



Pre-course Dossier (29/10/18)

FOR ALL WMT COURSES AT GLENMORE LODGE DECEMBER 2018

Welcome folks!

This note will help you prepare for your WMT course so please read it in good time. It does not aim to convey or repeat all the general information available about Glenmore Lodge's facilities etc. which can be found on their website <http://www.glenmorelodge.org.uk>. The information below, especially course timings, supersedes any other information you've read or received. This note is also available on each course page under DOWNLOADS on WMT's website.

What's happening at the Lodge?

Several WMT programmes run over four days with up to 40 students attending. Some students depart with a **Far From Help** (FFH) certificate after two days and the rest continue with alumni joining us for the last two days (**FFH Part 2/Advanced Refresher**) to complete the **Advanced Medicine** syllabus. It is a busy four days with many interesting people attending with expedition plans to far flung places and as such it is a great networking opportunity, especially as a residential course with a cosy bar!

WMT teaching team at Glenmore Lodge

WMT's Medical Director Dr Harvey Pynn will be the course director. He is an emergency medicine consultant, air ambulance critical care doctor and an expert in jungle/mountain medicine. He will be supported by a very highly experienced teaching team of other instructors/doctors.

<http://wildernessmedicaltraining.co.uk/directors-senior-instructors/>

Glenmore Lodge – general advice

Travel advice & how to find the Lodge <http://www.glenmorelodge.org.uk/find-us.asp>. The Lodge also has an online travel sharing forum: <http://www.glenmorelodge.org.uk/about-us/how-to-find-glenmore-lodge/travel-forum/>

This **ABOUT US** section of the Lodge website is also useful for general information <http://www.glenmorelodge.org.uk/aboutus.asp>. Towels are provided.

Dress code & kit

Comfortable clothing and sensible shoes are recommended. We normally do some outdoor based teaching on days 3-4 so please bring appropriate outdoor clothes and footwear including a waterproof jacket and pants, hat and gloves. The Lodge "stores" have waterproofs and boots you can borrow for free if you are travelling light. Please ignore the Lodge's generic advice re: outdoor kit – these are not outdoor activity courses.

Meals & refreshments

All meals, coffee and tea breaks are provided by the Lodge starting from breakfast on the first day of your course to afternoon tea on the final day. If you booked a non-residential place, lunches and coffee/tea is included. Each day make yourself a packed lunch in the dining room after breakfast.

Timings for checking in/out

It is **not necessary** to attend the Lodge's normal daily welcome briefing for new arrivals – please just meet in the allocated WMT course room. Accommodation (shared twin rooms normally) the night before your course is included in the residential course fee but an evening meal is not. The comfortable Lodge bar serves food. See here for service hours <http://www.glenmorelodge.org.uk/bar-restaurant.asp>. If you are arriving the morning your course starts, please allow sufficient travel time given weather/snow and be on time. Better to arrive early and enjoy the extensive brew making facilities! Check in time is after 3pm and check out is 10am on the day of your departure. Shower facilities and luggage storage is available after checking out.

Course content and start/finish times

Please see the programme below.

Course materials

Each student receives a comprehensive A5 size field book of notes for reference. The manual and PowerPoint slides are not available in advance or electronically post-course - sorry. This is to protect WMT's intellectual property rights.

Suitability & pre-course experience

Prior first aid training is not required to attend. If you have never done a first aid course you must read the latest first aid manual from the Red Cross or St. John's Ambulance to bring yourself up to speed with basic first aid. WMT courses are aimed at highly motivated people with plans to travel overseas/offshore to challenging areas where medical backup is limited, poor, distant or non-existent. FFH2 students must have completed a WMT course within the last 2 years and bring a copy of their certificate to the course to attest to being in date.

Examination, certification & UK NGB award first aid requirements, attendance

All courses have a written end of course exam. The PASS MARK is 70%. Other assessment is informal and ongoing throughout the course. WMT will issue a certificate upon **full attendance**. WMT training is well recognised as the "industry standard" in a wide variety of fields and WMT certification has integrity. WMT training is valid for two years. Explorer courses will normally satisfy the first aid requirements of UK NGB outdoor awards (please check with your NGB). You must be in full attendance to receive a certificate and pass the exam so make your travel plans accordingly.

The name on your course certificate is important

The name we put on your certificate is important – it's the name that Nomad pharmacy will use on its paperwork to prescribe drugs you buy. We suggest it should be your passport name (first and last name is sufficient) to avoid any unpleasantness with foreign immigration/customs officials. We will use the name you booked the course in – better to check with us in good time if you wish to change or verify this so that a correct certificate is prepared for you and available on the day (after which only a scanned re-printed certificate will be emailed to you).

Authorisation to obtain prescription medicines

For two years post-course students can obtain the prescription only medications (POMs) and supplies that are discussed on each course through the pharmacist at Nomad Travel.

www.nomadtravel.co.uk

Contacting other delegates via WMT on FACEBOOK / RIDE SHARING

This link takes you to the EVENT page for the full 4-day Advanced Medicine course. We suggest you post here if trying to share rides regardless of which course you are on (but mention this). It's worth asking around the train station taxi rank if others are going to Glenmore Lodge to share the cost.

Don't pre-book a return taxi; you'll get a ride with a departing delegate with a car. Some people fly up to Inverness and hire a car. <https://www.facebook.com/events/796030157394580/> or use <https://www.glenmorelodge.org.uk/about-us/how-to-find-glenmore-lodge/travel-forum/#/discussions>

Further information

For answers and information related to ACCREDITATION, WHAT IS EXPEDITION MEDICINE? BS8848, WFR, ADVICE TO TEACHERS, SCHOOLS, MEDICAL STUDENTS and other groups, and to read archived Medical Director's Bulletins, please consult WMT's website KNOWLEDGE pages in the first instance here <http://wildernessmedicaltraining.co.uk/knowledge/>

Your email address

We will automatically add your email address to our MailChimp database and periodically we will send you Newsletters and Medical Director's Bulletins. HOWEVER – Mailchimp does not accept "role based" addresses such as info@. Please give us an alternate address if you'd like to receive our educational communications.

Questions?

If your question is Glenmore Lodge related about administration, payments, receipts, room sharing, dietary needs, local knowledge etc. – please email Glenmore Lodge enquiries@glenmorelodge.org.uk or call +44 (0)1479 861256.

If your question is course related and not answered here or on our website, please email WMT.

Action points:

- Do you need to amend your name for certificate?
- Do you need to clarify which email address WMT should use for you?

We look forward to working with you at Glenmore Lodge.

Barry Roberts
WMT Commercial Director
wmt@wildernessmedicaltraining.co.uk
www.wildernessmedicaltraining.co.uk





Timetables - all WMT courses 1-4 December 2018

Far From Help / Advanced Medicine 1-2 December

Teaching team: HP - Dr Harvey Pynn, BR - Baz Roberts, DG - Dr Duncan Gray, JG - Dr Jamie Goodhart, EM – Dr Elspeth Murray

Make yourself a packed lunch each day after breakfast

Day 1 – Trauma

- 0900 Introductions & aims of the course - HP or DG
- 0915 Group work - Expedition medical planning - DG
- 0945 Expedition medical planning debrief - DG
- 1015 Tea and Nursing case studies in discussion groups
- 1100 BLS (basic life support) practical - ALL
- 1130 AED demo - HP
- 1145 <C>ABCDE approach focused on <C>AB (CAT, airway, breathing Ax) - ALL
- 1215 Lecture - Shock - JG
- 1245 Lunch
- 1315 Practical session - C - circulation (blood on floor & 4 more) - ALL
- 1345 Lecture - D - Head & spinal injury - HP
- 1415 Intro to wound & burn management then gluing wounds video
Practical session - wound management – using Steri-strips & glue - ALL
- 1500 Tea (with case dilemmas)
- 1520 Lecture – basic fracture & dislocation management / pain (incl Pentrox demo) - HP
- 1600 Practical session - basic fracture / dislocation management - ALL
- 1630 D/E - AVPU, exposure, recovery position, log rolling and hypothermia mitigation - ALL

1700 Primary survey run through /consolidation for all students - ALL

1730 Close - **Evening work:** Assessments 1-4

Day 2 – Medical

0830 Lecture - How to take a patient history - JG

0900 Practical sessions (2 x 50 mins)

- history taking - JG / - debrief of nursing case studies - HP (25 mins each)

- examining ENT (ear, nose, throat) & eyes - DG (50 mins)

1040 Tea / Coffee

1100 Lecture - Important illnesses – heart, gut, asthma, diabetes (incl video), diarrhoea -
DG

1200 Lunch

1230 Group tutorials - environmental injury (3 x 30 mins)

- cold injury - HP

- heat injury - DG

- altitude sickness - JG

1400 Lecture - Anaphylactic shock - HP

1420 Practical sessions - use of auto injector - ALL

1430 Legal issues - HP

1500 Tea/cake - Assessments 5-6

1530 Lecture - Medical kits & supplies - HP

1600 Written examination / debrief

1700 Final questions / FFH certificates / feedback & farewell

1730 Depart



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FFH Part 2 / Advanced Medicine Programme 3-4 December 2018

Make yourself a packed lunch after breakfast

Day 3 - FFH2 commences / Advanced Medicine continued

0830 Introductions & aims of FFH2 - welcome to joining students then split - HP

0845 *FFH2 students* – review of: history taking, BLS/AED, vital signs, shock, <C>ABCDE, FFH med kits - HP

Other students – medical scenarios (outdoors) DG / JG / BR

1100 Lecture – Medical problems 1 – ill (not injured) patient management, asthma, genital problems, stroke (resume as one course group) - JG

1215 Lunch

1245 Lecture – Allergic reactions – using intramuscular (i.m.) adrenaline - DG

1400 Intramuscular injections & handling sharps – lecture & video / practical - HP

Practical – drawing up drugs, diluting drugs, injecting - ALL

Subcutaneous fluid lecture / video / demonstration

Advanced wound management – lecture / stapling wounds video

Practical - injecting local anaesthetic, stapling, sub-cut fluids - ALL

1545 Tea/cake

1600 Round robin of case based discussions 3 x 20 minutes

- Bite management - HP

- Fever history & examination, malaria rapid test kit - DG

- Asthma (spacer use, medication regimes) - JG

1700 Evening work - Triage and assessments 1-6 (FFH2 students)

Day 4

0830 Round robin of practical training 3 x 30 minutes (outdoors)

- Duncan's donut; vehicle scene safety / extrication / helmet removal / O2

- the broken femur / pelvis – use of Kendrick traction device / pelvic binder

- fitting C-collars / spinal algorithm / reduction of dislocated shoulder

1030 Triage exercise debrief - JG

1100 Coffee

1130 Lecture - Advanced pain management (i.m. tramadol / Pentrox) - DG

1200 Discussion - Rescuer resilience / death overseas - HP

1215 Lunch

1300 Lecture - Medical problems 2 inc tropical problems - DG

1415 Tea

1430 Lecture - advanced med kits & supplies – including i.m. medicines & legal issues - HP

1515 Written examination / debrief

1615 Final questions / certificates / feedback

Close & farewell (5pm latest)

The course director reserves the right adjust the programme and timings at his discretion.



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