



**ENDEAVOUR
MEDICAL**



**Expedition
Medicine &
Leadership
Course**

Endeavour's aim



We endeavour to give all health professionals the knowledge and skills to confidently plan and deliver medical services in remote or extreme environments.

How we deliver

This course takes a holistic approach to expedition medicine through integrated learning in scenarios, workshops and open discussion.

In this immersive approach you will work through real life cases examining how medical care integrates with human factors and leadership when coordinating care.

Our highly experienced faculty, all with years of expedition and medical experience will facilitate discussions around core topics and the nuances of being an expedition medic.

Course Structure

Day 1 – Remote learning

The first day of this course is delivered remotely. The lectures give you the necessary background knowledge to approach the practical aspects of working in remote environments. Lectures are available 1 month prior to the course to absorb in your own time.

"Best online lectures I've ever heard"

James CT2, London

"Thank you for the world class speakers"

Selina F3 Truro.

Lecture Content

Preparing for Expedition	Leadership and Human Factors	Environmental considerations
Medicolegal aspects of Expedition medicine	Trauma and orthopaedics	Altitude Medicine
Public Health – keeping everyone safe	Mental Health in remote settings	Heat and Cold Injury
Medical Kits – what to take with you	Global Health and sustainability	Tropical Medicine
Top cover and reachback considerations	Expedition Nutrition	Dive Medicine

Immersive Learning

(Morzine, France)

Days 2 to 5 Practical component

During the practical component of the course we will utilise outdoor time to immerse you in the situational and human factors that impact on your decision making around physical and mental health on expedition.

The course will be delivered through practical workshops, scenarios, discussions and debate.

Practical workshops will take place on the mountain.



Endeavour to Learn

Learning outcomes of practical component



Leadership and Human Factors Practical

Explore our own and others leadership styles.

Appreciate how human factors impact on daily practice in normal and stressful conditions.

Understand the importance of leading to enable followership.

Recognise the leadership and human factor elements when managing remote casualties with unfamiliar equipment.

Expedition planning and Risk Assessment Workshop

Plan and prepare for your next expedition.

Understand how to use a risk matrix.

Consider the resources you will need and how to obtain them.

Explore evacuation procedures, SOPs and EOPs.

Review litigation and medicolegal aspects of expedition.

Review medical kit content specific to expedition environment.



Navigation and rope skills practical

Understand the importance of navigation skills in remote locations.

Practice simple navigation and map skills.

Use basic rope techniques on steep terrain.

Considerations of mountain and group safety.



Expedition nutrition and camp skills

Review components of balanced diet.

Considerations of nutritional needs on expedition or remote settings.

How to cook food on expedition.

Appreciate how to ensure camp safety.

Sports medicine and orthopaedic injury

Apply principles of sports taping and consider what you are trying to achieve.

Review splinting techniques

Practice simple relocation manoeuvres for shoulders, fingers, patella and ankle joints



Mental health discussion

Utilise knowledge gained from the lectures to consider preparation for mental health on expedition.

Explore how to create open culture in remote environments

Put together a personal Emotional Kit List.

Moving and packaging casualties.

Demonstrate a thorough primary survey.
Understand the practical application of Nexus rules and C-spine immobilisation.
Explore methods of safely moving and packaging patients with spinal injuries.
Enable quality team-working when evacuating casualties over difficult terrain



Global health and sustainability discussion

Explore the constructs of Global health
Discuss how to integrate global health into an NHS career
Appreciate health challenges in LMICs
Understand the interconnectedness of all Sustainable Development Goals in health.
Discuss the personal and system improvements to achieve the SDGs.

Hypothermia workshop

Understand the 1:10:1 rule of hypothermia.
Review signs, symptoms and pathophysiology of cold injury.
Explore the human factors involved in managing and treating hypothermia.
Experience how quickly a team member can get cold.
Appreciate how to optimise team dynamics and CRM when working in a stressful environment.



Evening Inspirational Lectures

Our expert faculty will share with you their journeys in Global and Remote Medicine.
Example inspirational lectures include:

A lifelong career in Expedition Medicine – lessons and anecdotes
Dr Jon Dallimore

The Ice Maidens : a story of leading the first all female team across Antarctica
Dr Nics Wetherill

Ethics in Media Medicine
Dr Lucy Obolensky

Building a career in Expedition Medicine
Dr Shona Main

The Frostbite journey – a story of the fastest crossing of the Greenland icecap
George Wells

Sustainability and climate change
Dr Nathan Hudson-Peacock

How to combine a career in the outdoors with medicine
Dr Alex Reid

Lessons from the endurance athlete
Dr Lucy Sykes

Comments from our attendees

"The faculty were very experienced, knowledgeable and charismatic teachers and leaders. They were highly approachable and friendly"

"The structure allowed for time to ski or explore in the mornings, and the afternoons were full of engaging workshops with material that carried both great depth and breadth. I would strongly recommend this course!"

"A fantastic course with great content, and really incredible faculty. Thank you!"

"This course has a wonderful balance of education and mindfulness. I also feel very heard, and opening up to fellow health professionals about our own struggles made me feel more positive and less alone"

"I came away having gained so much valuable knowledge in expedition medicine, but also my future career!"

"I'm now sure that I want to pursue a career in wilderness and expedition medicine and can see a more clear path into it. Thank you for all your inspiration"

100%

Of participants would recommend this course to a friend

98%

Would feel confident on the leadership team of an expedition

5 

Feedback from all practical sessions and workshops

35%

Of participants have been supported by Endeavour into an expedition medic role within 1 year.

Information and logistics

Logistics

The course is held in Morzine, French Alps. You need to organise your own flights and transfer. Please complete the online learning prior to the practical component of the course. The practical component of the course runs from Monday to Thursday.

Accommodation

You will be staying in a fully catered luxury chalet in Morzine, Les Gets area. Breakfast, afternoon tea, dinner and wine is included. There are free private transfers to the ski lifts each morning and lunchtime.

Structure

The course runs from 14:00–19:30 each day. The mornings are free for you to enjoy the mountains. Sessions are informal and active discussion encouraged.

Safety and Equipment

You are responsible for your own safety in the mountains. We strongly encourage you to take out full insurance for all activities you undertake. Please ensure you bring warm winter clothing and appropriate footwear for outdoor activities.

Who should attend?

This course is aimed at any healthcare professional or student planning to work in remote, extreme settings. That would include global health, humanitarian or expedition medicine work.



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Readers appreciate accurate information

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