



## More information

# Advanced Medicine

Thanks for downloading this pdf. We hope it answers your questions and helps you decide if Advanced Medicine is the right course for you.

**Wilderness Medical Training™** (WMT) is the authentic leading company that teaches advanced medical skills to explorers (and doctors). We train hundreds of people each year from many backgrounds (universities, film companies, schools, private companies, outdoor instructors, security/military personnel, teachers, yachtsmen, climbers, divers, overland drivers etc.). What they have in common is that they are all venturing to remote foreign locations where medical facilities and back up are limited or non-existent. WMT works with World Challenge Expeditions, BBC film crews (Tribe and Frozen Planet), the Royal Geographical Society/IBG, London Zoo and other notable companies and institutions. WMT's ethos is *a little knowledge is not dangerous*. Our instructors are expert expedition doctors, experienced nurses and expedition professionals.

**Course dates & fees:** please visit our website for the latest information.

**Programme & content:** Please see below for the **Advanced Medicine** timetable. This is the GOLD standard and most comprehensive programme in WMT's Explorer series of courses for laypeople. This is not a first aid course – the syllabus goes beyond this. This 4-day course includes all Far From Help course topics and builds on this to **include invasive training** in how to suture wounds, give injections and use intravenous fluids. Triage scenarios, vehicle scene safety and naso-gastric intubation are also covered. We discuss a range of **illness** conditions in addition to common injuries, which is the main shortfall of "first aid" courses. You will learn how to take a **medical history** and perform a **physical examination** before making a **diagnosis** and deciding what **treatment** would be appropriate.

Plus we discuss the use of a range of **prescription-only medicines** – pain killers, antibiotics and other drugs - and we'll authorise you to obtain these medicines for up to three years. We discuss a range of common medical problems likely to befall any group in any environment (various infections, diarrhoea, sprains/strains, breaks, burns, wounds etc.) and there are also lectures that focus on the unique medical problems posed by special environments such as high, hot and cold places and where malaria and other serious, common tropical infections and wildlife risks abound.

We aim to develop student's judgement and ability to discriminate between conditions that can be managed and resolved in the field, those that require a "watch and wait" approach and those that require evacuation. If you have the knowledge to confidently rule out a serious problem you might be able to salvage your field work/expedition without resorting to an unnecessary evacuation. In any case, by learning how to control sickness, fever and pain you can make any patient more comfortable, even if you're not sure what the underlying problem is.

**Style of the course:** The course combines lectures, small group practical sessions and discussion groups. We don't mutilate any fruit on our courses; we encourage students to practice giving injections and putting up an intravenous drip on each other (with consent of course). It is a very full programme and there is a lot to learn. Do not be surprised at the pace of the programme. You will be given an excellent A5 size field book of notes as a reference (not available in advance or electronically – sorry). Please be prepared to give the course your undivided attention from beginning to end. Our experience of teaching for 20 years - since 1991 – is that non-medically training people can learn an enormous amount in just a few days. This course is intense and rewarding. Our instructors are flexible and will encourage questions.

**Suitability & pre-course experience:** Prior first aid training is not required to attend. If you have never done a first aid course you should read the latest first aid manual from the Red Cross or St. John's Ambulance. This course is most suitable for highly motivated people with plans to travel overseas to remote areas who wish to prepare thoroughly and be self-sufficient. It is not suitable for doctors but medical students up to year three, junior nurses, paramedics and other health professionals are welcome.

**Course Instructors:** All WMT programmes are taught by doctors and senior nurses who have incredible amounts of overseas expedition experience. We do not employ first aid instructors or paramedics to teach WMT courses.

**Examination & certification:** There is a short, written end of course exam. Other assessment is informal and ongoing throughout the course. WMT will issue a stylish certificate upon completion of Advanced Medicine. Although this is not an HSE or "paramedic" qualification, WMT training is well recognised as the "industry standard" in a wide variety of fields and WMT certification has integrity. The certificate is valid for three years. We reserve the right to withhold the certificate if you fail, in the instructor's view, to attend any substantial parts of the course.

**Authorisation to obtain prescription medications:** The course director will authorise students to obtain the prescription medications that are discussed on the course through our partnership with Nomad Travel. [www.nomadtravel.co.uk](http://www.nomadtravel.co.uk)

**What next with WMT?** Within three years of completing Advanced Medicine, WMT would welcome you on our two day Advanced Medicine Part 2/Advanced Refresher course to update your skills and re-certify for another three years. This mainly includes practicing the invasive procedures; injections, suturing, IV canulation and the use of intravenous fluids. Please consult our website for upcoming dates and venues.

**Partner programmes:** WMT works with Glenmore Lodge who hosts Advanced Medicine. This course is administered by the Lodge (i.e. you book and pay directly with

them) but it is taught by WMT instructors and the syllabus is the same as for any other WMT run programme.

**Alternatives to Advanced Medicine:** There are two programmes for laypeople in WMT's Explorer series. Advanced Medicine is the most comprehensive course and Far From Help is the foundation option. **Far From Help** is a 2-day course that includes most items on the advanced syllabus with the exception of the invasive skills and techniques; suturing wounds, giving injections, using intravenous fluids and intravenous cannulation.

**Private training:** If you have a group to train, WMT can run a private Advanced Medicine programme at a time and place to suit you. This can be more cost effective and is a training solution employed by several WMT clients.

**Further information:** for questions related to ACCREDITATION, WHAT IS EXPEDITION MEDICINE? BS8848, ADVICE TO TEACHERS, SCHOOLS, MEDICAL STUDENTS and other groups, please consult our website ADVICE pages in the first instance. [www.wildernessmedicaltraining.co.uk](http://www.wildernessmedicaltraining.co.uk).

Please email any outstanding questions to: [wmt@wildernessmedicaltraining.co.uk](mailto:wmt@wildernessmedicaltraining.co.uk)

Advanced Medicine is a fantastic, satisfying course and I hope you can join us.

Barry Roberts,  
Commercial Director  
**Wilderness Medical Training™**





## **Advanced Medicine**

**These start and finish times may vary slightly depending on the particular course venue. Tea/coffee breaks are taken as required.**

### **DAY 1**

- 09.00 Earliest arrival/coffee
- 09.30 Introductions
  - Aims of course
  - Legal considerations
- 10.00 Expedition medical planning – includes anti-malarials and immunisations
- 10.45 Diagnosis - taking a history  
Group work - examples of history taking
- 11.30 Measuring vital signs and examination of chest and abdomen
- 13.00 Lunch
- 14.00 Cardio-pulmonary resuscitation – latest guidelines
- 14.30 Shock
- 15.00 ABC approach to injured casualties – practical
- 16.00 Moving, lifting and straightening a casualty
- 16.30 Soft tissue injuries and burns
- 17.30 Close

### **DAY 2**

- 09.00 Head, neck, chest and abdominal injuries
- 10.00 Fractures, dislocations and use of splints
- 11.15 Common medical conditions. Management of diarrhoea
- 13.00 Lunch
- 14.00 Cold injuries and altitude sickness
- 15.00 Practical – examining eyes and ears
- 15.45 Tropical problems – heat illness, malaria, bites and stings
- 17.00 Medical kits and supplies

17.30 FFH delegates depart

### DAY 3

- 09.00 Earliest arrival/coffee
- 09.30 Objectives, review of legal considerations  
History taking revisited  
Writing medical records – case studies
- 10.30 Triage scenarios
- 11.00 ABC approach to injury and illness conditions – group work
- 12.00 Video - passing a naso-gastric tube
- 13.00 Lunch
- 14.00 Vehicle scene safety/extrication, helmet removal and pelvic stabilisation
- 16.00 Advanced wound management  
Practical - suturing a wound

### DAY 4

- 09.00 Pain control/anaphylactic shock
- 10.30 i.m. injections  
i.v. fluids and injections
- 13.00 Lunch
- 14.00 Selecting a suitable medical kit
- 15.00 Written examination
- 16.00 Close/depart

**Note:** some of the skills taught, and the use of prescription medicines especially, are not appropriate for use in the UK where professional medical support is readily available.

Nov. 2010