



Programme - Expedition Medicine & Field Skills 17th - 21st June 2019

Teaching team: HP - Harvey Pynn, BR - Barry Roberts, NW - Nigel Williams, AT - Alexandra Taylor, LB - Luc Bellon, CS - Carron Scrimgeour

Sunday

20.00 – 22.00 Informal/optional drinks gathering - Chambre Neuf bar

Monday

9.00 Registration - Salle du Bicentenaire
9.15 Welcome, introductions, the week ahead
9.30 Bench marking exercise in local park (be dressed for the weather)
10.15 Tea/coffee
10.30 Expedition medical planning - HP
11.45 Navigation essentials - NW
12.15 Lunch
13.15 Acute mountain sickness (incl PAC demo) - HP
14.00 Mountain hazards - BR
14.30 Expedition orthopaedics (including pain) - HP
15.15 Tea/coffee
15.30 Tropical medicine cases, snake bite - HP
16.00 Human dynamics - cases - BR
16.30 Briefing for Tuesday
16.45 Insight lecture - NW: Polar Academy
17.30 Close

Tuesday

8.30 Meet at Les Gailland (St. Gervais train @ 8.18, disembark Les Pelerins @ 8.25)
8.45 - 16.00 Round robin of outdoor training sessions in 4 groups
1. Scene safety, vehicle extrication, moving, lifting and carrying - HP
2. Practical splinting - AT
3. Navigation 2 - NW
4. Fire & catering - BR
ALL - Jungle living, personal jungle kit, bashas inc water purification, kit prep/packing, waterproofing - HP

16.00 Bivouac briefing - BR - teams later to shop for provisions
16.25 Close – return train @ 16.25 or walk

Wednesday

8.30 Global Health - AT
9.15 Hypothermia & frostbite - HP
10.00 Coffee
10.15 Tropical medicine 2 - AT
11.00 Heat injury - HP
11.30 Final briefing & disperse
13.00 Bivouac meeting point - tbc
14.00 Round robin of training sessions in 5 groups (3/5 Weds):
Mountain craft - LB
Trauma scenarios (improvising, packaging, stretchers, heli safety, MR) - HP/CS
GPS, electronic navigation tools, SOS devices - BR
Security on steep ground/rope work - NW
Medical cases & medical kits - AT
Set up bivy/tents & cook, then “fireside” chats

Thursday

Breakfast & pack up
8.00 Training activities continued (2/5):
10.30 Final emergency exercise
12.00 Descend to Chamonix
14.55 Reconvene in Bicentenaire / return cleaned kit
15.00 Chamonix mountain rescue - CS
15.30 Mental health in the wilderness - AT
16.00 Tea/coffee (glacier trekkers’ briefing)
16.15 Insight lecture - AT: title TBC
17.00 Recap of learning points from the course - HP
17.15 Friday briefing, course evaluation, certificates
17.20 Insight lecture - BR - Everest: My Way
18.00 Close
19.00 End of course BBQ @ Gite Le Vagabond. Food at 20.00

Friday

0830 Guided hikes - meet at main train station
Glacier trekkers - follow earlier briefing

Saturday

Glacier trekkers - follow earlier briefing
Survivors’ drinks! TBC by delegates via WhatsApp