

Programme *Expedition Medic* for Medical Students

28-29 July 2018, nr Far Sawry, Windermere

Teaching team: HP - Harvey Pynn, RJ - Robin Judson, SM – Sophie Mella, AT - Alexandra Taylor, HF - Hayley Fairbairn, HW - Helen Wiles, BR – Barry Roberts, WH – Wild Human

| Timings | Refer to the dossier re: arrival times Fri pm & Sat am | Instructors |
|----------------|--|--------------------|
| | Saturday | |
| 9.00 - 9.15 | Welcome & staff introductions | BR & HP |
| 9.15 - 10.15 | Expedition medical planning | HP |
| 10.00 - 10.30 | Finding my way in expedition medicine | AT |
| 10.30 - 11.15 | Expedition orthopaedics | HP |
| 11.15 - 11.30 | Tea/coffee | |
| 11.30 - 12.15 | Practical orthopaedics / rope work | All |
| 12.15 - 1.00 | Lunch | |
| 1.00 - 1.45 | Practical orthopaedics / rope work | All |
| 1.45 - 2.30 | Altitude illness | HP/HW |
| 2.30 - 3.15 | Scenario 1 | RD |
| 3.30 - 3.45 | Tea/coffee | |
| 3.45 - 4.45 | Raft building competition and races | WH |
| 5.00 - 6.00 | Everest | BR |
| 6.00 | Questions and close | |
| | Sunday (strike personal tents & pack up before classes start) | |
| 8.30 - 9.15 | Hypothermia and frostbite | HP |
| 9.15 - 10.00 | Scenario 2 | All |
| 10.00 – 10.30 | Tea/coffee | |

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| 10.30 - 11.30 | Medical kit discussion / cases | HP/HF |
| 11.30 - 12.15 | Tracking | WH |
| 12.15 - 1.00 | Lunch | |
| 1.00 - 1.45 | Scenario 3 | All |
| 2.00 - 2.45 | Scenario 4 | All |
| 2.45 - 3.10 | Life as an expedition medic | HW |
| 3.10 - 3.20 | Tea | |
| 3.20 - 3.50 | Future opportunities in expedition medicine | HP |
| 3.50 - 4.00 | Evaluation, certificates, close & farewells | BR/HP |
| 4.00 | Departure | |

Updated 15 June 2018

All programmes are subject to change due to weather, instructor availability and other factors beyond WMT's control.

