

Expedition Medicine Programme
Salle du Bicentenaire, Chamonix
21st – 25th January 2019



Teaching team: HP – Harvey Pynn, BR – Barry Roberts, LO – Lucy Obolensky, DM – Dan Morris, NW - Nics Wetherill, CS – Carron Scrimgeour, CV – Charlotte Verney, KB - Kirsty Benton

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

	Activity	Speaker	Duration
Day 1	Planning for the worst		
2.30 - 2.45	Early bird glacier day registration		
2.30 - 2.45	Display posters		
2.45 - 3.00	Arrival – all others		
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 ski stations & avalanche risks	BR	30
4.30 – 5.00	Refreshments – Italy bus tickets on sale		30
5.00 - 5.35	Expedition orthopaedics	HP	35
5.35 - 6.15	Global health	LO	40
6.15 - 6.30	Complimentary wine & nibbles		15
6.30 - 7.15	<i>Joy junkie</i>	BR	45
Day 2	'Med' talks		
3.00 - 3.15	Summary of posters	HP	15
3.15 - 3.30	Pain in the wilderness	CV	15
3.30 - 3.45	Diarrhoea	HP	15

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3.45 - 4.00	Dermatology	CV	15
4.00 - 4.15	Cold water immersion	NW	15
4.15 - 4.45	Refreshment break - posters		30
4.45 - 5.05	Considerations for the maritime medic	LO	20
5.05 - 5.25	Frostbite	HP	20
5.25 - 5.40	Primary care tips for the exped medic	LO	15
5.40 - 6.00	Encounters with the unwanted	BR	20
6.00 - 6.30	Complimentary wine & nibbles		15
6.30 - 7.15	<i>Ice Maidens</i>	NW	45
Day 3	Outdoor workshops 1/2 day		
	9-12.30 OR 1.30 - 5.00 – to be allocated		
	GPS and SOS devices	BR	
	Team building	LO/KB	
	Trauma scenario	CS/CV	
	Practical fracture management	DM/NW	
	Safety on steep terrain - rope skills	HP	
5.00	Complimentary wine & nibbles		15
5.15 – 6.00	<i>Media medic & special projects</i>	LO	45
6.00 – 8.00	Apres @ Chambre Nuef – live band		
Day 4	Cold and high		
7.45	Courmayeur bus departs bus station		
2.00	Bus departs Courmayeur		
3.00 - 3.45	Altitude illness – physiology	CV	45
3.45 - 4.15	Hypothermia	NW	30
4.15 - 4.45	Refreshment break		30
4.45 - 5.30	Altitude illness - practical aspects	CV	45

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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>Playing the game</i>	DM	45
Day 5			
2.00 - 2.40	Mental health on expedition	LO	40
2.40 - 3.15	Exercise associated collapse	HP	35
3.15 - 3.45	Medical kits	BR/DM	30
3.45 - 4.30	Expedition ophthalmology	DM	45
4.30 - 4.45	Refreshment break (glacier trek briefing)		15
4.45 - 5.15	Women's health in the wilderness	CV	30
5.15 - 5.35	Research on expeditions	DM	20
5.35 - 5.55	Opportunities for a junior doc	KB	20
6.00 - 6.15	Prize poster presentation	TBC	15
6.15 - 6.30	Complimentary wine/nibbles & feedback		15
6.30 - 6.45	Closing remarks	HP/BR	15
6.45 - 7.15	<i>But seriously how?</i>	CV	30
7.15	Exchange feedback for certificates		
9.00	End of course party		
Day 6	Optional glacier trekking experience		

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.

