challenges. Program types include assistance with mental health professionals, those exclusively administered with peers, those utilizing union-based Employee Assistance Programs, and military mental health programs. We will describe methods to integrate mental health support programs into an aviation organization with professional oversight or "safety valves." We will then discuss the role of CAA's in supporting mental health programs as part of a safety system. The origins and scope of pilot PSP's and a historical perspective on the successes and ongoing challenges are highlighted. The workshop will provide ample time for interaction with expert speakers, networking for attendees and resources for implementing programs.

**Learning Objectives:** 1.) Attendees will be able understand the different types of aviation peer support programs and critical elements in establishing programs appropriate for their organization; 2.) Attendees will be able to explain the roles of civil aviation authorities, aircrew unions, mental health professionals, aviation employers, aviation medical examiners and peer volunteers in developing, financing, improving and maintaining aviation peer support programs; 3.) Attendees will have resources to assist them in establishing aviation peer support programs in their organizations.

## Mountain Medicine Workshop

**Date:** Friday, May 27

**Time:** 8:00 a.m. – 5:00

**p.m.**

*Offsite; Bus transportation to the site and a box lunch are included in the fee.*

The need for medical professionals to understand and support remote expedition activities is rapidly expanding. Adventure travel is becoming increasingly popular around the world. NASA uses numerous wilderness sites to train astronaut candidates, astronauts, scientists and support staff for long-duration space missions. Military operations and mishap investigations frequently occur in remote areas, and the growing multisport adventure travel industry makes the wilderness accessible to a wide range of participants. Participants and the medical professionals supporting them benefit from understanding the risks inherent in a variety of sports and environments. This is intended to be an introductory, hands-on workshop focused on medically supporting and safely participating in sports in a mountain environment. A significant portion of this workshop will be conducted outdoors. Workshop attendees will gain foundational knowledge necessary for supporting operations in a wilderness environment as well as conducting pre-participation examinations. Lectures will describe common illnesses and injuries in the mountain environment, as well as treatment and prevention strategies. The workshop will discuss mountain-related hazards (including diving at altitude) and the medical provider's role in supporting expeditions and sports travel in this environment. The workshop will provide familiarization with wilderness safety and life-saving equipment in the context of search and rescue operations. Didactics will be reinforced by hands-on demonstrations and activities. Competencies covered in this workshop will address the knowledge gap that exists among medical professionals regarding support of mountain sports and expeditions.

**Learning Objectives:** 1. Participants will be able to describe strategies to maintain safety and prevent injuries in a mountain environment; 2. Participants will be able to assess patients for fitness to participate in mountain-related sports.

## Register early! Attendance to workshops is limited.

**Accreditation Statement:** This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the Undersea and Hyperbaric Medical Society and the Aerospace Medical Association. The Undersea and Hyperbaric Medical Society is accredited by the ACCME to provide continuing medical education for physicians.

**Full Disclosure Statement:** All faculty members and planners participating in continuing medical education activities sponsored by the Aerospace Medical Association are expected to disclose to the participants any relevant financial relationships with commercial interests. Full disclosure of faculty and planner relevant financial relationships will be made at the activity.

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