

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

| 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 – pay for glacier activity & BBQ | 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 | | |

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|-------|--|--------|-------|
| | 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 | | |

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|-------|---|--------|-------|
| 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 | Debrief of bivouac phase | 30 | HP |
| 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 | | |
| 19.30 | End of course BBQ | | |
| | Friday 22nd June | | |
| 8.00 | Glacier trekkers - meet @ Salomon shop | | |
| 8.30 | Guided mountain walks - meet @ main train station | | |
| | Saturday 23rd June | | |
| 8.00 | 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.

Updated 14/6/18

