



Expedition Medicine Programme **Salle du Bicentenaire, Chamonix** **22nd – 26th January 2018**

Teaching team: HP - Harvey Pynn, BR - Barry Roberts, LO - Lucy Obolensky, DM - Dan Morris, RB - Rose Buckley, ZB - Zoe Burton, CB - Chris Buckley, CS - Carron Scrimgeour, CV - Charlotte Verney, AT - Alexandra Taylor, HF - Hayley Fairbairn

Notes: Sunday – informal drinks meeting point – *Chambre Neuf*, opposite train station. An evening meeting point will be announced each day. **Denotes an insight lecture.**

Note: This programme and the running order of sessions may be subject to change due to the availability of instructors, weather and other factors outside WMT's control.

Day 1	Activity	Speaker	Duration
2.30 - 3.00	Arrival – tea (not coffee) available		
3.00 - 3.15	Course kick off - introductions	BR/HP	15
3.15 - 4.00	Be ready - expedition medical planning	HP	45
4.00 - 4.30	Chamonix skiing & avalanche risks	BR	30
4.30 - 5.00	Refreshments – Italy/glacier day admin		30
5.00 - 5.35	Expedition orthopaedics	HP	35
5.35 - 6.15	Tropical medicine 1	ZB	40
6.15 - 6.30	Complimentary wine & nibbles		15
6.30 - 7.15	<i>But seriously how?</i>	CV	45
Day 2	Vignettes		
3.00 - 3.15	Yukon do it: adventures in annual leave	CB	15
3.15 - 3.30	Pain in the wilderness	RB	15

Programme, House Keeping Notes, Safety Advice & Other Information



3.30 - 3.45	Diarrhoea	HP	15
3.45 - 4.00	Hyperbaric emergencies	RB	15
4.00 - 4.15	Water safety	CB	15
4.15 - 4.45	Refreshment break		30
4.45 - 5.15	Frostbite	HP	30
5.15 - 6.00	Tropical Medicine 2	ZB	45
6.00 - 6.30	Complimentary wine & nibbles		15
6.30 - 7.15	<i>A path less travelled</i>	ZB	45
Day 3	Outdoor workshops 1/2 day		
	9-12.30 OR 1.30 - 5.00 – to be allocated		
	GPS and SOS devices	CB/BR	
	Team building	HP	
	Trauma scenario	LO/CV	
	Practical fracture management	DM/RB	
	Safety on steep terrain - rope skills	BR/CB	
6.00	Complimentary wine & nibbles		15
6.15 - 7.00	<i>Antarctica and working with the media</i>	LO	45
Day 4			
8.15	Courmayeur bus departs bus station		
2.00	Bus departs Courmayeur		
3.00 - 3.45	Altitude illness – physiology	CV	45
3.45 - 4.15	Global health	LO	45
4.15 - 4.45	Refreshment break		30
4.45 - 5.30	Max fax injuries & dental problems	RB	



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5.30 - 6.15	Chamonix mountain rescue	CS	45
6.15 - 6.30	Complimentary wine & nibbles		30
6.30 - 7.15	<i>Everest: My Way</i>	BR	45
Day 5	Please note earlier start time!		
2.00 - 2.30	Hypothermia	HP	30
2.30 - 3.15	Altitude illness - practical aspects	CV	45
3.15 - 3.45	Medical kits	BR/DM	30
3.45 - 4.15	Expedition ophthalmology	DM	45
4.30 - 4.45	Refreshment break (glacier trek briefing)		30
4.45 - 5.05	Mental health on expedition	LO	20
5.05 - 5.25	Research on expeditions	DM	20
5.25 - 5.45	Opportunities for a junior doc	HF/AT	20
5.45 - 6.15	Heat injury	HP	30
6.15 - 6.30	Complimentary wine/nibbles & feedback		15
6.30 - 6.45	Closing remarks	HP/BR	15
6.45 - 7.15	<i>Playing the game</i>	DM	30
7.15	Exchange feedback for certificates		
9.00	End of course party @ Le Vagabond		
Day 6	Optional glacier trekking experience		

House Notes

Time keeping is a collective duty! Please be prompt for the start of each day. The doors are immediately adjacent to the lecture theatre and late entrants are highly disruptive and will not be admitted until there is a break in the programme. Please only use the main front doors facing town. Feel free to rock up in ski gear straight from the slopes.

Attendance certificates are issued for full attendance.



Skis/boards must be left outside and please take all other personal kit, bags, ski boots etc. to your seat. Don't leave belongings overnight other than your manual which you can stack on the stage (put your name on it). You don't need your manual outdoors on Wednesday.

Wednesday's outdoor ½ day AM or PM slots are allocated on Tuesday and normally it is possible to satisfy individual requests for slots.

Non-course guests cannot be accommodated at any time and we specifically ask that companions do not meet you inside the course venue at the end of the day as this is highly disruptive.

Refreshments / recycling / water bottles / waste We all hate waste so please re-use the disposable coffee cups if you are having a refill. You will be thirsty after skiing and the venue is warm and dry so bring water with you. Bottled water is not provided. Please keep the floor of the seating area clear of rubbish, coffee and wine cups at the end of the day.

Name tags are not provided as nobody wears them after day 1!

Emergencies - If you have an accident on the mountain, the French emergency number is 112. The local mountain rescue number is +33 (0)4 50 53 22 08. Please inform WMT in such circumstances by calling or texting +44 (0)7967 032930 (Barry's mobile and not a "tourist hotline" please!). Always carry ID and insurance details when skiing.

Weather disruption / contingency planning - In the event of a severe weather event that is likely to disrupt our plans or prevent delegates from getting to Chamonix, we will do our best to post any changes on the Facebook course page and email all delegates. Check the venue door for notes as well.

Toilets - We appreciate that toilet facilities are limited, especially for women. Normally we can use the toilets next door at the Musee Alpin (closes at 6pm and on Tuesday).

Courmayeur bus trip - Initially tickets will be limited to course delegates only. €15 cash payable Monday & non-refundable.

Feedback - We will ask for your written feedback at the end of the course but please don't wait until then to tell us about something we might be able to "fix", however minor.

Have a great week!

The WMT Teaching Team

