

Expedition Medicine / Wilderness First Aid Course, July 10

| DATE | TIME | JOINT TOPIC | METHOD | | |
|-----------|---|---|--|---|--|
| Sat 24th | 8:00 | Introduction | | core topics | |
| | 8:30 | Accident Management Plan | theory | snow and ice topics | |
| | | Primary Survey | theory | optional topics | |
| | 10:00 | break | | scenarios | |
| | 10:15 | Cold Injuries | theory with Dr Roland Watzl, Medical Officer, Polar Medicine Unit | RAFA refreshers | |
| | 11:30 | Secondary Survey | theory | | |
| | 12:00 | lunch | | | |
| | 13:00 | Simple scenarios | practical | | |
| | | Triage & Multi-casualty incidents | theory | | |
| | 15:00 | break | | | |
| | 15:15 | Group splits up | Doctors Defining individual learning needs Medico-legal aspects of expeditions (with Graeme Wormell, Avant Ltd) Pre-expedition healthcare planning | WFAs Sprains, Fractures, Dislocations | |
| | 17:00 | Free time | | | |
| | 17:30 | Dinner | | | |
| | 18:00 | AMP continued... | | | |
| | | Suspected spinal injuries | theory | | |
| | | Rolls, lifts, carries | practical | | |
| | 20:30 | Finish | | | |
| | Sun 25th | 8:00 | Procedural skills session 1 | WFA - wounds and suturing workshop | Docs - regional anaesthesia workshop with Dr Savas Totonidis, Anaesthetist, RHH) |
| | | 9:15 | break | | Docs - regional anaesthesia workshop |
| | | 9:30 | Procedural skills session 2 | WFA - CPR and defibrillation | |
| 11:00 | | break | | | |
| 11:15 | | Search & Rescue Theory - with Sgt Paul Steane, SAR Unit, Tasmania Police | | | |
| 12:30 | | lunch | | | |
| 13:30 | | Leadership & Teamworking | theory | | |
| 14:30 | | Snow structure & avalanches | theory | | |
| 15:00 | | break | | | |
| 15:30 | | Snow shelters | theory | | |
| 17:00 | | Quick Dinner & Pack | | | |
| 18:00 | | Depart for Bronte Park | | | |
| Mon 26th | | 9:00 | Docs Scenarios | WFA RAFA refresher | |
| | 10:45 | break | | | |
| | 11:00 | Improvised stretchers | practical | | |
| | 12:30 | lunch | | | |
| | 13:30 | Remote area communications | theory & practical | | |
| | 14:30 | Field Skills options: 1) Basic map and compass navigation 2) GPS Navigation 3) Basic rope skills 4) Other stuff you might want | | | |
| | 17:30 | Freetime | | | |
| | 18:30 | Dinner | | | |
| 19:30 | Optional navigation courses / GPS / Rope skills | | | | |
| Tues 27th | 9:00 | CO poisoning | theory | | |
| | | Dental problems | theory | | |
| | 9:30 | Stretchers and splints | practical | | |
| | 11:00 | break | | | |
| | | Scenarios | | | |
| | 12:30 | lunch | | | |
| | 13:30 | Docs Case based discussions: What would you do if..? | WFAs Eyes, abdominal problems, using oxygen Medications & giving injections | | |
| | 15:30 | Optional sessions, including: | High altitude medicine / Medical aspects of avalanche rescue | RAFA refresher | |
| | 16:30 | Evacuation | theory | | |
| | 17:00 | Dinner | | | |
| 18:00 | Night scenario | | | | |
| 22:00 | Debrief | | | | |
| Wed 28th | 9:00 | First aid and medical kits | | | |
| | 10:30 | Mount Rufus planning session | | | |
| | 12:30 | Lunch | | | |
| | 13:30 | Search and Rescue Scenario | | | |
| | 17:30 | Debrief | | | |
| 18:30 | dinner | | | | |
| Thu 29th | 8:00 | Briefing | | | |
| | 8:30 | Depart for Mount Rufus | | | |
| Fri 30th | 13:00 | return from overnight trip | | | |
| | 14:00 | Optional topics | | | |
| | 16:00 | Freetime | | | |
| 19:00 | Course Dinner | Guest speaker: Dr Graham Denyer "Images and Anecdotes from Antarctica" | | | |
| Sat 31st | 8:00 | Evaluation: what you thought of us, and what you'll take away from the course | | | |
| | 9:00 | WFA Assessments | | | |
| | 12:00 | Lunch and depart for Hobart | | | |