

Wilderness Medical Training™ is delighted to be returning to **Glenmore Lodge** in spring 2012 to add the **2-day Expedition Medic** course and a special 3-day optional package of intense outdoor instruction and training – **The Outdoor Medic** - to what we offer in Aviemore. Join us for either or both of these inspirational courses.

### **Glenmore Lodge Medic course dates in 2012**

**Expedition Medic** 28-29 April

**The Outdoor Medic** 30 April – 2 May

#### **About Wilderness Medical Training™**

WMT is the authentic leading UK company that teaches advanced medical skills to laypeople through our Explorer courses and also trains doctors, nurses and other healthcare professionals through our Medic courses. WMT trains hundreds of people each year from many backgrounds (universities, film companies, schools, private companies, outdoor instructors, security/military personnel, teachers, yachtsmen, climbers, divers, overland drivers etc.). What they have in common is that they are all venturing to remote foreign locations where medical facilities and back up are limited or non-existent. WMT also works with film crews (BBC Tribe, Frozen Planet), the Royal Geographical Society/IBG and other notable companies and institutions (such as Oxford and Cambridge universities and the Zoological Society of London). WMT's ethos is a little knowledge is not dangerous. Our instructors are leading expedition doctors, experienced nurses and expedition professionals. WMT celebrated 20 years of service to the expedition community in 2011.

#### **Expedition Medic – course overview**

Expedition Medic is a stand-alone 2-day course in WMT's MEDIC series of courses aimed doctors, nurses and other health professionals. This practical, hands on course is taught by seasoned expedition medics. We take students through the most important medical skills and knowledge required for managing high, hot and cold environmental medical problems – both traumatic and illness conditions - and much more. We then mix in practical skills including expedition medical planning, compiling a suitable medical kit, improvised rescue, basic rope work and radio communications. You will leave with a broad understanding of the demands on the expedition medic and a new tool set of practical field skills.

This is a fun, inspiring course that should be the minimum formal specialised medical training that experienced and aspiring expedition medics should undertake. POM authorisation is granted to nurses/med students, OHPs who attend. You don't need any expedition or outdoor experience to join in.

Whether you are flirting with the idea of accompanying a team up Kilimanjaro, pimping your expedition CV or simply want a fun, inspiring educational weekend in Scotland, Expedition

Medic will satisfy your aims and open your eyes to the broad field of expedition and wilderness medicine and the possibilities to travel using your medical skills.

Non-medics are welcome to attend but you would have to demonstrate that you have related medical training under your belt, such as having attended WMT's Advanced Medicine course. Otherwise look at the Explorer (laymen) courses WMT offers at Glenmore Lodge.

### **Expedition Medic – outline programme**

#### Day 1

Introduction, aims & legal considerations

What is expedition medicine?

Expedition medical planning – immunisations/antimalarials

Pre-existing medical cases

Medical kits – discussion

LUNCH

Tropical fevers

Moving lifting & straightening patients

Soft tissue injuries & burns

Expedition emergency scenario discussion

#### Day 2

Altitude illness

Fractures & dislocations

Radio communication

Belays, ropes stretchers, improvised rescue

LUNCH

Heat illness & malaria

Bites & Stings

Hypothermia & frost bite

Expedition training opportunities

### **Course overview – The Outdoor Medic**

Following on the 2 days of medical training we are offering 3 days of activity training. One day on rock climbing/abseiling skills, one day on mountain walking and navigation skills, and one day on canoeing skills.

These sessions are physical and outdoors but aim to cover important safety aspects of the activities, and introduce the commonly used equipment that you might come across. They also offer some skills training and provide an opportunity for us to put in some emergency medical scenarios to put the medical training into the outdoor and remote context.

These sessions being one day each will be at more of an introductory level, however we have venues such as the Cairngorm mountains and the river Spey almost at our back door and they provide a serious environment for relative novices to these activities.

All activities will operate on a ratio of one instructor to 6 clients. All the staff apart from being some of the most qualified in the country have travelled extensively abroad leading mountaineering, paddling or skiing expeditions and treks.

Glenmore Lodge will provide all the technical equipment for climbing and paddling as well as the more mundane boots, a rucksac and waterproofs.

We are offering this new 3-day outdoor skill training package for two reasons. WMT has always advocated that the expedition medic must be personally comfortable and competent in the environment they're operating in. You may not know what your preferred environment is or have never had any formal mountain or water-based instruction so here is your chance to experience an intensive introduction.

WMT has always pointed to great organisations such as Glenmore Lodge to access outdoor skill training and this year we have coupled our course with their resources to follow through on this advice.

The second reason, simply put, is if you're travelling all the way to Glenmore Lodge for a weekend, why not make a 5-day + trip out of it to hone your outdoor skills and improve your outdoor CV?!

#### Here's what past delegates said about the Expedition Medic course

Great – all of it. Lots of humour, real examples.

An excellent, informative and useful course. Thank you v. much!

Relaxed and informative – never boring!

Excellent in presenting a lot of content in an interesting way.

Was glad of lots of teaching styles.

Superb – good humour & clear instructions.

Handled questions well – good demos.

Not enough biblical preaching and snake handling!

#### **CPD**

We estimate that Expedition Medic is valid for approximately 12 CPD credits.

#### **RGS Expedition Health Research**

A Royal Geographical Society study of 1263 medical complaints on expedition found that more than half (51%) were classified either as gastrointestinal upsets (30%) or medical problems (21% – infections, headache, malaria etc.). 8% of complaints were fauna related. Not surprisingly, 4% of problems were feet related. Orthopaedic problems accounted for 19% of complaints, closely followed by environmental problems at 14%. Even minor illnesses left untreated, such as diarrhoea, blisters or sunburn, can slow a whole team down, reduce productivity and enjoyment and threaten the success of an expedition. More serious illness or injury can derail the expedition's plans and result in evacuation that can be difficult and protracted. There is much for the expedition medic to consider and prepare for.

For an overview of ALL **WMT Medic series** courses visit this page:

<http://wildernessmedicaltraining.co.uk/medics-series-courses>

**Explorer series courses** are designed for laypeople and we are offering the following courses at the Lodge in 2012:

Far From Help 28-29 April

Advanced Medicine 28 April – 1 May

Far From Help Part 2/Advanced Refresher 30 April – 1 May

Far From Help 1-2 December

Advanced Medicine 1-4 December

Far From Help Part 2/Advanced Refresher 3-4 December

**Website advice pages:** These WMT website advice pages will help you decide which WMT programme is most appropriate to you.

<http://wildernessmedicaltraining.co.uk/explorer-series-courses>

<http://wildernessmedicaltraining.co.uk/advice-resources>

### **The style of WMT courses**

WMT courses combine lectures, small group practical sessions, case study discussion groups and outdoor skill training (whatever the weather!). WMT courses are always intense, fun, confidence boosting and rewarding.

**Expedition Medic course director:** to be confirmed. **Dr Jon Dallimore**, WMT's Medical Director is provisional lined up to lead this course.

Dr Jon Dallimore MSc MBBS (London) MCEM MRCP DCH DRCOG Dip. Mountain Med (UIAA)

Jon has spent more than two years in the field on 25 expeditions as doctor and/or leader. These expeditions have varied from the jungles of Sulawesi, Belize, Thailand and Ecuador to the deserts of Sinai, Namibia and Kenya and to the high mountains of East Africa, the Arctic and the Himalayas. Jon completed the UIAA Diploma in Mountain Medicine in September 2004 and is now a UK executive faculty member. Jon has an MSc in travel medicine, is a member of the RGS medical cell and a contributing author and co-editor for the new Oxford Handbook of Wilderness and Expedition Medicine. In addition to his WMT commitments, Jon has developed a portfolio medical career, working as a staff grade doctor in the Emergency Department at Bristol Royal Infirmary, as a part-time GP and as an advisor to five expedition companies. Jon is also a lecturer at Bristol University and advises medical students on their overseas electives and is an ALS and ATLS instructor. Jon is an International Mountain Leader (IML) and a member of the Alpine Club.

Other instructors are confirmed nearer the time and based on final student numbers.

### **POMs - authorisation to obtain prescription medications**

The course director will authorise Expedition Medic delegates to obtain the prescription medications that are discussed on WMT's Explorer series Far From Help course through our partnership with Nomad Travel [www.nomadtravel.co.uk](http://www.nomadtravel.co.uk). These include antibiotics and painkillers amongst other useful drugs. This service is not relevant to qualified doctors but is extremely useful for nurses, paramedics, senior medical students, vets and OHPs to be able to put together a suitable medical kit after the course.

**Book early to avoid disappointment**

Due to the specialised nature of these courses, location and instructor ratios, we are sometimes unable to upscale our resources to accommodate a large influx of late bookings so book early to avoid disappointment.

**Further information**

Please visit the WMT website or contact WMT by email if you have any questions about attending any of these programmes.

I hope you can join us at Glenmore Lodge.

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