



More information

Explorer Courses

Thank you for downloading this pdf. This document includes details of WMT's three Explorer programmes for laypeople. WMT offers a progressive training system so it is most informative to discuss these courses in one document to help prospective students decide which one best meets their needs.

Course name	Content overview	Other information
Far From Help (FFH)	Foundation training to deal with trauma, medical and environmental problems, use of selected prescription medications (POMs). NO needles.	2 days. WMT's most frequently run course. No pre-requisites. POM facility valid for 2 years.
FFH Part 2/Advanced Refresher (FFH2) – WMT alumni only	More advanced training and treatment of trauma, medical and environmental problems, use of selected prescription and injectable medications (POMs), intramuscular injections, stapling wounds, giving fluids subcutaneously advanced medical equipment. 3 rd & 4 th day of Advanced Medicine	2 days (run back to back with FFH or as a standalone module). For WMT alumni only - attend to refresh Advanced Medicine training or upgrade FFH anytime within 2 years of your last WMT course. POM facility valid for 2 years.
Advanced Medicine	Far From Help + FFH2 = Gold standard advanced training and treatment of trauma, medical and environmental problems, use of selected prescription and injectable medications (POMs), intramuscular injections, stapling wounds, giving fluids subcutaneously, use of advanced medical equipment.	4 days. No pre-requisites. POM facility valid for 2 years. Run as two, 2-day modules back to back i.e. FFH + FFH2/Advanced Refresher.

Wilderness Medical Training™ (WMT) is the authentic leading company that teaches advanced medical skills to explorers (and doctors). We train hundreds of people each year from many backgrounds (universities, film companies, schools, private companies, outdoor instructors, security/military personnel, teachers, yachtsmen, climbers, divers, overland drivers etc.). WMT students are all venturing to remote foreign locations where medical facilities and support are limited or non-existent. WMT offers open public programmes and delivers bespoke training. Clients include World Challenge Expeditions, BBC film crews, ZSL (Zoological Society of London) and other notable companies and institutions. WMT instructors are authoritative expedition doctors, other health professionals and veteran expedition leaders.

Course dates, locations & fees: please visit our website for the latest information <http://wildernessmedicaltraining.co.uk/all-course-dates>

The target audience

Explorer courses are aimed at laypeople. They are not suitable for doctors. Medical students, OHPs, nurses and paramedics are welcome and they should read this page to decide which WMT course is best for them.

<http://wildernessmedicaltraining.co.uk/advice-to-nurses-paramedics>

Course content

Please see below for the 4 day programme encompassing all three Explorer courses.

Advanced Medicine (4-days) is the GOLD standard and most comprehensive programme in WMT's Explorer series. Advanced Medicine includes all **Far From Help** course material (days 1 & 2) plus days 3-4 - **Far From Help Part 2/Advanced Refresher** - to include invasive training in how to staple/glue wounds, use local anaesthetic, administer intramuscular injections, giving fluids subcutaneously and more.

On all courses a range of likely medical conditions are discussed in addition to common injuries. Students learn how to take a medical history and perform a physical examination before making a diagnosis and deciding what treatment would be appropriate. WMT aims to develop student's judgement and ability to discriminate between conditions that can be managed in the field, those that require a "watch and wait" approach and those that require evacuation. If you have the knowledge to confidently rule out a serious problem you might be able to salvage your field work/expedition without resorting to an unnecessary evacuation. With good history taking and examination skills you can convey a patient's condition to outside medical help for diagnostic and treatment advice and confirmation, which we always recommend doing before prescribing medications.

On all courses we discuss the use of selected **prescription-only-medicines (POMs)** – pain killers, antibiotics, Diamox, Epipen/Anapen and other drugs.

On Advanced Medicine and FFH2 injectable medications are also included. Examples of medications that can be given by injection include epinephrine (adrenaline) for anaphylaxis, prochlorperazine to control nausea/sickness, tramadol for pain and Ceftriaxone for serious infections such as peritonitis and meningitis. Lidocaine is a local anaesthetic that is injected under the skin to numb a wound before stapling it closed. Intra-muscular (i.m.) injections and wound anaesthetising before stapling is practiced on pork belly. We announced the introduction of giving fluids subcutaneously (under the

skin) in October 2014. This is a very easy and useful skill to learn to be able to give a patient some fluids if they can't tolerate fluids orally. We also teach how to reconstitute drugs for injection, the use of oxygen and how to handle "sharps" (needles) safely. More time is spent on medical scenarios. See this Medical Director's Bulletin for more information about the developments to the Advanced Medicine course.
<http://eepurl.com/5w4fH>

The style of WMT courses

Courses include lectures, practical training and case study discussions. We aim to keep death by PowerPoint to a minimum and to give students as much hands on practice as possible. Each course comes with a comprehensive A5 size field book of notes as a reference (not available in advance or electronically – sorry).

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.

Examination, certification & UK NGB award first aid requirements

All courses have a written end of course exam. Other assessment is informal and ongoing throughout the course. WMT will issue a certificate upon full attendance and completion of an Explorer course. 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. Students also receive a credit card quality WMT Alumni wallet card to attest to their training. Explorer courses will satisfy the first aid requirements of UK NGB outdoor awards (although this is a moving target so please check with your NGB and supply them with a copy of this document.)

Authorisation to obtain prescription medicines

For two years post-course students are able to obtain the prescription medications (POMs) and supplies that are discussed on each course through the pharmacist at Nomad Travel. www.nomadtravel.co.uk

Please email any questions to: wmt@wildernessmedicaltraining.co.uk

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Explorer courses - outline content

Courses normally start no earlier than 9am and finish each day by 5.30. The running order and structure of courses may differ depending on the venue and group size but all content will be covered or included in the course manual. Tea/coffee/lunch breaks are taken as required. Lunches are not included except on residential courses.

Far From Help - days 1 – 2

Far From Help Part 2/Advanced Refresher – days 3-4 (also offered as a standalone course)

Advanced Medicine – 4 days

Day 1 – Theme - trauma

Introductions & aims of the course

Bench marking trauma scenario - practical

Legal issues

Measuring vital signs (blood pressure, pulse, breathing) - practical

Practical sessions:

- <C>ABC approach to the injured casualty
- Latest CPR guidelines

Practical sessions:

- moving / lifting / straightening an injured casualty
- basic fracture & dislocation management

Head and spine injuries

Wound management

Wound management – practical:

- use of Steristrips
- burns and dressings
- use of glue & wound packing

Expedition medical planning

Day 2 – Theme – medical problems

Diagnosis - how to take a patient history

Practical sessions:

- history taking
- examining ENT (ear, nose, throat) & eyes

Pain management & nursing care

Common medical conditions – diarrhoea, asthma, blisters, bites

Case based discussions:

- heat illness
- cold and frostbite injuries
- altitude sickness – use of Diamox/dexamethasone/nifedipine

Anaphylactic shock and use of Epipen/Anapen

Medical kits & supplies

Written examination

Final questions / certificates / feedback & farewell

Day 3 – first day of FFH2

Introductions and aims of the course

Review of important legal aspects

History taking revisited

Approach to illness - pearls and pitfalls:

- differentiating the severe headache
- approach to chest pain
- abdominal problems (appendicitis, hernias, testicular problems)
- snake bite

Pain management – use of intramuscular Tramadol

CPR practical

Anaphylactic shock - use of adrenaline, Epipen/Anapen

Intramuscular injections – practical

- reconstitution of drugs

- safe handling of “sharps” (dirty needles)

Case based discussions

- Asthma - spacer use, ventolin regimes
- Diabetes - including BM (blood glucose) measurement
- Fever - including malaria

Advanced medical kits and supplies - including intramuscular medicines

Medical kit workshop - pulse oximeters, blood glucose measuring devices, malaria rapid diagnostic test and standby treatment, water purification

Day 4

<C>ABC approach to trauma - including blast/ballistics

Advanced fracture and dislocation management

Practical sessions:

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

Practical sessions:

- vehicle extrication & RTA scene safety
- triage workshop triage & practical moulages (illness and accident scenario training)

Advanced wound management

Wound management – practical:

- injecting local anaesthetic
- stapling
- use of Steristrips & skin glue
- Giving subcutaneous fluids
- Using Oxygen

Written exam

Final questions / certificates / feedback & farewell

Note: some of the skills taught, and the use of prescription-only-medicines (POMs) and injections especially, are not appropriate for use in the UK or anywhere if professional medical support is readily available. Professional medical advice should always be sought before using prescription medications. WMT reserves the right to amend course content without notice in keeping with the latest best clinical practice.

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