



Expedition Medic 11th - 12th July 2019 - Outline Programme

Note: we may (always!) move sessions around to take account of the weather. Caffeine breaks taken as required.

Teaching team: DG Duncan Gray, HF Hayley Fairbairn, BR Barry Roberts

Day 1

9am Introductions

Bench marking exercise

Expedition medical planning - group work

Round robin 3 x 60 minutes

- Fracture management & improvisation; slings, minor #s, Kendrick, pelvic binder HF
- Trauma management - Duncan's donut / triage / spinal management DG
- GPS / getting rescued (satellite trackers) BR

Lunch

Round robin cont'd

Adrenaline auto-injector hack DG

Fever case/tutorial inc malaria RDT & diarrhoea DG

Homework: Medical kits - Morocco case and group work - all BR & DG

Dinner

After dinner insight lecture HF; becoming an expedition medic, CV advice, sources of jobs & networking

Day 2

Pack up before breakfast

8.30 Medical kits - debrief

Environmental medicine - hot and high - lecture DG (cold & frostbite if time allows)

Round robin 2 in 2 groups: 2 hours total

- Portable altitude chamber demonstration / patient packaging & moving DG/HF
60 mins
- Rope craft - BR 60 mins

Lunch

Final scenario; putting skills into practice

Scenario debrief

Feedback, certificates, farewells

4pm close – depart camp

(v1 25 June 2019)

