

Wilderness Medical Training

Royal
Geographical
Society
with IBG


Advancing geography
and geographical learning

- Far from Help
- Saturday 6 - Sunday 7 March 2010
- Programme

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Saturday 6th March

09.00	Introductions Aims of course Legal considerations
10.00	Expedition medical planning
10.45	Coffee
11.15	Field nursing care
11.45	Shock and blood pressure
12.15	Diagnosis - taking a history
12.30	History taking practice (in small groups)
13.00	Lunch
14.00	Fractures and dislocations
15.00 – 17.30	<u>Circuit of sessions</u> (4 groups) Measuring blood pressure Cardio-pulmonary resuscitation - practical Assessing injured casualties Examination of chest and abdomen
(16.00 - 16.30	Tea break)
17.30	Wounds and burns
18.30	Close, followed by drinks in the New Map Room until 20.00



Sunday 7th March

09.00	<u>Important medical conditions</u> Heart and lung problems Gut problems Urinary, genital and neurological problems
10.15	Coffee
10.45	Scenario discussion in small groups
11.15	Serious injuries head, neck, chest and abdominal injuries
12.00	<u>Circuit of sessions</u> (2 groups) Examining eyes and ears Log rolling, collars, moving injured casualties
13.00	Lunch
14.00	Thermal injuries
14.45	Malaria, bites and stings
15.30	Tea
15.45	Altitude sickness
16.15	Choosing and using medical kits
17.00	Final questions. Close. Depart

Note: some of the skills taught, and the use of prescription medicines especially, are not appropriate for use in the UK where professional medical support is readily available. This programme is provisional and the running order may change.