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Contact: Beckett Stokes
bstokes@nsp.org
(303) 988-1111 xt. 2629

National Ski Patrol releases new edition of its cornerstone text, *Outdoor Emergency Care*

This month, the National Ski Patrol (NSP), along with Jones & Bartlett Learning (JBL), published the sixth edition of *Outdoor Emergency Care: A Patroller's Guide to Medical Care*. The text has been the cornerstone of NSP's gold-standard first responder training and education program since 1985. This updated edition addresses the everyday needs of snowsports and bike patrollers in a number of different settings, and provides essential information in a more streamlined format than previous editions. It also includes substantive medical updates consistent with the evolution of pre-hospital care and available tools and resources.

"This text contains comprehensive training for patrollers, including almost *any* injury or medical illness that an OEC technician may come across," said Dr. David Johe, one of the principal editors of this new edition. "With the standard of training this text provides, OEC technicians will be prepared to offer medical care year round, whether it is through snowsports or bike patrolling or supporting resort events, such as concerts, adventure races and marathons."

NSP's OEC curriculum is unique in first-responder and pre-hospital care training because it trains patrollers for specific situations that occur in bad outdoor weather, at altitude and in situations that involve difficult extrication. It teaches patrollers to be creative in their approach to patients and to use whatever supplies or tools they have readily available in a pack or toboggan. And, while other first-responder programs tend to focus on either urban or wilderness medical care, OEC focuses on both kinds of environments.

Potential NSP snowsports or bike patrollers must successfully complete an OEC course before

they can patrol; those who come to patrolling with experience as a paramedic or EMT have opportunities to obtain an OEC credential in a way that complements their EMT or paramedic training. All patrollers are required to take continuing education refreshers annually to keep their skills and knowledge fresh and current. Most patrols provide additional ongoing practical and clinical workshops throughout the year.

The text's publication marks the end of an extensive process to identify updates for the new edition and determine a design and format to make the text as accessible and useful as possible. This process included surveying patrollers, consulting with the National Ski Areas Association (NSAA) and researching relevant pre-hospital and medical evidence and statistics. Drafts of the text were reviewed by experts from a group of patrollers, OEC instructors, nurses, paramedics, physicians and outdoor sports industry experts. Updates were made right up until the last minute to reflect new medical evidence and practice that emerged during the writing period.

The book's editors focused on providing both a solid base of medical knowledge and the "why" in an OEC technician's care to provide patrollers tools to think through problems rather than just perform set treatment plans. Scenarios in each chapter of the text are based on real patroller experiences to provide real world context. The text also includes information and scenarios relevant to bike patrollers, who have joined NSP's membership since the last edition was published.

The editorial team intentionally designed and laid out the content and chapters to highlight medical vocabulary and key skills consistently throughout the text. The book includes test questions at the end of each chapter, and patrollers who purchase the text will have access to a full suite of online tools and resources that support OEC courses and refreshers via JBL's Navigate platform.

"No two problems an OEC technician will encounter will be the same," said Ed McNamara, the other principal editor of the text and a previous OEC National Advisor and NSP board member. "Having broad medical background knowledge helps all of our patrollers face a range of difficult situations and to always provide the best pre-hospital care." McNamara is also an active patroller at Wachusett Mountain in Massachusetts, and a paramedic.

“We can’t wait for all of our patrollers to have this great updated text in hand,” said NSP Executive Director Meegan Moszynski. “It is the product of incredible expertise and experience. Because it is authored and edited by medical professionals who are also patrollers, it offers a unique perspective and set of skills to first responders in resort, event and other recreational settings. We are extremely proud of the OEC program and of this new edition of its cornerstone text.”

OEC6 is available from Jones and Bartlett Learning, via their [website](#). You can learn more about NSP membership and education requirements at nspserver.org/join.