



## **FAR FROM HELP – More information**

Thanks for downloading this pdf. We hope it answers your questions and helps you decide if Far From Help 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. Please see [www.wildernessmedicaltraining.co.uk](http://www.wildernessmedicaltraining.co.uk) for more information.

**Programme & content:** Please see below for the **Far From Help** timetable. FFH is our foundation programme in our Explorer series of courses for laypeople. This is not a first aid course – the syllabus goes beyond this. Crucially 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. 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:** FFH is 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 no written end of course exam; assessment is informal and ongoing throughout the course. WMT will issue a stylish certificate upon completion of Far From Help. 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 Far From Help, WMT would welcome you on our two day Far From Help Part 2/Advanced Refresher course to update your skills and re-certify for another three years. This includes 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 the Royal Geographical Society/IBG and Glenmore Lodge who host Far From Help. These courses are administered by our partners (i.e. you book and pay directly with them) and taught by WMT instructors so the syllabus is the same as for any other WMT hosted FFH programme.

**Alternatives to Far From Help:** There are two programmes for laypeople in WMT's Explorer series. FFH is the foundation course and **Advanced Medicine** is the other option. Advanced Medicine is a 4-day course that includes everything on FFH PLUS invasive skills and techniques including suturing wounds, giving injections, using intravenous fluids and intravenous cannulation.

**Private training:** If you have a group to train, WMT can run a private FFH programme at a time and place to suit you. This can be more cost effective and is a training solution employed by London Zoo, many universities for field researchers and other companies.

**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)

Far From Help is a fantastic, satisfying course and I hope you can join us.

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





## Far From Help

**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 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 Final questions. 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.

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