

Programme - Expedition Medicine & Field Skills 18th – 22nd June 2018

Teaching team: HP - Harvey Pynn, BR - Barry Roberts, NW - Nigel Williams, JB - Jodie Blackadder-Weinstein, LB - Luc Bellon, EM - Elspeth Murray, CS - Carron Scrimgeour (TBC)

Time	Lectures/topics	Duration	Presenter(s)
	Monday 18th June		
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	JB/EM
11.15	Mental health in the wilderness	15	JB
11.30	Navigation lecture	45	NW
12.15	Lunch	60	
13.15	Acute mountain sickness (incl PAC demo)	45	JB
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	HP
16.00	Disaster management case – paragliding in India	30	BR
16.30	Briefing for Tuesday	15	BR
16.45	Insight lecture – <i>Life at the sharp end</i>	45	HP
17.30	Close		

	Tuesday 19th June		
8.30	Meet at Les Gaillard (walk or train)		
8.45	Round robin of outdoor training sessions x 5		
	Extrication, moving, lifting and carrying	60	EM
	Practical splinting	60	JB
	Navigation 2	60	NW
	Expedition catering	60	BR
	Jungle living, water purification, kit selection	60	HP
16.00	Bivouac briefing - teams later to shop for provisions	30	BR
16.30	Close		
	Wednesday 20th June		
8.30	Hypothermia & frostbite	45	HP
9.15	Support to endurance events	45	JB
10.00	Coffee	15	
10.15	Tropical medicine 2	45	HP
11.00	Living in the field	30	EM
11.30	Final briefing & disperse		BR
13.00	Meet La Flegere ski station (walk or bus or train)		
14.00	Round robin of 6 training sessions (4/6 Weds)		
	Snow travel & ice axe use	75	LB
	Trauma scenarios (improvising, patient packaging, stretchers, helicopter safety, MR)	2 x 60	JB/HP
	GPS	60	BR
	Security on steep ground/rope work	60	NW
	Medical cases & medical kits	45	EM
	Set up bivy & cook (fireside chats)		
	Thursday 21st June		
	Breakfast & pack up		

8.00	Round robin training activities continued (2/5)	2 x 75	
10.30	Final emergency exercise	90	
12.30	Descend to Chamonix		
15.20	Reconvene in lecture room / return cleaned kit		
15.30	Chamonix mountain rescue	30	CS
16.00	Tea/coffee (glacier trekkers' briefing)	15	BR
16.15	Heat injury	30	HP
16.45	So you wanna be an expedition medic?	30	HP/BR
17.15	Friday briefing, course evaluation, certificates	15	BR
17.30	Insight lecture: Everest My Way	30	BR
18.00	Close		
TBC	End of course BBQ		
	Friday 22nd June		
8.30	Guided mountain walks - meet @ main train station		
9.00	Glacier trekkers - meet @ Salomon shop		
	Saturday 23rd June		
9.00	Glacier trekkers - meet @ Salomon shop		

This programme is weather dependent and subject to change. Please do not make any other plans/social arrangements based on this timetable. Book accommodation for the full course duration.

