

More information about WMT's weekend UK Jungle Medicine course



More information

Jungle Medicine

Thanks for downloading this file about this great weekend course.

When & where? 14-15 May 2011 in Oxfordshire (after which held annually, normally in late spring)

Fees: £295 (special rate of £225 for nurses, paramedics & undergraduate medical students)

CPD Credits

We estimate this course is valid for at least 12 CPD credits. See this webpage about Accreditation <http://wildernessmedicaltraining.co.uk/accreditation-medic-courses>

Course feedback

- ✓ Very informative and fun.
- ✓ Good range of topics. Very inclusive and thorough.
- ✓ Great! Relaxed and informative style but knowledgeable too.
- ✓ Instructors – both excellent.
- ✓ Northmoor trust – very nice.

We listen to our students and have particularly addressed three issues raised in recent feedback by:

- ✓ Increasing the proportion of practical training to lecture based learning
- ✓ Beefing up the kit advice to warn people that hammock living can be cold and we've moved the course to May (normally held in April).
- ✓ Really encouraging students to go green and cut their costs by sharing travel to/from the course by connecting with fellow students via WMT's facebook group.

The style and general running order of the course

This is an *expedition* medical training course and the style of the weekend reflects this; it's fun, practical and hands on and is taught by a veteran pair of expert WMT instructors. We expect up to 16 delegates who generally are medical students, nurses, paramedics or doctors. The instructors are relaxed, friendly and approachable. We want you to learn as much as possible from this short, intense experience in the wilds of Oxfordshire. We aim to cover the most important subjects but there is always more to learn and you'll appreciate that we can't teach everything there is to know about tropical living and medicine in two days. The venue is basic but very adequate for our needs. The classroom for lectures is comfortable but once we are out in the

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

More information about WMT's weekend UK Jungle Medicine course

woods overnight, it will be literally just that... woods; no toilets, buildings or modern facilities so be mentally prepared for that. For people experiencing their first night in the hammocks provided (most delegates) or indeed camping (bring a tent if you don't like hammocks) be ready for some *getting used to it*. Shower facilities are available at the end of the course.

Are there any pre-requisites to attend?

No. We don't expect you to know much at all about expeditions or jungle living or even basic camping but we do hope you will get fully involved with our encouragement and supervision. We aim to be inclusive and invite any candidates with mobility concerns to contact WMT to discuss how we can accommodate you.

Outline programme

Please see below for the outline programme. We aim to cover everything on the list but the running order may change due to weather or other conditions.

Venue & travel – Northmoor Trust

The venue is about 10 miles south of Oxford and the full address is:

Northmoor Trust

Hill Farm
Little Wittenham
OXON
OX14 4QZ

Map: visit the Northmoor Trust's website:

http://www.northmoortrust.co.uk/home/contact/map_page

By rail & taxi

The nearest railway station is **Didcot Parkway** which is very accessible on the mainline from London. It is easy to pick up a taxi here to the venue.

By road

Visit the AA's route planner http://www.theaa.com/travelwatch/planner_main.jsp and plug in the post code **OX14 4QZ**.

Saturday arrival

The course starts with classroom based activities and then you will WALK to the campsite. We return to the building Sunday afternoon for final administration and a chance to shower and clean up.

What to bring?

- warm sleeping bag + foam mattress
- torch – suggest a **head torch** if you have to buy one
- warm, layered clothing, including a full change (avoid cotton, like jeans)
- waterproof jacket (and ideally trousers if you have them)
- fleece jacket
- hat/gloves
- wash kit/towel
- knife/fork/spoon/bowl/mug
- water bottle
- compass (if you already have one)
- hand gel/wet wipes
- 2 x large bin liners (for waterproofing gear or taking home wet equipment)
- notebook & pen (a manual is provided)

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

More information about WMT's weekend UK Jungle Medicine course

We discourage students from spending a lot of money on Gucci kit before a course. You don't need to go to a specialist camping shop to buy foam mattresses, head torches etc. DIY shops and ASDA sell adequate, cheap gear. You will ALWAYS learn about the gear of choice of our instructors during the course.

Hammocks

On Saturday night a **hammock and an overhead tarp** will be provided for you. Alternatively bring a personal small tent (and a foam sleeping mattress) for your private use. All other **specialist group equipment** will be provided.

Catering

All food and tea/coffee is provided. After Saturday's buffet lunch, food for the subsequent 24 hours will be prepared by students on open fires. We provide the ingredients and communal cooking pots. We aim to cater for any special dietary requirements. There is no slaughtering of live game on this course!

Friday accommodation

If you require Friday accommodation there are many local B&B's either in the small villages near Northmoor or in Oxford itself. The nearest village with B&B facilities is **Long Wittenham**. The nearest larger town is **Wallingford** about three miles away. Sorry but accommodation/camping on site Friday is not available.

Visit <http://www.bedandbreakfasts.co.uk/propertysearch.asp?query=OX14> for B&B establishments in the area.

Teaching team

It is our team's enthusiasm to teach, coupled with years of field experience and many dozens of real expeditions to their credit that makes them great instructors. Here are some career highlights of the Jungle Medicine instructors.

Dr Harvey Pynn, WMT Senior Instructor & Head of Research & Publications

MA MCEM DMM DMCC DTM&H

Harvey is currently working as an Emergency Medicine Registrar at Frimley Park. 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 has just completed the DTM&H (diploma in tropical medicine and hygiene). 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 2010 Harvey completed the grueling Marathon de Sables in Morocco for the charity Mencap. He is working towards writing his consultant exams by Christmas 2011.

Dom Hall

After fighting through the extreme boredom of a mathematics degree at the University of Nottingham, Dom ran off to the jungles of Central America on a gap year expedition. From then on he fell in love with the jungle and expedition life and has now clocked up twenty plus expeditions and over two years living in his hammock in Central America and South East Asia. He has led expeditions for Trekforce Expeditions, BSES, Wilderness Expertise and Biosphere Expeditions. He runs the UK side of Fieldskills as well as continuing to work as a freelance outdoor instructor and expedition leader. Dom's most recent trips include providing safety consultancy to explore remote areas of Gabon and setting up an Amazon based expedition for the BBC TV series Extreme Dreams with Ben Fogle. He finds it hard to think of witty biography endings. www.fieldskills.com.

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

More information about WMT's weekend UK Jungle Medicine course

Join the WMT facebook group to connect with fellow students

Please join our facebook group and sign up to this event to connect with fellow students before and after the course. WMT's facebook group url is:

<http://www.facebook.com/group.php?gid=36170466860>

Fees: £295 (special rate of £225 for nurses, paramedics & undergraduate medical students)

Fees includes

- Diverse two-day programme of instruction indoors and out
- A bound set of comprehensive notes
- All food/teas/coffees
- Use of group equipment, hammocks etc.
- VAT & 20%

Availability & booking a place

Please go to the website course page and follow the BOOK THIS COURSE instructions. We only take bookings and payment online. There is availability as long as the BOOK THIS COURSE button is displayed so you don't need to check availability with WMT before booking.

<http://wildernessmedicaltraining.co.uk/jungle-medicine>

What next & complimentary WMT courses

Jungle Medicine is ideally complimented by any of our Medic-series mountain based courses; Mountain Medicine (2 days), Expedition Medicine & Field Skills (5 days, Chamonix-summer) and the Morocco Mountain Medicine Expedition (7 days). Please see the website for details and dates.

Questions?

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

We hope you can join us on Jungle Medicine!

Yours sincerely,

Barry Roberts

Commercial Director

wmt@wildernessmedicaltraining.co.uk

Revised 4th April 2011



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

More information about WMT's weekend UK Jungle Medicine course



Jungle Medicine – outline programme Northmoor Trust, Oxfordshire

Saturday

- 0930 Arrival, tea/coffee available
- 1000 Introductions & course aims
- 1015 Jungle fever - malaria, heat illness, diarrhoea & a few bugs and beasts
- 1130 Kit preparation & packing to survive 24 hours in the bush
- 1200 Camp site selection - the do's and don'ts of jungle living

LUNCH

- 1245 Building camp
 - Hammocks & tarps (sleeping tips) - constructing a comfortable 'home'
 - Wood preparation & fire lighting
 - Water purification - techniques to filter & purify the dirtiest water
 - Camp hygiene
- 1500 Camp furniture – building a base camp using available resources using machetes & saws
- 1600 Food preparation & demonstration of a selection of stoves
- 1730 Cooking on an open fire
- 1800 Feeding time & medical scenarios to cover fevers, heat & creepy crawlies

Sunday

- 0830 Wound & fracture management techniques including improvisation & management of snakebite
- 1000 Lost procedures, navigation & jungle search/rescue exercise
- 1100 Medical scenarios incorporating evacuation & team dynamics

LUNCH

- 1300 Strike camp, clean up & pack up – return to centre
- 1430 Medical kits - a demonstration & open forum
- 1530 Feedback & wash up
- 1600 Final questions, close



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