



Defense Health Agency J-7 Continuing Education Program Office

Military Mountain Medicine (M3) Course

Live, 7-17 June 2026, Jericho, Vermont

Continuing Education (CE)/Continuing Medical Education (CME) Information

This CE/CME activity is accredited by the DHA J-7 Continuing Education Program Office (CEPO). This activity provides continuing education for physicians, nurses, physician associates/physician assistants, dentists, dental hygienists, and dental technicians across the Military Health System (MHS). A certificate of attendance is available for other attendees.

Military Mountain Medicine Course (29.00 clock hours)

0800 – 1700 (ET)

Learning Objectives:

1. Examine the equipment utilized in military mountaineering.
2. Explain the presentation and treatment of foodborne illness.
3. Review special considerations when traveling with controlled substances in medical kits.
4. Discuss general nutrition and hydration concepts for austere environments.
5. Integrate the layering approach, membrane-based weather protection technology, and the advantages and disadvantages of available fabrics when dressing for the mountains.
6. Discuss patient assessment to include the Massive Hemorrhage, Airway, Respiration, Circulation, Hypothermia Prevention (MARCH) approach to life threats and the Acidosis, Alcohol, Epilepsy, Infection, Overdose, Uremia, Trauma, Tumor, Insulin, Psychosis, Stroke (AEIOU-TIPS) for altered mental status.
7. Compare and contrast the clinical presentations of altitude-related illnesses, utilize treatments available for altitude-related illnesses, and summarize preventative techniques available for prophylaxis against altitude-related illnesses.
8. Discuss the systemic changes (respiratory, renal, hypobaric hypoxia) related to altitude physiology.
9. Identify the diagnosis, pathophysiology, prehospital and hospital treatment, and evacuation criteria for high-altitude cerebral edema (HAPE) and high-altitude pulmonary edema (HACE).
10. Treat high altitude cough, pharyngitis, retinopathy, edema, and chronic mountain sickness.
11. Identify the goals, types, and magnitude of benefit expected from hypoxic training.
12. Recognize nonfreezing cold injuries to include the predisposing factors, pathophysiology, diagnosis, and treatment (thrombolytics and prostacyclin) for frostbites.
13. Diagnose hypothermia, including physiological and clinical effects, treatment options, and prevention methods.
14. Review the types, risk factors, causes of death, and myths of avalanches.
15. Apply treatment, management, and prevention methods for animal, reptile, and spider/scorpion bites and stings.
16. Identify long-term weather patterns, cloud types (and meanings), and weather prediction methods.
17. Discuss the electromagnetic spectrum (EMR Spectrum) and the health effects of ultraviolet (UV A and B) techniques for exposure reduction, skin cancer identification, and photosensitivity reactions.
18. Diagnose acute mountain sickness-based risk factors, options for treatment, and prophylaxis.
19. Review organisms that are common causes of water contamination, methods of water treatment, and the advantages and disadvantages of each method.
20. Diagnose heat injury and present options for prophylaxis and treatment.
21. Examine the physics of lightning as well as the risk factors, medical problems, and ways to avoid being struck by lightning.
22. Review drowning terminology, the physiology of drowning, initial approaches to the treatment of a drowning victim, and the prehospital and hospital care of a drowning victim.
23. Diagnose eye conditions to include which eye conditions require evacuation and the options for treating ophthalmic conditions.
24. Review the liabilities and legal considerations for providers while practicing in the wilderness.
25. Identify important mountain ranges on each continent, the risks associated with those mountain ranges, and

the international and national organizations involved in mountain medicine.

26. Discuss the use and ethical implications of performance-enhancing medications at altitude and operational settings.
27. Carry out orienteering and locate orienteering points on topographic maps utilizing a compass.
28. Discuss the diagnosis and treatment of common austere medical conditions.

Faculty:

COL (Ret) Ian Wedmore, MD, FACEP, FAWM, FFSEM. Presenter has no relevant financial or non-financial relationship(s) relating to the course content or with ineligible companies to disclose. All relevant financial relationships have been resolved.

Disclosures:

DHA J-7 staff, planners, authors, faculty, and content reviewers for this educational activity have no relevant financial or non-financial relationship(s) with ineligible companies to disclose.

Interprofessional Continuing Education (IPCE)



In support of improving patient care, DHA J-7 CEPO is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team. This activity was planned by and for the healthcare team, and learners will receive 29.00 Interprofessional Continuing Education (IPCE) credits for learning and change.

Physicians (ACCME)



DHA J-7 CEPO is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians. DHA J-7 CEPO designated this live course, for a maximum of 29.00 *AMA PRA Category 1 Credit™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Nurses (ANCC)

DHA J-7 CEPO is accredited by the Joint Accreditation/Interprofessional Continuing Education (IPCE) to provide this Continuing Nursing Education live course, for a maximum of 29.00 ANCC contact hours. Nurses should only claim credit commensurate with the extent of their participation in the activity.

Physician Associates/Physician Assistants (AAPA) – Live



DHA J-7 CEPO has been authorized by the American Academy of Physician Associates (AAPA) to award AAPA Category 1 CME credit for activities planned in accordance with AAPA CME Criteria. This activity is designated for 29.00 AAPA Category 1 CME credits. PAs should only claim credit commensurate with the extent of their participation.

Dentists and Allied Dental Staff (ADA CERP)



DHA J-7 CEPO is an ADA CERP Recognized Provider. ADA CERP is a service of the American Dental Association to assist dental professionals in identifying quality providers of continuing dental education (CDE). ADA CERP does not approve or endorse individual courses or instructors, nor does it imply acceptance of credit hours by boards of dentistry. Concerns or complaints about a CE provider may be directed to the provider or to the Commission for Continuing Education Provider Recognition at ADA.org/CERP.

DHA J-7 CEPO designates this activity for 29.00 continuing education credits.

ACCME Non-Physician CME Credit

DHA J-7 CEPO is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing education. ACCME Non-Physician CME Credit providers will be provided a certificate of participation for educational activities certified for *AMA PRA Category 1 Credit™*. ACCME Non-Physician CME Credit providers may receive a maximum of 29.00 hours for completing this course.

Other Professionals

All other healthcare professionals completing this CE/CME activity will be issued a Certificate of Attendance indicating participation and the number of hours of CE/CME credit. This may be used for submission to licensing boards for satisfaction of CE/CME requirements.

Commercial Support:

No commercial support was provided for this activity.

Participation Costs:

There is no cost to participate in this activity.

CE/CME Inquiries:

For all CE/CME related inquiries, please contact: dha.ncr.j7.mbx.continuing-education-office@health.mil.

How to Obtain CE/CME Credit:

To receive CE/CME credit, you must complete the program posttest(s) and evaluation(s) before collecting your certificate(s). The posttests and evaluations will be available through 01 July 2026 at 1159 ET at the following URL: www.dhaj7-cepo.com.