

More information about WMT's Expedition Medicine in Chamonix (winter) course



More information

Expedition Medicine in Chamonix (winter) – 12th year!

When? Monday to Friday 23-27 January 2012

CPD Credits

We estimate this course is valid for at least 17.5 CPD credits.

Thanks for downloading this more information pack about this great Chamonix winter course. We hope this answers your questions and that you'll join us.

Comprehensive syllabus – engaging lectures & practical sessions – great social & snow sport opportunities - inspiring faculty - hostel half board deal

Tuition only: £425 *early booking* price for a limited time only (then £475). Only £350 for nurses, paramedics & undergraduate medical students)

WMT Chamonix events are aimed at aspiring and experienced expedition medics. Our world-class faculty, programme content, support materials, Chamonix venue and mountain activities are unrivalled.

Timings

Starts 3pm Monday & formally concludes 7.00pm Friday. Four out of five days run 3pm - 7.30pm + one half day outdoors. The rest of the time is free for snowsports! No prior expedition or skiing experience required to attend. Most people make a week out of the trip and attend the optional course dinner Friday and optional glacier trekking experience on Saturday after the course.

Course themes

Each day focuses on a different, important theme:

- Managing injuries in the field
- Medicine in the outdoor environment
- Planning & pre-expedition considerations
- Mountain medicine
- Hot, deep & dangerous environments

Confirmed faculty

We normally have a dream team of up to **10 faculty and guest speakers lined up** for this special course. All are tried and test and have contributed on many WMT courses for explorers and medics in the UK, Morocco and Chamonix. They have fantastic

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expedition and travel track records. Please see below for the biographies of our 2011 team to give you an idea of the calibre of WMT instructors.

What you need to do to come!

1. Get leave approved (or better still study leave – worth 17.5 CPD credits)
2. Book with WMT
3. Book cheap flights
4. Book accommodation
5. Nearer the course, you'll receive more information from WMT about ski hire, ski passes, optional activities and more and you'll need to sort transport to the resort from Geneva, but no action is required for now!

Outline Provisional Programme – some speakers are still to be confirmed

(An après ski or after dinner meeting point is every day.)

Monday - Managing Injuries in the Field 1500 - 1930

Registration 1430-1500

Course kick off - welcome & introductions

- The exciting world of expedition medicine - course overview
- Venomous bites, stings & rabies
- Trauma management: head injuries, fractures & dislocations
- Immunisations & anti-malarials/field test kits – answering the awkward questions

Complimentary wine & nibbles every evening during the inspirational lectures

Key Note Address: Dr Manu Cauchy thrilled our delegates in 2011 and we're delighted he'll be joining us again. Doctor, mountain guide and world renowned frostbite expert, Dr Cauchy is a Chamonix resident and author of *Hanging by a Thread; My toughest missions as a helicopter rescue doctor*.

Tuesday - Planning & Pre-Expedition Considerations 1500-1930

- Travellers with special needs - practical exercise
- Incident management; more than just medicine – practical exercise
- Don't get sued - legal liability and insurance
- Choosing a medical kit – practical exercise
- Expedition dentistry & maxillofacial injuries
- Inspirational guest lecture

Wednesday - Medicine in the Outdoor Environment 0900-1230

Outdoor practical sessions and scenario-based problem solving exercises including:

- Use of radios
- Vehicle extrication & scene safety
- Trauma management
- Practical fracture management
- Safety on steep terrain – some practical rope tricks
- Inspirational guest lecture

Thursday - Mountain Medicine 1500-1930

- Altitude illness – theory & practice

Book online to join us now! – www.wildernessmedicaltraining.co.uk

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- Avalanche risk assessment & rescue
- The eye at altitude & other eye problems
- Hypothermia & cold injuries
- Inspirational guest lecture

Friday - Hot, Deep & Dangerous Environments 1500-1900

- Getting hot & cross - hyperthermia & dehydration
- Diving medicine – an overview
- Special lecture - tbc
- Expedition psychology – leadership & teamwork
- Joining an expedition – being the right stuff - what next?
- Final Inspirational guest lecture

Private end of course optional dinner & party at Le Robinson chalet restaurant

Saturday – optional all-day glacier trekking experience – at additional cost

Note: This programme is provisional and the running order of sessions may be subject to change due to the availability of instructors, weather and other factors.

Course venue

The course is held at the Salle du Bicentenaire (attached to the Musee Alpin) in central Chamonix, near the train station. Any local accommodation provider will know where this is and be able to advise how close they are to it.

Getting to Chamonix

During the winter many low-cost airlines fly from numerous UK airports directly to Geneva. Chamonix is 60 miles/100km from Geneva and it costs about £50 for a shared return airport transfer to the resort. Groups travelling together will find it cheaper to hire a car for the week than pay for transfers.

WMT Facebook group

If you want to share accommodation – apartment or chalet hire - you can contact other delegates via WMT's Facebook group event listing here <http://www.facebook.com/event.php?eid=117706491642353>. The main WMT group page is here <http://www.facebook.com/group.php?gid=36170466860>.

Glacier trekking experience - optional activity Saturday 28 January

Once again we'll offer a brilliant guided opportunity to go glacier trekking and ice climbing. Further details and cost are to be confirmed.

Ski pass advice is sent nearer the time. Ski pass discounts are available for full time students with proper ID. For all prices and ticket options visit:

http://www.compagniedumontblanc.fr/pages/forfaits_ski_chamonix_gb.html

Surfing for accommodation, flights etc.

www.chamonix.com is a fantastic for local information like pictures, webcams, accommodation options and more. www.chamonix.net is better for info about getting to Geneva and Chamonix, flight options from anywhere in the world, airport transfers and more. You need to fly into Geneva, Switzerland.

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Some scheduled UK flights to Geneva

- Easyjet www.easyjet.com
- BMI Baby www.bmibaby.com
- Jet2 www.jet2.com
- British Airways www.ba.com
- Swiss Air www.swiss.com
- Thomsonfly www.thomson.co.uk/flights
- use www.skyscanner.net to search for you!

Airport transfers

Allow 1½ hours to get to Chamonix by transfer minibus. Visit this link for [Chamonix – Geneva Airport Transfers](#) – about £25-£30 each way for door to door mini-bus services, depending on number of passengers and time of booking. We like Mountain Dropoffs and ChamExpress.

Geneva car hire

The bus service around the Chamonix valley is good but a car can be very handy for maximising your time on the slopes. Bear in mind too that a return minibus transfer from the airport is £50+ that could be put towards car hire. It is 100km from the airport to Chamonix and about £10 return for motorway tolls. The ski station car parks are generally at low altitudes so driving to the slopes isn't too scary. Make sure snow chains are included just in case. From the UK, you might try www.auto-europe.co.uk

Accommodation

People's tastes and budgets will differ and there are options in Chamonix to suit everyone. It's easy to organise a visit to Chamonix and piece together the transfers and accommodation individually (self-catered or catered) - or simply book an all inclusive chalet or hotel package. We suggest it's best to start by visiting www.chamonix.com for lists of hotels, B&B, hostels, apartment and chalets. Hotels are listed by star rating. Not all service providers will be listed on this website so it might pay to surf as well.

Location, location, location! Ask where the accommodation is in relation to the Musee Alpin (alpine museum) which is in the town centre, behind the fire station. Accommodation is not available at the course venue. Beware of properties advertised as being in Chamonix when in fact they are in the "Chamonix Valley" and in one of the outlying villages like Les Houches, Servoz, Tacconnaz, Les Praz or Argentiere for example. If you want to enjoy the nightlife, then you really need to be in Chamonix town. Late night buses are infrequent or non-existent and taxis are very expensive.

Local Hostel Deal www.gitevagabond.com

We've once again reached an agreement with the town centre Gite le Vagabond to reserve the entire hostel for WMT delegates for the course week in 2012. The bed, breakfast and dinner rate is €48.80/night for the cheapest rooms. Contact: Gite Bunkhouse Le Vagabond tel. 00 33 4 50 53 15 43 between 8-10.30am and after 4.30pm (French time, one hour ahead of the UK). Bookings only by phone - 50% deposit required. You'll need to mention you're on the WMT course with Barry Roberts. They start taking winter bookings from about mid-September.

Other Chamonix Hostels

Visit www.hostelbookers.com to search for other hostels including the Hostel-Chalet-Gite Chamoniard Volent which past delegates have recommended as cheap and cheerful.

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Private apartment/chalet hire

- www.holiday-rentals.co.uk
- www.alpinebeds.com
- www.myfrenchchalet.com has offered WMT students 10% off property hire (apartments and chalets) – email Elaine Smith the owner from their website before you book/pay online to secure the discount

Ski Breezy Catered Chalet

For catered chalet comfort we highly recommend Breezy and Al's chalet near the hospital. www.skibreezy.com. Mention you're with WMT.

Visas

If you don't hold a full British passport you should check if you need a visa for Switzerland and/or France. If you require a Swiss visa you can exit the airport from the French sector to avoid having to get one.

WMT cannot be responsible for any of the services or prices listed which are given in good faith as a guide only. If you get great (or bad) service, we'd like to know!

Fees: tuition only: £425 early booking price then £475 (£350 for nurses, paramedics & undergraduate medical students). The early booking price may be withdrawn without notice.

Fees includes

- Diverse programme over five days
- A bound set of comprehensive notes
- Lectures, discussions and group problem solving sessions that start on Monday afternoon & continue three afternoons until Friday with an outdoor scenario training session am or pm mid-week
- Inspirational early evening guest lecture programme - the last lecture of the day with complimentary wine
- Teas/coffees during main indoor lecture programme
- Up 40% ski hire discount

(Fees do not include travel, accommodation, any meals, ski passes etc or anything else not expressly mentioned above.)

Availability & booking a place

Please go to this website course page and follow the BOOK THIS COURSE instructions <http://wildernessmedicaltraining.co.uk/expedition-medicine-in-chamonix-winter-2>. We only take bookings and payment online and don't take provisional bookings. Make sure you have leave organised before you book and pay. There is availability as long as the BOOK THIS COURSE button is displayed so you don't need to check availability with WMT. This course is limited to 110 delegates.

Questions

Please email wmt@wildernessmedicaltraining.co.uk or call 01539 823183.

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The 2012 teaching team is currently being confirmed. Here are the biographies of the 2011 faculty to give you a flavour of who'll be teaching in 2012.

Dr Jon Dallimore WMT Medical Director - course director

MSc, MRCP, MCEM, DCH, DRCOG, Dip Mount Med, FRCM RCPS (Glasg)

Jon is a GP and staff doctor in the Emergency Department of Bristol Royal Infirmary. Jon's expedition experience started twenty years ago and since then he has spent more than two years living and working in the field as a doctor and/or leader. He has worked in the deserts of Namibia, Sinai and Northern Kenya; the jungles of Sulawesi, Belize, Thailand and Ecuador; and high altitude climbs and treks to Nepal, Greenland, Pakistan, Iceland, Morocco, East Africa and the Andes. Jon is an international Mountain Leader, a member of the Alpine Club and a member of faculty on the UIAA Diploma in Mountain Medicine. Jon is medical consultant to five British expedition companies and advises medical students at the University of Bristol on their overseas electives. He is a co-editor of the Oxford Handbook of Expedition and Wilderness Medicine (published September 2008).

Barry Roberts BSc BEd, WMT Commercial Director - course manager

Barry is a professional expedition leader who has maintained a long-standing interest in wilderness medicine since ski patrolling in Canada in his late teens. Barry has 25 diverse international expeditions to his credit, mainly to the mountains. He is an advanced diver, paraglider pilot, skydiver, a climber, qualified Day Skipper, a BASI ski instructor and ski mountaineer. He is formerly a Director of Raleigh International. He is the co-author of www.stayingaliveoffpiste.com and a contributing author to the OUP expedition medicine handbook. From '04 to '08 he was sponsored by The North Face and he has lectured widely to corporate and public audiences about his expedition life. He now writes all the technical product copy for their European e-commerce websites. Expedition highlights include reaching the summit of Mount Everest in May 2004 and paragliding off Gunnsbjornsfjeld in Greenland after guiding the first winter ascent in 2006. He has lived part-time in Chamonix since 1998. Barry is a Fellow of the RGS and a Member of the Alpine Club.

Dr Manu Cauchy thrilled our delegates in 2010 and we're delighted he'll be joining us again in 2011. Doctor, mountain guide and world renowned frostbite expert, Dr Cauchy is a Chamonix resident and author of Hanging by a Thread; My toughest missions as a helicopter rescue doctor.

Mr Alistair Cobb MB, BS, BDS, FRCS (OMFS), FDSRCS (Eng), MFSEM (UK)

Craniofacial Fellow at Great Ormond Street Hospital. Specialist Registrar in Oral and Maxillofacial surgery. Facial surgeon with specialist interest in correction of facial deformity caused congenitally, traumatically or through cancer ablation. Skier. Working towards yacht master qualification. Founder member of the UK Faculty of Sport and Exercise Medicine. Overseas experience in China, Papua New Guinea, Mexico. Teaching interests: has an active role teaching the management of maxillofacial injuries and facial surgery skills to A&E, maxillofacial, ophthalmology, plastics and ENT trainees. Completed ATLS, EPLS, ALS & APLS provider courses and will start trainer courses with EPLS trainer this year. Contributing author for the Oxford handbook of surgical cross cover. Author of Orbital fractures section for the BMJ point of care.

James Moore RN BSc (Hons) Dip TN Dip TM (A)MFTM FRGS

James is a Matron/Emergency Nurse Practitioner. He is an APLS & ALS instructor. He

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has worked as an expedition medic in locations such as Borneo, the Sinai, North and Central Africa and South America. In addition to this he was part of a small relief operation in Sri Lanka after the Tsunami Disaster in 2004 and more recently provided medical cover for the BBC's Extreme Dreams Expedition, filmed in Papua New Guinea with Ben Fogle. He has qualifications in Tropical and Travel Medicine and consults for several expedition companies. James is a contributor to Oxford Handbook of Expedition and Wilderness Medicine and an Associate Member of the Faculty of Travel Medicine. James is a very active WMT's associate and contributes to our full range of courses and delivers private courses. James is equally comfortable in the mountains as he is in a jungle hammock. He runs Travel Health Consultancy. He recently provided medical support for actress Joanna Lumley's African adventures for TV last autumn.

Dr Lucy Obolensky MB, ChB, MRCS, DTM & H

Lucy is currently working as a GP trainee in the southwest. She is also undertaking a Masters degree in sports and exercise medicine at University of Wales Institute, Cardiff. She has had a long standing interest in expedition medicine and has completed expeditions with World Challenge, an overland trip from Nairobi to Harare, and organised two expeditions to climb Mt Kenya and run the Safaricom marathon. She has set up and run two charities in Kenya - Leparua clinic, and the Kenya Orthopaedic Project. Lucy is also a keen kite surfer, skier, rower and swimmer. 'I love anything on/in/under water plus triathlon, rowing, kiting'.

Dr Harvey Pynn

WMT Senior Instructor & Head of Research & Publications
RAMC MA MCEM DMM DMCC

Harvey is an army doctor currently working as an Emergency Medicine Registrar at St Mary's Hospital, London. He has undertaken several operational tours and has recently returned from another stint in Afghanistan. Harvey has been teaching on WMT courses since 2004 and is now a senior instructor. Harvey has completed 10 expeditions worldwide – mainly in mountain and jungle areas (both as leader and doctor). He holds the Mountain Leader award and is an ALS, APLS and BATLS Instructor. Harvey has particular interests in trauma, environmental and tropical medicine and has completed the diplomas in mountain medicine and the medical care of catastrophes. He will be undertaking the diploma in tropical medicine in London in 2011. Harvey co-edited a 3000 word WMT article for the British Mountaineering Council's Summit Magazine (no. 55 autumn 2009 edition - online at www.thebmc.co.uk) involving six authors, a task akin to herding fish. In April Harvey completed the gruelling Marathon de Sables in Morocco for the charity Mencap. Harvey leads WMT's Jungle Medicine UK weekend course.

Dr Tariq Qureshi MA (Oxon) D Phil DMM FRGS

Tariq's enthusiasm for expeditions began during his school days some 20 years ago. Since then he has participated in a range of expeditions, which have primarily been mountaineering in the Arctic. He is currently based at Oxford University where he has regular teaching commitments, both within the medical school and through running a wide range of first aid courses, and is a faculty member for the recently introduced "Acute Life-threatening Events Recognition and Treatment" (ALERT) course. Tariq is the Medical Adviser to Oxford University Expeditions Council and is a contributing author to the Oxford Handbook of Expedition and Wilderness Medicine. He has worked with WMT for over 12 years and he is a WMT Senior Instructor and Head of Medical Student Liaison. Tariq has recently completed the Diploma in Mountain Medicine.

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Dr Patrick Morgan BSc Bio Med, MB ChB, Dip IMC (RCS Ed), FRGS

Paddy is an anaesthetic registrar in Bristol. He has undertaken expeditions to Africa (north, west and east) and Europe and medical support expeditions to Europe and South America. He is medical advisor to the "Bristol (children's) English Channel Swim" project, "Virgin Global Row" expedition and is Honorary Medical Advisor to Surf Lifesaving GB. Paddy serves on the International Lifesaving Society (ILS) Medical committee and the Drowning Research Commission and has co-authored international position statements on cold water immersion and shallow water blackout. He is a Swift-water Rescue Technician and Mountain Rescue Doctor with Avon & Somerset Search & Rescue team. Paddy is a Motor Sport Association Approved Doctor and instructs on numerous life support courses including the Mountain Rescue Council Casualty Care course, Surf Rescue/ Lifeguarding courses, ALS and Motor Sport trauma course. He is a contributing author to the Oxford Handbook of Expedition and Wilderness Medicine, is studying towards the Diploma in Mountain Medicine and is a keen climber, skier, diver and surfer.

Mr. Daniel Morris BSc (Hons) MBChB FRCSEd(Ophth) MFSEM(UK) FRGS

Dan is a Consultant Ophthalmologist in Cardiff having recently returned from a fellowship in British Columbia. He has organised altitude research in Nepal, Bolivia, Tibet and Colorado and collected highest eye data ever at over 7000m on Mt Everest. He started an eye project with the Samburu tribe in Kenya and was awarded the Keeler Scholarship in 2009. Dan is a founder member of the UK Faculty of Sport and Exercise Medicine and is currently running the Scottish Ocular Trauma Study.



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