

Remote and Restorative

Consultants, GPs and SAS Doctors course



**ENDEAVOUR
MEDICAL**

Why attend this course ?

The remote and restorative course aims to enhance existing professional skills, learn from our shared career experiences and restore enthusiasm for our profession.



What to expect



Utilising a beautiful outdoor setting to learn new skills in remote medicine, we will explore a fresh approach to leadership, mental health and resilience.

The course is facilitated through a highly experienced faculty who, through simulation, workshops and open discussions, will create a supported atmosphere to engage with colleagues, develop our non-technical skill base, and share techniques for supporting trainees.

How we make a difference

Our team is passionate about looking after our NHS workforce.

We reduce any stigma associated with wellbeing and resilience, and create a culture of openness, support and strength.

Delivering knowledge and skills in managing patients in extreme environments simultaneously creates teams and fosters connections.

We deliver a course that is engaging and meaningful, giving participants practical tools that can be used daily personally and professionally.

What you will experience



Snake bites and evacuation workshop

You are in the jungle, four kilometers from a road and one of your team is bitten by a snake. Working as team, you will need to deliver appropriate medical care, communicate for help and evacuate your casualty. We will explore team dynamics, snake bite treatment and challenges of evacuation over difficult terrain.



Global Health and Sustainability

We review the the core concepts and constructs of Global health and how they impact on our patients. We will explore opportunities in Global health at junior and senior career level and how this may enhance careers. Discussion of the sustainable development goals will look at how they affect health and healthcare and what can be done on a personal and systems level to achieve the SDGs.



Hypothermia practical

In two teams you need to race to warm up your hypothermic casualty! Through understanding the 1:10:1 rule of hypothermia you will learn how to effectively manage cold patients with a human burrito and group shelter. We will discuss how to optimise team dynamics and crew resource management when working in a stressful environment.



Resilience discussion

Through an open an honest story of a career journey, together we discuss situational themes that affect personal resilience. We will explore task vs personal resources and factors that lead to either challenge or threat mindset. We give opportunity to look at system challenges that affect resilience and share ideas in how to developing personal and team resources to meet our career challenges. We discuss Applying methods of debriefing and processing high demand situations.

Leadership and human factors practical

Using a simulated scenario we will explore our own leadership style and that of others when managing patients in the remote setting with unfamiliar equipment and lack of prehospital support. We will discuss how and why human factors plays an important role in extreme environments and what we can learn from other professions to take into our own practice



Mental health workshop

In this facilitated workshop we review practical tools in how to normalise mental health concepts. Through interactive discussion we will explore our own needs, and that mental health preparedness is a key skill for everyone. The 'Emotional Kit List' concept will be introduced and how to design your own. Together we look at how to adapt these tools into our NHS practice strategies to support colleagues.



Hyperthermia practical

We use a scenario of a hyperthermic patient to identify non-technical and CRM skills needed to successfully complete a team task. We explore methods of communication and lateral thinking. Risk factors relating to heat illness, mechanisms of heat loss and different methods of managing of heat illness are also reviewed.



Wellbeing

Wellbeing is woven in throughout the course. This course offers the ideal forum to reconnecting with colleagues and share experiences of our professional practice. We will engage in facilitated discussions of how to move forwards. Outdoor yoga, kayaking, wild swimming and hiking and important aspects of extracurricular activity.



The people you will meet

Example of the remote and restorative course faculty

Dr Sophie Redlin

BSC (Hons) MBChB MRCP FRGS FRCS CF



Sophie is a GP with a special interest in mental health in indigenous communities.

Sophie won the Churchill Scholarship from the Royal Geographical Society to explore indigenous attitudes to mental health. She is an expert in talking circles and brings an authenticity to mental health training unlike any other, giving participants practical and useful tools they can utilise such as their own 'emotional kit list'. The engagement level in Sophie's sessions is unmatched, always seeing 5* feedback. Those who signed up to the course for the remote medicine component leave as converts for mental health preparedness.

Nics is a GP in the RAMC and is passionate about inclusivity and leadership.

Nics successfully lead the first all-female team across Antarctica in the 2018 Ice Maiden Expedition. Nics' reflective talk of her experience does not focus on her incredible achievement, but in how important it was to her to open this opportunity to every female in the TA or regular army and, once the team was chosen, to ensure no one was left behind despite the many challenges they faced. Nics encourages participants to try new leadership techniques during the safe environment of the Remote and Restorative course.

Dr Nics Wetherill

MBE BM MRCP DMM DMCC



Remote and Restorative faculty also includes: Dr Lucy Obolensky, Dr Jon Dallimore, Dr Shona Main, Dr Jodie Sage, Dr Phillip Belcher, Dr Josh Allison, Dr Veronica Rollinson

Dr Anna Shekhdar

MBCHB FRCEM DIPIMM DSEM



Anna is an Emergency Medicine and Trauma consultant, and Everest summiteer. Anna shares her love of mountaineering and tips for how she balanced her Everest achievement with clinical training. Anna's strengths in debriefing and communication are shared throughout the course during clinical and non clinical sessions. Anna actively encourages sharing personal accounts of career journeys and gives practical advice on how to look forward in our careers.

Dave is a critical care paramedic with a wealth of experience working with HART and Devon Air Ambulance. Dave's interest lie in CRM and how to get the most out of each and every one of your team. Dave's clinical sessions focus on teamworking and are always rated 5* however, it is Dave's open and honest talk on resilience which is a highlight of each course. Dave uses two real life examples of clinically and emotionally challenging cases in his career. He describes methods he learnt and practiced to ensure that the next time he met his fears head on he was able to acknowledge, process and move forwards in his career, whilst also training junior colleagues in how to do the same.

Dave Dungay HEMS Paramedic

MSc DIPIMC DTLLS MCPPara



Dr Alex Cross

MBCHB FCEM FIMC



Alex is an emergency medicine and prehospital consultant. Alex recently pushed herself outside of her comfort zone to be the doctor for the Antarctic Quest 2021 expedition. Alex is passionate about the well-being of her colleagues and trainees, striving to ensure a supportive culture is created in all working environments. Alex shares her skills and experience in how to achieve this during both the structured content of the course and during her insightful talk on a non-cohesive team in Antarctica. Not looking for praise or admiration, Alex talks honestly of her own fears and imposter syndrome and how these were gradually overcome.

What our attendees have said

“By far and away the best mental health workshop I’ve attended – really practical and can be adapted for all situations”

“Honestly, the most useful and interesting course I’ve ever been on”

“I have really struggled for the last two years. This course enabled me to talk about this for the first time. It certainly felt very ‘restorative’.”

“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”

“Developing my own emotional well-being kit has been incredibly useful”

“Fantastic leadership workshop. It was touching and meaningful to hear Dave’s stories and how he’s learned from his experiences. I now feel I have more insight into factors affecting resilience in situations and how to recognise signs of stress and burnout.”

96%

Of participants left feeling more enthused and motivated for their job.

100%

Of participants would recommend this course to a friend.

94%

Of all course sessions received 5* feedback with the remaining 6% awarded 4*

Information and logistics

Location	Courses are held in remote locations near a beach or moorland. Course venues aim to be found within 2 hours travel from the hospital.
Accommodation	The course runs over two days with overnight accommodation provided the night before and the night of the course. All meals are included.
Cost	Cost varies depending on time of year and the course venue. Prices range from £395–£449 per person including all tuition, meals, accommodation and wellbeing activities.
Wellbeing	Each course includes a range of well-being elements alongside the course curriculum. These include yoga, RNLI lifeboat visits, kayaking, wild swimming and nature hikes.



Readers appreciate accurate information

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