

# Fieldwork and Expeditions

Royal  
Geographical  
Society

with IBG

Advancing geography  
and geographical learning

## ● Wilderness Medical Training 6 - 7 March 2010

## ● FAR FROM HELP

Organised by the RGS in association with Wilderness Medical Training (WMT), this two-day course starts where conventional first aid training stops. It is designed for small expedition groups, solo travellers, media personnel, climbers, trek leaders/teachers, yachtsmen and any others operating in remote areas where medical help is not readily available.

When it comes to medical training, some would advocate that a little knowledge is dangerous. The WMT expedition and medical professionals who developed this programme know that on the contrary, a little knowledge can save lives when expert medical assistance is not at hand and you must do the best you can. Increased medical knowledge will enable you to make considered judgements about health problems and will instil the skill and confidence needed to deal more effectively with such occurrences.

### Participants will learn

*Assessment, diagnosis and treatment* of a variety of conditions, taking a medical history, conducting a physical examination, use of a stethoscope and blood pressure cuff, control of pain and sickness.

*How to stabilise a patient's condition*, immediate care of trauma victims (first & second aid), immobilisation of fractures, treatment of soft tissue injuries and burns, recognition and treatment of shock.

*How to manage disease*, for example, appendicitis, urinary tract and genital infections, diarrhoea illnesses, chest infections, use of appropriate prescription drugs.

*Environmental hazards*, optional sessions, choose between diagnosis and treatment of acute mountain sickness and cold injuries, or heat problems and venomous bites and stings.

*Related topics*, risks and prevention, ear, nose and throat problems, head and neck injuries, chest and abdominal injuries, psychological management of accident/illness, legal considerations.

### Entry requirements / recommended reading

Previous first aid knowledge is desirable, but not a pre-requisite. It is recommended that attendees obtain a copy of *Oxford Handbook of Expedition and Wilderness Medicine* by Chris Johnson, Sarah Anderson, Jon Dallimore, Shane Winser, and David Warrell (eds.) £28.95. Please note that although this course may be of use to medical students (up to 3<sup>rd</sup> year) or nurses, it is not designed for doctors; rather it is for individuals travelling to remote areas wishing to be well-prepared and self-sufficient.

### Venue

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

### Dates

Saturday 6 and Sunday 7 March 2010

### Timing

9.30am to 6.30pm on Saturday and 9.00am to 5.30pm on Sunday. Doors open half an hour early.

### Event cost

*Student rate: £195.50 (incl. VAT), Standard rate: £276 (incl. VAT) for the weekend.* The price includes lunch, refreshments, 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 2009/2010. *Please pay by credit card or switch and we will debit your account accordingly.*

**NB:** After completing Far From Help, WMT welcome you on their part 2 course running this year on 20-21 March in Oxford.

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](mailto:go@rgs.org) • website: [www.rgs.org/GOseminars](http://www.rgs.org/GOseminars)

# 6 - 7 March 2010

## Wilderness Medical Training

**Royal Geographical Society**

with IBG

Advancing geography and geographical learning

### Booking Form • Wilderness Medical Training – a two-day course at RGS-IBG, London

First Name \_\_\_\_\_ Surname \_\_\_\_\_ RGS-IBG Member Y/N \_\_\_\_\_

Position \_\_\_\_\_

Organisation \_\_\_\_\_

Address \_\_\_\_\_

Postcode \_\_\_\_\_

Telephone number (day) \_\_\_\_\_ (evening/mobile) \_\_\_\_\_

Email address (COMPULSORY 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 2010.

#### PAYMENT

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

*I will be attending the Wilderness Medical Training on 6 -7 March 2010*

I enclose a cheque for *student rate*: £195.50 or *standard rate*: £276 (both incl. 17.5% VAT) for 2 days payable to **RGS-IBG**, OR

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

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 your role:**

**Previous first aid training (dates, course title, and qualifications):**

**Expedition plans (include dates, intended 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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Return completed form to  
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