

Expedition Medicine Programme
Salle du Bicentenaire, Chamonix
2nd – 6th March 2020



Teaching team: HP – Harvey Pynn, BR – Barry Roberts, LO – Lucy Obolensky, DM – Dan Morris, NW - Nics Wetherill, CS – Carron Scrimgeour, LM- Lorraine Mooney, KD - Kate Dillon, MN - Mike Napier

Notes: Sunday 8-10pm – 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	Monday - Mountains		
2.45 - 3.00	Doors open – display posters		
3.00 - 3.15	Course kick off - introductions	BR/HP	15
3.15 - 3.45	Mountain safety	BR	30
3.45 - 4.15	Altitude illness - physiology	DM	30
4.15 – 4.45	Refreshments – confirm extra activities		15
4.45 - 5.15	Altitude illness - 'Diamox debate'	HP	30
5.15 - 5.45	Frostbite	NW	30
5.45 - 6.15	Chamonix mountain rescue	CS	30
6.15 - 6.30	Complimentary wine & nibbles		15
6.30 - 7.15	<i>Joy Junkie</i>	BR	45
Tuesday - new venue for the day – Majestic Congress			
Day 2	Global health & wilderness medicine		
2.30 - 3.00	GH in expedition medicine	LO	30
3.00 - 6.00	Breakout sessions	All	
	Leadership on expedition	LO	

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	Designing a medical kit	HP	
	Planning an expedition	NW	
	Screening expedition participants	HP	
6.20 - 6.30	Move to Bicentenaire - complimentary wine		10
6.30 - 7.15	<i>Ethics in media medicine</i>	LO	45
Day 3	Wednesday - outdoor workshops 1/2 day		
	9-12.30 OR 1.30 - 5.00 – to be allocated		
	Avalanche incident management	BR	
	Trauma scenario	HP/NW/KD	
	Practical fracture management / PAC	DM/LO/LM	
	Safety on steep terrain - rope skills	MN	
5.30	Complimentary wine & nibbles		15
6.15 – 6.30	<i>Life at the sharp end</i>	HP	45
Day 4	Thursday - Cold, wet & poorly		
8.00	Courmayeur bus departs		
3.00	Bus departs Courmayeur		
3.45 - 4.20	Hypothermia	NW	35
4.20 - 4.50	Diving and medicine at sea	LM	30
4.50 - 5.10	Refreshment break		20
5.10 - 5.50	Tropical medicine - need to know?	HP	40
5.50 - 6.15	Mental resilience	NW	25
6.15 - 6.30	Complimentary wine & nibbles		15
6.30 - 7.15	<i>Ice Maidens</i>	NW	45
Day 5	Friday - Hot & traumatic		
2.00 - 2.40	Wilderness ophthalmology	DM	40

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2.40 - 3.20	Exercise associated collapse	HP	40
3.20 - 3.40	Research on expeditions	DM	20
3.40 - 4.10	Pre-hospital POCUS	HP	30
4.10 - 4.30	Refreshment break (glacier trek briefing)		20
4.30 - 4.45	Wilderness analgesia	HP	15
4.45 - 5.15	Opportunities for a junior doctor	KD	30
5.15 - 5.30	Prize poster presentation	TBC	15
5.30 - 5.45	Complimentary wine & feedback		15
5.45 - 6.00	Closing remarks	HP/BR	15
6.00 - 6.45	<i>Playing the game</i>	DM	45
6.45	Exchange feedback for certificates		
9.00	End of course party		
Day 6	Saturday - glacier trekking experience		

Stay tuned via the WhatsApp group for venue locations, evening social meeting points and other real-time updates.

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.

