



Wilderness Medical Training™ is delighted to be returning to Glenmore Lodge in spring and December 2012

This year you have more choice than ever to attain expert WMT expedition medical training at the Lodge and this note will help you decide which course to attend.

Course dates in 2012

Spring

Advanced Medicine 28 April – 1 May

Far From Help 28-29 April

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

December

Advanced Medicine 1-4 December

Far From Help 1-2 December

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

Offered back to back, Far From Help + Far From Help Part 2 equals the Advanced Medicine course. You must have attended a previous WMT course within the last three years to attend Far From Help Part 2; otherwise there are no pre-requisites to attend any of these courses. (Nurses and senior medical students are exempt from this requirement). These courses are in WMT's Explorer series aimed at lay people, not qualified medics.

About Wilderness Medical Training™ (WMT) is the authentic leading company that teaches advanced medical skills to laypeople through our Explorer courses. We train 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*

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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.

Website advice pages: These advice pages on WMT's website 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>

Medics: Doctors, nurses, paramedics, medical students and other health professionals should visit this page:

<http://wildernessmedicaltraining.co.uk/medics-series-courses> The 2-day

Expedition Medic course is being offered at the Lodge 28-29 April with an option 3-day outdoor training module 30 April – 2 May.

<http://wildernessmedicaltraining.co.uk/expedition-medic>

Programme & content: Please see below for the timetables and detailed content of all three courses offered at the Lodge. These are not first aid courses – we go beyond this. Crucially we discuss a range of **illness** conditions in addition to **common injuries and more serious injuries**. You will learn how to take a **medical history** and perform a **physical examination** before making a **diagnosis** and deciding what **treatment** would be appropriate.

Plus we discuss the use of a range of **prescription-only medicines** – pain killers, antibiotics and other drugs - and we'll authorise you to obtain these medicines for up to three years. We discuss a range of common medical problems likely to befall any group in any environment (various infections, diarrhoea, sprains/strains, breaks, burns, wounds etc.) and there are also lectures that focus on the unique medical problems posed by special environments such as high, hot and cold places and where malaria and other serious, common tropical infections and wildlife risks abound.

We aim to develop student's judgement and their ability to discriminate between conditions that can be managed and resolved in the field, those that require a "watch and wait" approach and those that require evacuation. If you have the knowledge to confidently rule out a serious problem you might be able to salvage your expedition without resorting to an unnecessary evacuation.

On FFH 2/Advanced Medicine we include invasive techniques including **suturing wounds, giving injections and using intravenous fluids** and more advanced topics.

Summary

Far From Help is a stand-alone demanding foundation course to learn about many illness and injury conditions and includes a doctor's authorisation to obtain prescription medications to help you deal with these. No needles!

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On **Advanced Medicine** (last 2 days of which are FFH 2) you'll learn everything on Far From Help plus practice invasive techniques – involving needles and injections – to be able to suture (stitch) wounds, give medications by injection (including anti sickness drugs, adrenaline and using Epi-pens) and administer potentially lifesaving intravenous fluids.

Style of WMT courses: These courses combine lectures, small group practical sessions and discussion groups. There is a lot to learn so do not be surprised at the pace. You will be given an excellent A5 size field book of notes as a reference (sorry - not available in advance or electronically). Please be prepared to give your undivided attention and to be in full attendance from beginning to end. Our experiences of 20 years of teaching since 1991 are that laypeople - non-medically training people - can learn an enormous amount in just a few days. WMT courses are always intense but confidence boosting and rewarding.

Suitability & pre-course experience: Prior first aid training is not required to attend. If you have never done a first aid course you should read the latest first aid manual from the Red Cross or St. John's Ambulance. WMT courses are suitable for highly motivated people with plans to travel overseas to remote areas who wish to prepare thoroughly and be self-sufficient. Medical students (up to 3rd year), nurses and other health practitioners may benefit from these courses but they are not suitable for doctors. You must have attended a previous WMT course within the last three years to attend FFH Part 2; otherwise there are no pre-requisites to attend any course. (Nurses and senior medical students are exempt from this requirement.)

Course director: Dr Jon Dallimore, WMT Medical Director

Dr Jon Dallimore MSc MBBS (London) MCEM MRCGP 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 press). 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.

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Examination & certification: There is a short, written end of course test at the end of FFH 2 and Advanced Medicine on day 4; otherwise assessment is informal and ongoing throughout the courses. WMT will issue you a stylish certificate upon completion. This is not an HSE or “paramedic” qualification but you will be satisfied to know that WMT training is well recognised as the “industry standard” in a wide variety of fields (expedition, travel, film, university research etc. and by the Royal Geographical Society, RYA, mountain leader training boards etc) and WMT training has integrity. The certificate is valid for three years

Accreditation: These courses satisfy the UK NGB award requirements for first aid training. You can also earn CPD points if you are an IML. See this page for more information <http://wildernessmedicaltraining.co.uk/accreditation-explorer-courses>

Authorisation to obtain prescription medications: The course director will authorise students to obtain the prescription medications that are discussed on each course through our partnership with Nomad Travel www.nomadtravel.co.uk.

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 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.

Email: wmt@wildernessmedicaltraining.co.uk

Web: www.wildernessmedicaltraining.co.uk

Barry Roberts,
Commercial Director
Wilderness Medical Training™



Far From Help (days 1-2)

Advanced Medicine (days 1-4)

Far From Help Part 2/Advanced Refresher (days 3-4)

Arrive the night before your course (B&B is included) for a prompt start at 9am.

DAY 1

- 09.00 Introductions
 - Aims of course
 - Legal considerations
- 10.00 Expedition medical planning – includes anti-malarials and immunisations
- 10.45 Diagnosis - taking a history
Group work - examples of history taking
- 11.30 Measuring vital signs and examination of chest and abdomen
- 13.00 Lunch
- 14.00 Cardio-pulmonary resuscitation – latest guidelines
- 14.30 Shock
- 15.00 ABC approach to injured casualties – practical
- 16.00 Moving, lifting and straightening a casualty
- 16.30 Soft tissue injuries and burns
- 17.30 Close

DAY 2

- 09.00 Head, neck, chest and abdominal injuries
- 10.00 Fractures, dislocations and use of splints
- 11.15 Common medical conditions. Management of diarrhoea
- 13.00 Lunch
- 14.00 Cold injuries and altitude sickness
- 15.00 Practical – examining eyes and ears
- 15.45 Tropical problems – heat illness, malaria, bites and stings
- 17.00 Medical kits and supplies
- 17.30 FFH delegates depart

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DAY 3

- 09.00 Objectives, review of legal considerations
 - History taking revisited
 - Writing medical records – case studies
- 10.30 Triage scenarios
- 11.00 ABC approach to injury and illness conditions – group work
- 12.00 Video - passing a naso-gastric tube
- 13.00 Lunch
- 14.00 Vehicle scene safety/extrication, helmet removal and pelvic stabilisation
- 16.00 Advanced wound management
 - Practical - suturing a wound

DAY 4

- 09.00 Pain control/anaphylactic shock
- 10.30 intramuscular injections
 - intravenous fluids and injections
- 13.00 Lunch
- 14.00 Selecting a suitable medical kit
- 15.00 Written examination
- 16.00 Close/depart

Note: some of the skills taught, and the use of prescription medicines especially, are not appropriate for use in the UK where professional medical support is readily available.

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