



More information

Far From Help Part 2/Advanced Refresher

Thanks for downloading this pdf. We hope it answers your questions and helps you decide if Far From Help Part 2/Advanced Refresher 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'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 **Far From Help Part 2/Advanced Refresher** timetable. The emphasis on this course is to refresh the key skills of taking a history, performing a physical examination and making a diagnosis. We spend a lot of time practicing suturing, giving injections and on the use of intravenous fluids. Other interesting topics are covering including triage scenarios, vehicle scene safety, helmet removal, passing a naso-gastric tube and more.

Style of the course: As on all WMT courses, we combine lecture, 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). This programme is somewhat more relaxed than Far From Help but there is still a lot to cover. We appreciate that some FFH alumni will be anxious about the invasive training. Don't be! We will give you all the support and coaching you need to have a go at practicing these useful techniques. 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.

Pre-requisite experience: This is only Explorer course which has a pre-requisite and you must have completed Far From Help or Advanced Medicine in the last three years to attend. Exemptions are made for senior nurses and year 4-5 medical students and others by application. It is not suitable for doctors.

Course instructors: All WMT courses 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 Far From Help Part 2/Advanced Refresher. 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

Revalidation training: You need to repeat this course within three years to revalidate.

Partner programmes: WMT works with Glenmore Lodge who hosts Far From Help Part 2/Advanced Refresher. This course is administered by the Lodge (i.e. you book and pay directly with them) but it is taught by WMT instructors so the syllabus is the same as for any other WMT run programme.

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.

Please email any outstanding questions to: wmt@wildernessmedicaltraining.co.uk

Far From Help Part 2/Advanced Refresher is a fantastic, satisfying course and I hope you can join us.

Barry Roberts,
Commercial Director
Wilderness Medical Training™





Far From Help Part 2/Advanced Refresher

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 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 2

- 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