



Expedition Medicine & Field Skills June 2017

TEACHING TEAM

Dr Harvey Pynn MA FCEM DMM (UIAA) DMCC DTM&H, WMT Medical Director

Harvey is a Consultant in Emergency Medicine at Bristol Royal Infirmary and an Honorary Consultant in Pre-Hospital Emergency Care with Great Western Air Ambulance. He has undertaken several operational tours across the Middle East whilst serving in the Armed Forces. Harvey has completed more than 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 interests in trauma, environmental and tropical medicine and has completed the diplomas in mountain medicine and medical care of catastrophes. He completed the diploma in tropical medicine in London in 2011. Amongst his many publications, Harvey recently edited a chapter in the Oxford Handbook of Expedition and Wilderness Medicine. On the expedition front, in April 2010 Harvey completed the gruelling Marathon de Sables in Morocco for the charity Mencap and more recently took part in a medical research expedition to the Cordillera Real of the Bolivian Andes. Harvey was appointed WMT Medical Director in August 2013 after 10 years of teaching, developing and directing WMT courses.

Luc Bellon IFMGA Mountain Guide

Luc is French and an internationally qualified high mountain guide and ski instructor with an extensive background in mountain rescue as a former mountain policeman with the PGHM. He has worked extensively with Barry Roberts running ski courses and corporate events in Chamonix and he has supported WMT's Chamonix courses in summer and winter for the past 8 years.

Dr Lucy Obolensky MB ChB MRCS DTH&M DSEM

Lucy is a GP and A&E staff grade in the Southwest, but her passion lies in running hospital partnerships in Kenya. Lucy she set up her first clinic in Kenya in 1997 and since then has founded the charity EGHO (Exploring Global Health Opportunities) which supports many health and social programmes throughout Kenya. Lucy maintains an active interest in wilderness medicine and enjoys working with challenging groups including disabled and adolescents. Lucy's expedition experience includes trips across Africa, India, Tibet, Central and Southern America and Scandinavia with a variety of clients and companions. Lucy enjoys a variety of sports, particularly anything water based and is a keen long distance triathlete, rower and adventure racer. She has travelled through Africa with her two young children. Lucy is the programme lead for the MSc Global and Remote Healthcare at Plymouth University Peninsula Schools of Medicine and Dentistry. Recently Lucy was a location medic for BBC's Planet Earth 2 and looked after David Attenborough. She can be seen in this video popping her head out of the hot air balloon basket!

https://www.facebook.com/hashtag/earthonlocation?source=feed_text

Lucy spent Christmas 2016/17 in Antarctica so has many new stories to tell.

Barry Roberts BSc BEd, WMT Commercial Director

Baz has maintained a long-standing interest in adventure and wilderness medicine since ski patrolling, climbing and leading canoe expeditions in Canada starting at 15. As a co-founder of WMT

and has taught WMT courses for 25+ years. He was a Director of Raleigh International and has 25+ diverse international expeditions under his belt, mostly as the leader, mainly to the mountains in East Africa, the Greater Ranges and Greenland. He is an advanced diver, paraglider pilot, skydiver (now retired), a qualified Day Skipper, ski instructor and ski mountaineer. He is the co-author of *Staying Alive Off-piste*, a contributing author to the OUP expedition medicine handbook (3 chapters) and author of many adventure magazine features. From '04 to '08 he was sponsored by The North Face. Expedition highlights include attempting Everest and the first winter ascent of the highest mountain in the Arctic (Gunnbjornsfjeld in Greenland) from which he paraglided off. His last trip in Oct. '16 was a return to Bir, India to paraglide along the southern fringe of the Himalaya flying with vultures and eagles.

Carron Scrimgeour, EM Consultant, Sallanche – to be confirmed

Carron has a French mother and a British father and was schooled bilingually in Paris. He studied medicine at Edinburgh Medical School and was a house officer in Falkirk. Between 2002-2004 he studied emergency medicine in France, initially in Moutiers, working mountain rescue from the Courchevel base. From 2004 onwards he worked in Chamonix/Sallanches emergency medicine, progressing to consultant level in 2010. Between 2006 and 2012 he was a member of the esteemed PGHM (Peloton de Gendarmerie de Haute Montagne), the full-time mountain rescue team in Chamonix and was awarded the "Medal of Mountain rescue" in 2009. A keen climber, biker and skier, Carron has been on the ski-mountaineering circuit for the last 10 years and completed all the major races. He has been competing for the UK since 2006 and was/is the 2012 and 2014 Great Britain champion.

Dr Charlotte Verney

Charlotte is an anaesthetic trainee at Guy's & St Thomas's Hospital and was previously an emergency medicine trainee for a few years. Following her second foundation year, Charlotte took a year out to follow her dream of becoming an expedition doctor. She travelled to South Africa, Lesotho and Nepal working with both charity and commercial groups. Since then she has worked as the expedition doctor in Tanzania, Iceland and Uganda in addition to pursuing her medical training. She has also worked on large scale UK sports events including the London Triathlon, and a charity cycle from John O'Groats to Lands End, which she completed on her own bike a few years previously. She is an ALS Instructor and author of a few articles relating to expedition medicine in *Trek and Mountain* magazine.

Nigel Williams MIC

Since 1997 Nigel has been Head of Training / Deputy Principal at the Scottish National Outdoor Centre, Glenmore Lodge. During his first career in the army he spent many years based in Norway teaching mountaineering and cross country skiing. He commanded the remote sub Antarctic Island of South Georgia just after the Falkland war and took part in 5 major Himalayan expeditions including 2 to Everest where he reached 8000m on four occasions without oxygen. He likes the Arctic and cold climates having spent more than 365 nights of his life snow holing! Since leaving the military in 1993 Nigel has worked in outdoor education and enjoyed further expeditions in the Himalayas, Alaska, Morocco and Greenland including a 26-day crossing of the Ice cap following Nansens' original 1888 route. Nigel's outdoor qualifications include the Mountaineering Instructors Certificate (MIC), International Mountain Leader (IML), BASI Nordic ski instructor and Level 3 orienteering coach.

