

# Austere Medicine

## Books and References

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**Some general thoughts: I have most of these books on my tablet as pdf files...This is much more convenient to carry into a disaster area than the equivalent amount of paper. I can fit all of these onto a 2 GB flash drive, but this requires a working computer and relatively reliable power supply. Many ebook readers and tablets can display pdf and may be easier to keep charged and deploy than computers. Both computer and ebook reader/tablet need to be protected from the elements unless they are 'ruggedized.'**

I purchased a refurbished Kindle DX for deployments. This device can display PDF format easily, has a good long-life battery, and can be reloaded with new files from most computers with a USB port. Recharging is quite easy and rapid with a small solar battery charger. It can easily hold all of the files discussed below. Other large format tablets may offer similar usefulness.

Some of these books are best downloaded with FireFox and "Down-them-all" extension since they are supplied in chapter by chapter format.

### **Where There is No Doctor. By Werner. Hesperian Foundation 2010**

\$17 for hard copy, pdf free (see below) The Hesperian site has ordering information for the hardcopy and all of the other hardcopy books.

If you buy no other austere medical book, you must have this one. This is the must-have of austere medicine; it WILL save lives. Although slanted to the third world and the tropics, it contains the essential basics of all aspects of medicine. Latest version in PDF is available @ <http://hesperian.org/books-and-resources/> This source has other medical sources that the reporter has not adequately evaluated and at least two others that are included in this list.. Browse on your own.

### **Palmer D, Wolf CE. Handbook of Medicine in Developing Countries 3<sup>rd</sup> Edition**

In my opinion, this book competes well for the 'you must have this one' award.. I have rated it (slightly) lower simply because it is more expensive

and you can't readily get it as a pdf. I own two copies and have scanned one into the computer as pdf.

Many medical missionaries swear by this book while they are attempting to practice medicine in a developing country... often with adverse conditions and inadequate supplies. This third edition of Handbook of Medicine in Developing Countries covers more diseases, has the latest treatment recommendations, includes 16 pages of color pictures of common dermatological diseases, and is easier to use than ever. If you are planning to go on a mission trip, but have never worked overseas, this book is absolutely essential. Browse through it before you travel to prepare yourself for many of the common diseases and problems you will see.

Warning: This book is produced by a Christian Missionary organization. If that offends you, so be it. They simply have a lot of experience and this book has stood the test of time. \$29 from CDMA  
<http://www.cmda.org/wcm/CMDA/Shop/BOOKSTORE/Core/Orders/product.aspx?catid=39&prodid=1079> This source has other medical sources that the reporter has not adequately evaluated. Browse on your own.

### **The Ships Medicine Chest And Medical Care At Sea**

is published by the US Public Health Service. The British version is the "**Ships Captains Medical Guide.**" Published by Her Majesty's Stationary Office. This book is highly recommended by my brother, who has been a ship's officer for over 30 years and an All-Seas, All Vessels rated Master for 20. It covers the management of most common problems in an excellent format, designed for ships isolated at sea. – Which may be one of the most austere of environments. Also has a good description of many drugs and when to use them.

"The Ship's Medicine Chest and Medical Aid at Sea is published primarily for the information and guidance of the Master and other licensed and certified crew members who may be directly or indirectly responsible for the administration of medical treatment at sea on vessels which do not carry a physician. This book attempts to describe in nontechnical language, the diseases and medical emergencies most commonly encountered while at sea and the "first aid" and "follow-up" care required until the patient can be evaluated and treated by a physician." From the description in Amazon.

Amazon: <http://www.amazon.com/Ships-Medicine-Chest-Medical-Aid/dp/1589636295> \$40

<http://www.fas.org/irp/doddir/milmed/ships.pdf>

[http://www.operationalmedicine.org/Library/VNH%20Textbooks/Ships\\_Medicine\\_Chest\\_2003edition.pdf](http://www.operationalmedicine.org/Library/VNH%20Textbooks/Ships_Medicine_Chest_2003edition.pdf)

## **Special Operations Forces Medical Handbook 1<sup>st</sup> Edition 2001 Updated 2<sup>nd</sup> edition 2008**

Special Operations Forces Medical Handbook provides step-by-step illustrated procedures for performance of surgical procedures under hostile and/or primitive conditions. It offers alternatives to conventional procedures for management of a given problem that can be used under less than optimal circumstances. Good coverage all areas including surgery, dentistry and preventive medicine. Amazon price is 'pricy'

[http://www.amazon.com/Special-Operations-Forces-Medical-Handbook/dp/1893441547/ref=sr\\_1\\_6?s=books&ie=UTF8&qid=1297432476&sr=1-6](http://www.amazon.com/Special-Operations-Forces-Medical-Handbook/dp/1893441547/ref=sr_1_6?s=books&ie=UTF8&qid=1297432476&sr=1-6) GPO has it too, but is currently out of print:  
<http://bookstore.gpo.gov/actions/GetPublication.do?stocknumber=008-070-00810-6>

1<sup>st</sup> edition download: [http://www.nh-tems.com/documents/Manuals/SOF\\_Medical\\_Handbook.pdf](http://www.nh-tems.com/documents/Manuals/SOF_Medical_Handbook.pdf) or Scribd: <http://www.scribd.com/doc/37965938/Special-Operations-Forces-Medical-Handbook>

US Special Forces Medical Handbook. 1988 is similar but dated. Clearly the military has many other resources available for the practitioner of austere medicine. Some are related to sanitation (Prior to WWII, more lives were lost from disease than from enemy fire.), care under fire, care during transport, and basic first aid. Particularly good for care under fire is the Combat Casualty Care Course and the 91W course.

## **Survival and Austere Medical Care 2<sup>nd</sup> Edition**

"The practice of medicine in an environment or situation where standard medical care and facilities are unavailable, often by persons with no formal medical training". This includes medical care while trekking in third world countries, deep-water ocean sailing, isolated tramping and trekking, and following a large natural disaster or other catastrophe. Note that this text is designed for folks who are NOT physicians or nurses... or probably paramedics, but it still has much information for these folks who are operating without the supplies that they are usually accustomed to have.

Available as a PDF at

<http://www.aussurvivalist.com/downloads/AM%20Final%202.pdf>

## **Wounds and Lacerations - Emergency Care and Closure. Trott. Pub Mosby. \$79 from Amazon.**

A pretty definitive book on how to care for and close most wounds.

[http://www.amazon.com/Wounds-Lacerations-Emergency-Care-Closure/dp/032302307X/ref=sr\\_1\\_1?s=books&ie=UTF8&qid=1297431358&sr=1-1](http://www.amazon.com/Wounds-Lacerations-Emergency-Care-Closure/dp/032302307X/ref=sr_1_1?s=books&ie=UTF8&qid=1297431358&sr=1-1)

### **Ethicon Wound Closure Manual - Free**

This is the suture manufacturer's how-to book. It's good, relatively complete, and used by many a medical student as a learning manual. Available from the manufacturer... or pdf from:

[http://www.uphs.upenn.edu/surgery/dse/simulation/Wound\\_Closure\\_Manual.pdf](http://www.uphs.upenn.edu/surgery/dse/simulation/Wound_Closure_Manual.pdf)

### **An emergency medicine reference**

Ask any EMT or Paramedic for the latest references and Textbooks of paramedic care.

### **An Anatomy and Physiology reference.**

An anatomy atlas such as Grays or Grants are also excellent references for any would-be austere surgeons. Note that if you need to know what the course of the peroneal nerve because you have a patient with an injury to the leg and tingling in the top of the lateral foot... the EMT textbook doesn't have these details.

### **Where There is No Dentist. By Dickson. Hesperian Foundation 1983, \$9**

The only book of its kind. Very good. Dental care is a very under-estimated survival and austere medical care problem. PDF available @ [http://hesperian.info/assets\\_org/dentist/wtndentist\\_2010\\_Web\\_Full\\_Book.pdf](http://hesperian.info/assets_org/dentist/wtndentist_2010_Web_Full_Book.pdf)

### **Emergency War Surgery: 3<sup>rd</sup> US revision of NATO Handbook.**

Designed for junior doctors with minimal trauma experience going into a war zone. Starting to be a little dated, but the basics don't change. Latest version available from Amazon: <http://www.amazon.com/Emergency-War-Surgery-NATO/dp/0879474106> 3<sup>rd</sup> edition is widely available, but it has recently been revised.

Newest 2013 edition in mobi format for Kindle:

<http://www.cs.amedd.army.mil/borden/book/ews/emergencywarsurgery.mobi> in epub format for iPad:

<http://www.cs.amedd.army.mil/borden/book/ews/emergencywarsurgery.epub>

### **A good medical dictionary.**

Dorland's Illustrated Medical Dictionary. By Dorland 1994 \$44.50

Mosby's Medical Dictionary. By Anderson 1993 \$27.95

### **A drug reference guide**

In USA - Physicians Desk reference. Of course you could also download the free Android, Win, or iPhone apps available from medscape or Epocrates. A

good nursing or paramedic drug reference will also give you a significant reference to drugs, effects, and dosages.

Remember that the United States name may not be recognized in other countries... eg lidocaine, lignocaine.

### **Ditch Medicine. Hugh Coffee. Amazon \$25 (1993)**

Vital for basic emergency surgical procedures and a stepping stone into more advanced stuff. Assumes that you have 'stuff' which may not be a valid assumption. Somewhat dated but recommended by many. I'm not that enthused about a '93 text with requirements for advanced equipment.

<http://www.amazon.com/Ditch-Medicine-Advanced-Procedures-Emergencies/dp/1581603908> Also available as PDF from Scribd: <http://www.scribd.com/doc/2205119/Ditch-Medicine-Advanced-Field-Procedures-For-Emergencies-1993>

### **Primary Surgery –**

Primary Surgery was created to supply doctors with basic surgical knowledge to cope with all surgical symptoms, even far away from referral centers. The production of this manual on Surgery was sponsored by the German Federal Ministry for Economic Co-operation. The manual contains the collective views of an international group of experts. The methods and techniques described correspond to the state of the art with regard to their feasibility in rural hospitals, where sophisticated technical equipment may not be available.

This is a fairly good reference for those who are forced to do surgery without specific training in surgery. Over the past 15 years it has become an essential guide for doctors working under limited conditions in third world countries.

Available as PDF in chapter by chapter format: <http://www.primary-surgery.org/download.html>. Available as html: <http://www.meb.uni-bonn.de/dtc/primsurg/>.

Available on Amazon: Volume 1: [http://www.amazon.com/Primary-Surgery-Cairns-Thornton-Maurice/dp/0192616943/ref=sr\\_1\\_1?ie=UTF8&qid=1409243111&sr=8-1&keywords=primary+surgery](http://www.amazon.com/Primary-Surgery-Cairns-Thornton-Maurice/dp/0192616943/ref=sr_1_1?ie=UTF8&qid=1409243111&sr=8-1&keywords=primary+surgery)

Volume2 (trauma): [http://www.amazon.com/Primary-Surgery-Trauma-Nelson-Awori/dp/019261598X/ref=sr\\_1\\_2?ie=UTF8&qid=1409243111&sr=8-2&keywords=primary+surgery](http://www.amazon.com/Primary-Surgery-Trauma-Nelson-Awori/dp/019261598X/ref=sr_1_2?ie=UTF8&qid=1409243111&sr=8-2&keywords=primary+surgery) This is a detailed resource of trauma treatment methods designed mainly for hospitals in the developing world, but any practitioner who is not a trauma specialist will find it useful.

A companion volume is **Maurice King's Primary Anesthesia**. Available only in paperback. Check with Amazon or Powell's <http://www.amazon.com/Primary-Anesthesia-Surgery-Series/dp/0192615920>

## **The Disaster Medicine Textbooks**

**Ciottone, Gregory R., "Disaster Medicine 3rd Edition," Elsevier Mosby, St. Louis, 2006 \$97**

I'm biased... I was a section editor for this book.

[http://www.amazon.com/Disaster-Medicine-Gregory-Ciottone/dp/0323032532/ref=pd\\_cp\\_b\\_1\\_img](http://www.amazon.com/Disaster-Medicine-Gregory-Ciottone/dp/0323032532/ref=pd_cp_b_1_img)

**Hogan, David E., "Disaster Medicine 2<sup>nd</sup> Edition," Lippincott Williams & Wilkins, Philadelphia, 2007**

[http://www.amazon.com/Disaster-Medicine-EHogan-Jonathan-LBursten/dp/0781762626/ref=dp\\_ob\\_image\\_bk](http://www.amazon.com/Disaster-Medicine-EHogan-Jonathan-LBursten/dp/0781762626/ref=dp_ob_image_bk) various prices.

[\\$137](http://search.barnesandnoble.com/Disaster-Medicine/David-E-Hogan/e/9780781762625)

**Koenig and Schultz's Disaster Medicine: Comprehensive Principles and Practices [Hardcover] \$120 2009**

Kristi L. Koenig MD (Editor), Carl H. Schultz MD (Editor)

[http://www.amazon.com/Koenig-Schultzs-Disaster-Medicine-Comprehensive/dp/0521873673/ref=sr\\_1\\_2?ie=UTF8&s=books&qid=1297440514&sr=1-2](http://www.amazon.com/Koenig-Schultzs-Disaster-Medicine-Comprehensive/dp/0521873673/ref=sr_1_2?ie=UTF8&s=books&qid=1297440514&sr=1-2)

**Pediatric Medicine and Surgery in Hostile Environments. The Borden Institute**

I haven't read this one completely yet, but the Borden Institute produces a whole lot of good works. Available free for military from the publisher, from the GPO for civilians (\$67.00). Online PDF for free:

[http://www.bordeninstitute.army.mil/other\\_pub/pediatric.html](http://www.bordeninstitute.army.mil/other_pub/pediatric.html)

**Humanitarian Charter and Minimum Standards in Humanitarian Response, Sphere Handbook**

[http://www.sphereproject.org/component/option,com\\_docman/task,cat\\_view/gid,17/Itemid,203/lang,english/](http://www.sphereproject.org/component/option,com_docman/task,cat_view/gid,17/Itemid,203/lang,english/)

## Disease Specific References

### **Strickland, G. Thomas, "Hunter's Tropical Medicine & Emerging Infectious Diseases 8th Edition," 2000**

W.B. Saunders Co., Philadelphia, Due for an update, but still has valuable information about the diseases that affect us.... Particularly in the warmer climes.

[http://www.amazon.com/Tropical-Medicine-Emerging-Infectious-Diseases/dp/0721662234/ref=sr\\_1\\_2?ie=UTF8&s=books&qid=1297441053&sr=8-2](http://www.amazon.com/Tropical-Medicine-Emerging-Infectious-Diseases/dp/0721662234/ref=sr_1_2?ie=UTF8&s=books&qid=1297441053&sr=8-2) various prices

### **WHO Communicable Disease Control In Emergencies: A Field Manual**

It provides detailed information on the fundamental principles of communicable disease control in emergencies: conducting a rapid assessment and identifying the main communicable disease threats; preventing communicable diseases by maintaining a healthy physical environment; establishing a disease surveillance/early warning system to ensure early reporting of cases and monitoring of disease trends; controlling outbreaks through adequate preparedness and rapid response; and managing disease with prompt diagnosis and appropriate treatment.

[http://www.who.int/hac/techguidance/pht/communicable\\_diseases/field\\_manual/en/](http://www.who.int/hac/techguidance/pht/communicable_diseases/field_manual/en/)

### **WHO Communicable diseases following natural disasters: Risk assessment and priority interventions (monograph)**

[http://www.who.int/diseasecontrol\\_emergencies/guidelines/CD\\_Disasters\\_26\\_06.pdf](http://www.who.int/diseasecontrol_emergencies/guidelines/CD_Disasters_26_06.pdf)

### **Medical Management of Biological Casualties Handbook**

<http://www.usamriid.army.mil/education/bluebookpdf/USAMRIID%20BlueBook%207th%20Edition%20-%20Sep%202011.pdf>

## **Some General Reference Books**

Some of these are survival or wilderness medicine-related, but most have good sections about the problems of austere medicine. These are also good survivalist references for those that are interested.

### **Advanced First Aid Afloat. Eastman.**

This sailing classic covers emergency medical care at sea, examining common accidents and ailments which can occur when medical care is unavailable and not likely to be immediate in forthcoming. Diagrams and photos accompany step by step treatment options, while the revised edition includes drugs, dosages, and the latest methods. \$12

[http://www.amazon.com/Advanced-First-Afloat-Peter-Eastman/dp/0870335243/ref=sr\\_1\\_1?s=books&ie=UTF8&qid=1297437046&sr=1-1](http://www.amazon.com/Advanced-First-Afloat-Peter-Eastman/dp/0870335243/ref=sr_1_1?s=books&ie=UTF8&qid=1297437046&sr=1-1)

**Onboard Medical Handbook. Gill. \$15 1996**

Coverage includes shock and CPR; injuries, burns, fractures; poisoning; shipboard dentistry and dermatology; drowning, hypothermia, seasickness, diving medicine; sunburn and heat illness; dangerous sea life; shipboard pediatrics and gynecology; a ship's medicine chest; and emergency radio stations and procedures.

[http://www.amazon.com/Onboard-Medical-Guide-Emergency-Medicine/dp/0070242747/ref=sr\\_1\\_2?ie=UTF8&s=books&qid=1297437388&sr=1-2](http://www.amazon.com/Onboard-Medical-Guide-Emergency-Medicine/dp/0070242747/ref=sr_1_2?ie=UTF8&s=books&qid=1297437388&sr=1-2)

**The Outward Bound Wilderness First-Aid Handbook: Revised Edition  
[Paperback] Jeffrey Isaac 2008**

The Handbook covers most of the medical emergencies one must be prepared to face while recreating off the beaten path. Not particularly oriented towards austere medical care, but certainly has some aspects.

[http://www.amazon.com/Outward-Wilderness-First-Aid-Handbook-Revised/dp/0762745134/ref=sr\\_1\\_1?s=books&ie=UTF8&qid=1297437953&sr=1-1](http://www.amazon.com/Outward-Wilderness-First-Aid-Handbook-Revised/dp/0762745134/ref=sr_1_1?s=books&ie=UTF8&qid=1297437953&sr=1-1) \$12

**Medicine for Mountaineering. Wilkerson. 2010 \$20**

The gold-standard medical guide for climbers, hikers, boaters, skiers. Now in the 5<sup>th</sup> edition!

[http://www.amazon.com/Medicine-Mountaineering-Other-Wilderness-Activities/dp/1594850763/ref=sr\\_1\\_1?ie=UTF8&s=books&qid=1297437583&sr=1-1](http://www.amazon.com/Medicine-Mountaineering-Other-Wilderness-Activities/dp/1594850763/ref=sr_1_1?ie=UTF8&s=books&qid=1297437583&sr=1-1)

**Wilderness Medical Society: Practice Guidelines for Wilderness Emergency Care. 2006 \$11**

These practice guidelines are the official statement of the Wilderness Medical Society on the best methods of handling wilderness-related trauma, illness, or environmental injury. Prepared by twenty-three contributors and reviewed by the WMS Panel of Expert Reviewers, this book discusses treatment goals for twenty-four basic subjects. (I was one of the contributors to the original book).

[http://www.amazon.com/Wilderness-Medical-Practice-Guidelines-Emergency/dp/0762741023/ref=sr\\_1\\_2?s=books&ie=UTF8&qid=1297437771&sr=1-2](http://www.amazon.com/Wilderness-Medical-Practice-Guidelines-Emergency/dp/0762741023/ref=sr_1_2?s=books&ie=UTF8&qid=1297437771&sr=1-2)



**Wilderness Medicine: Management of Wilderness and Environmental Emergencies. Ed Auerbach \$179.**

Given its price, I would suggest only those who already have a good basic knowledge of wilderness medicine or need for outdoor medicine consider buying it.

The 'Cliff Notes' version is: "Medicine for the Outdoors" by Auerbach (Cliff's Notes)

**Environmental Emergencies. C. Stewart 1990 No longer in print.**

Although 'some' of the treatment mentioned in this book are 'dated,' it is still quite in line with appropriate practice. Available for free by request from the author in PDF format.

**Book for Midwives : A Manual for Traditional Birth Attendants and Midwives. Klein. Hesperian Foundation.**

ISBN 0942364228 Best book of its kind. Safe childbirth in a low-tech environment with minimal backup. The latest edition is available at: [http://www.hesperian.info/assets/Midwives/Midwives\\_Full\\_Book.pdf](http://www.hesperian.info/assets/Midwives/Midwives_Full_Book.pdf)

**The Essential Guide to Primary Care Procedures [Hardcover] E.J. Mayeaux (Author) \$120 from Amazon**

Featuring over 1,300 full-color illustrations, this atlas is a comprehensive, hands-on guide to more than 100 medical procedures most commonly performed in an office setting. The book presents step-by-step instructions and illustrations for each procedure and discusses strategies for avoiding common pitfalls. It does not cover dislocations and some emergency procedures such as tube thoracostomy very well. Available from: [http://www.amazon.com/Essential-Guide-Primary-Care-Procedures/dp/0781773903/ref=pd\\_sim\\_b\\_24](http://www.amazon.com/Essential-Guide-Primary-Care-Procedures/dp/0781773903/ref=pd_sim_b_24)

**Surgical Knots and Suturing Techniques third edition [Spiral-Bound] F. D. Giddings (Author, Editor, Illustrator) \$18.50 from Amazon**

This third edition book covers suturing, tying knots, and using the needle driver. High quality line drawings in black and white illustrate the points. It does NOT show wound care... merely how to tie the knots. If you have had surgical training, you probably don't need this book. We often recommend it to train our medical students in surgical procedures. [http://www.amazon.com/Surgical-Knots-Suturing-Techniques-third/dp/1889326038/ref=pd\\_sim\\_b\\_8](http://www.amazon.com/Surgical-Knots-Suturing-Techniques-third/dp/1889326038/ref=pd_sim_b_8)

**"A Barefoot Doctor's Manual" 1990 translation \$35**

Perhaps the first text that addresses austere medicine, Chairman Mao commissioned this book in the 1970's to address the lack of physician and medical support in Chinese Villages. This book is heavily laced with herbal and acupuncture medical skills. It is a historical text for the Austere Medical

practitioner that deserves to be mentioned in any list of books on the subject.  
Primarily historical interest.

[http://www.amazon.com/Barefoot-Doctors-Manual-Translation-Paramedical/dp/089471810X/ref=sr\\_1\\_1?s=books&ie=UTF8&qid=1297438188&sr=1-1](http://www.amazon.com/Barefoot-Doctors-Manual-Translation-Paramedical/dp/089471810X/ref=sr_1_1?s=books&ie=UTF8&qid=1297438188&sr=1-1)

Download PDF at:

### **Field Guide of Wilderness & Rescue Medicine**

Spiral bound, 99 pages, heavy on trauma.

<http://www.amazon.com/Field-Guide-Wilderness-Rescue-Medicine/dp/0970464606>

## **Web Sites**

### **Virtual Naval Hospital**

<http://www.vnh.org/>

This is the Virtual Naval Hospital. It was officially defunded in 2006 by the Navy, but continues to exist. It has MANY references and resources that are valuable for folks who practice... away from the paved streets.

**CDC – Before your travel starts.... Check the CDC site for the known dangers and download their information sheets about any diseases that are either prevalent or threatening in the area. For example.... If going to Haiti... know the signs, symptoms, treatment, and prophylaxis for Malaria and Cholera. Look at both the traveler's guide and the disease outbreaks**



<http://wwwnc.cdc.gov/travel/default.aspx>

**An alternative, but somewhat harder to navigate, is the WHO site.**



<http://www.who.int/csr/don/en/index.html>