

**Programme - Expedition Medicine & Field Skills 19<sup>th</sup> – 23<sup>rd</sup> June 2017**

**Teaching team: HP - Harvey Pynn, BR - Barry Roberts, NW - Nigel Williams, LO - Lucy Obolensky, LB - Luc Bellon, CV - Charlotte Verney, CS - Carron Scrimgeour (TBC)**

Time	Lectures/topics	Duration	Presenter(s)
	<b>Monday</b>		
9.00	Registration - Salle du Bicentenaire	15	
9.15	Welcome, introductions, the week ahead	15	BR/HP
9.30	Bench marking exercise - outdoors	45	All
10.15	Tea/coffee	15	
10.30	Expedition medical planning	45	HP
11.15	Mental health in the wilderness	15	LO
11.30	Navigation lecture	45	NW
12.15	Lunch	60	
13.15	Acute mountain sickness (incl PAC demo)	45	LO
14.00	General mountain hazards	30	BR
14.30	Expedition orthopaedics (incl pain)	45	HP
15.15	Tea/coffee	15	
15.30	Tropical medicine 1	30	CV
16.00	Disaster management case – paragliding in India	30	BR
16.30	Briefing for Tuesday	15	BR
16.45	Insight lecture – <i>title to be confirmed</i>	45	LO
17.30	Close		
	<b>Tuesday</b>		
8.30	Meet at Les Gailland (walk or take St. Gervais train @ 8.15 to Les Pelerins arrives 8.22)		

8.45	Round robin of outdoor training sessions x 5		
	Extrication, moving, lifting and carrying	60	CV
	Medical kits	60	LO
	Navigation	60	NW
	Fire & expedition catering	60	BR
	Jungle living, water purification, kit selection	60	HP
16.00	Bivouac briefing - teams later to shop for provisions	15	BR
	Close - return train @ 16.34, 17.34 or walk		
	<b>Wednesday</b>		
8.30	Hypothermia & frostbite	45	HP
9.15	Drowning & water safety	45	LO
10.00	Coffee	15	
10.15	Tropical medicine 2	45	CV
11.00	Heat injury	30	HP
11.30	Final briefing & disperse		BR
13.00	Meet - La Flegere lift station - train to Les Praz	Bus @	12.54
14.00	Round robin of 6 training sessions (3/6 Weds)		
	Snow travel & ice axe use	75	LB
	Trauma scenarios (improvising, patient packaging, stretchers, helicopter safety, MR)	60	HP
	GPS	60	BR
	Security on steep ground/rope work	60	NW
	Fractures & splinting	60	LO
	Medical cases	45	CV
	Set up bivvy & cook (fireside chats)		
	<b>Thursday</b>		
	Breakfast & pack up		
8.00	Round robin training activities continued (2/6)		
10.30	Final emergency exercise	90	
12.30	Descend to Chamonix	Bus @	14.02
15.20	Reconvene in lecture room / return cleaned kit		

15.30	Chamonix mountain rescue TBC	30	CS
16.00	Tea/coffee (glacier trekkers' briefing)	15	BR
16.15	Insight lecture - <i>title to be confirmed</i>	45	CV
17.00	So you wanna be an expedition medic?	15	BR
17.15	Friday briefing, course evaluation, certificates	5	BR
17.20	Insight lecture – Everest: My Way	30	BR
17.50	Close		
19.00	End of course BBQ – Gite le Vagabond		
	<b>Friday</b>		
8.30	Guided mountain walks - meet @ main train station		
9.00	Glacier trekkers - meet @ Salomon shop		
	<b>Saturday</b>		
9.00	Glacier trekkers - meet @ Salomon shop		

12/6/17