

Fieldwork and Expeditions

Royal
Geographical
Society

with IBG

Advancing geography
and geographical learning

● Wilderness Medical Training - Far From Help 7 - 8 March 2009

Organised by the Royal Geographical Society with IBG in association with Wilderness Medical Training (WMT) Far From Help (FFH) is a foundation course designed for people operating in remote areas overseas without a medic on their team and where medical help is not readily available.

Syllabus: The FFH syllabus goes beyond basic first aid training. Crucially, it covers a range of **illness** conditions in addition to **common injuries**. Students will learn how to take a **medical history** and perform a **physical examination** before making a **diagnosis** and deciding what **treatment** would be appropriate.

The use of a range of **prescription-only medicines** – pain killers, antibiotics and other drugs are also discussed and a range of common medical problems likely to befall any group in any environment (**infections, diarrhoea, sprains/strains, breaks, burns, wounds** etc.). There are 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.

Specific techniques such as how to measure blood pressure, examine eyes and ears, and use a stethoscope and how to manage a spinally damaged patient will be taught. CPR is also included.

FFH aims to develop judgment and ability to discriminate between conditions that can be managed and resolved in the field, those that should be monitored closely 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 or travels without resorting to an unnecessary evacuation. However, even if you decide to evacuate, FFH will teach you many useful things you can do before reaching professional medical help which might ease the pain and suffering of your team member or reduce their risk of severe or permanent disability.

Style of the course: The course combines lectures, small group practical sessions and discussion groups. It starts with **expedition medical planning** and concludes with a session on **choosing and using medical kits**. WMT's instructors aim to highlight the principles of managing medical problems and to develop your problem solving skills.

This course is intense, rewarding and fun it is also a net-working opportunity at the Explorers' Bar on Saturday evening.

Suitability/ Who should attend: This course is most suitable for highly motivated people planning to visit remote, areas overseas who wish to prepare to be medically self-sufficient. If you only plan to operate within the bounds of the UK this course might not be suitable for you unless you are an offshore sailor, and you should discuss your needs with WMT before booking. Medical students (up to 3rd year), nurses and other health practitioners may benefit from this course and they are welcome to attend. Far From Help is not suitable for doctors.

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Entry requirements / recommended reading

Previous first aid training is desirable, but not a pre-requisite. The ***Oxford Handbook of Expedition and Wilderness Medicine*** by Chris Johnson, Sarah Anderson, Jon Dallimore, Shane Winser, and David Warrell (eds.) £28.95 is highly recommended pre-reading and a copy can be ordered when booking onto this Far From Help course.

Accreditation: Far From Help satisfies most if not all UK NGB requirements for a first aid certificate. but it is not HSE approved. A certificate is issued on completion of the course (valid for three years).

Dates

Saturday 7 and Sunday 8 March 2009

Timing

9.00am to 6.30pm on Saturday and 9.00am to 5.30pm on Sunday. Doors open half an hour before the start.

Venue

Royal Geographical Society (with IBG)
1 Kensington Gore, London SW7 2AR

Event cost (held at 2006 rate)

*Student rate: £188 (incl VAT at 15%);
Standard rate: £265 (incl VAT at 15%) for the weekend.* The price includes lunch, refreshments, a comprehensive A5 sized field manual of course notes and materials but *not* accommodation.

The doctors teaching this course will authorise you to purchase the prescription drugs you are taught to use. This service is included in the fee at no extra charge.

Bursaries

A limited number of student bursaries of £50 are available. To apply, attach a statement outlining why you deserve one. Preference will be given to students involved in expeditions taking place in 2009. *Please pay by credit card or switch and we will debit your account accordingly.*

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**To book please return a completed booking form with payment to:
Geography Outdoors: the centre supporting field research, expeditions and outdoor learning**

RGS-IBG, 1 Kensington Gore, London SW7 2AR ▪ tel: 020 7591 3030 ▪ fax: 020 7591 3031
▪ e-mail: go@rgs.org ▪ website: www.rgs.org/GOseminars

7 - 8 March 2009

Far From Help with WMT

Royal Geographical Society with IBG

Advancing geography and geographical learning

Booking Form • Wilderness Medical Training's Far From Help 2 day course at the RGS-IBG, London

First Name Surname RGS-IBG Member Y/N

Position

Organisation

Address

Postcode

Telephone number (day) (evening/mobile)

Email address (PREFERRED METHOD OF COMMUNICATION)

Where did you hear about this course?

Have you have any special dietary or other needs we should be aware of?

To help us ensure that this course is relevant to your needs, please complete the details overleaf.

BURSARIES If you would like to apply for a student bursary, please attach a statement about why you deserve one. Preference will be given to students involved in expeditions taking place in 2009.

PAYMENT

I will be attending the Far From Help on 7-8 March 2009

I enclose a cheque for student rate: £188 (incl VAT at 15%) or standard rate: £265 (incl VAT at 15%) for 2 days payable to RGS-IBG,

Please debit my Visa / Mastercard / Eurocard / Switch for £

Please send me a copy of OUP Expedition & Wilderness Medicine Handbook. I enclose payment for £28.95

Please send me a copy of OUP Expedition & Wilderness Medicine Handbook and RGS-IBG Expedition Handbook @ £38

Card Number Expiry Date

Switch Issue Number /Date

Signed Date

Please send me an invoice at the above address

Invoices may be requested but must be settled in full before the date of the course Confirmation of your booking will be sent out on receipt of payment.

No refunds on bookings cancelled less than 4 weeks before the seminar

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Wilderness Medical Training • Booking Form Continued

Past expedition experience and activities:

Previous first aid/medical training: (year undertaken, course titles and qualifications gained):

Expedition plans or aspirations: (include areas of travel and activities to be undertaken):

Medical subjects of particular interest:

Please complete the booking form on the reverse and return it with your payment.

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