



# ENDEAVOUR MEDICAL



## Remote Medical Responder Level 1 and 2 Courses

# Endeavour's aim



We endeavour to give you the knowledge and skills to confidently plan and deliver appropriate medical management in remote or extreme environments where access to timely medical care is not available.

## How we deliver

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

The Remote Medical Responder courses are designed to meet international requirements of Wilderness First Responders. The curriculum is written and delivered by senior expedition medical doctors with decades of experience, who co-authored the Faculty of Prehospital Care Updated Guidance on Medical Provision for Wilderness Medicine and The Oxford Handbook of Wilderness and Expedition Medicine. The course is endorsed by The Royal Geographical Society.

<https://fphc.rcsed.ac.uk/about/about-us/news/2020/updated-guidance-on-medical-provision-for-wilderness-medicine>



# Course Structure



## Level 1 RMR 2 day course

The Level 1 RMR course goes beyond standard 16 hour first aid courses.

Through the use of simulation and scenarios we deliver you the tools to approach medical or trauma emergencies with structure and confidence.

We will discuss expedition medical planning, medico-legal and ethical considerations and mental health preparedness.

We will train you in the use of targeted Prescription only Medications (POMs) and you will have access to prescribing these for overseas use for 2 years following the course.

"The most interesting and engaging course i've ever attended"

James , Guide and Mountain Leader

"Highly knowledgeable and approachable instructors. Thank you".

Sally, Mountain guide and Mum



# Course Syllabus

## Level 1 Course learning outcomes



### Leadership and Human Factors

Why do humans make errors? How does the environment and culture we work in contribute to risk, errors and safety? How do we respond when under threat and make sensible decisions that we can communicate to a wider team? Understanding the importance of human factors and leadership is a key step in predicting, preventing, and managing time critical situations.

### Remote Medical Planning and Risk Assessment

Plan and prepare for your next expedition.

Review ethical and legal considerations of giving medical care. Understand how to use a risk matrix. Consider the resources you have available, what you will need, and how to obtain them.

Explore evacuation procedures, SOPs and EOPs.

Appreciate important concepts including how far definitive care is and how you access this day or night.





# The Collapsed Casualty: CPR, ABCDE, Drowning, Choking, Anaphylaxis

Understand the principles of the collapsed casualty and how to approach an emergency situation in a calm and structured manner.  
Review the differences in the management of Basic Life Support in children, drowning and anaphylaxis.  
Confidently take and record vital signs.



## Injuries, wounds and burns

Review how to treat and manage acute injuries and burns. Practice cleaning, dressing and closing wounds.  
Learn how to reduce simple fractures and dislocations.  
Discuss the pain ladder and advanced analgesia such as Pentrox



## Trauma, head and spinal injuries

Understand how to complete a thorough primary survey in a trauma scenario.  
Explore methods to assess, manage and package patients with head and spinal injuries .



## Mental health workshop

Gain practical tools in how to normalise mental health concepts.  
Understanding your own needs, and that mental health preparedness is a skill for everyone.  
Learn how to design and utilise your own 'Emotional Kit List'.



## Medical illnesses

Use a systematic approach to take a history of a medical illness.

Utilise tools to make informed decisions regarding the need to treat or evacuate.

Review important medical illnesses including cardiovascular, respiratory, neurological, gastrointestinal, and diabetes.



## Ear, Nose, Throat and Eyes

Learn how to fully examine an eye, ear, the nose and throat.

Recognise inner and outer ear infections with the use of an otoscope and how to treat these.

Practice everting an eyelid and removing floating foreign bodies from eyes.

Understand principles of epistaxis management.

## Environmental Illness

Understand environmental illnesses including hyperthermia, hypothermia, Acute Mountain Sickness, tropical illness, bites and stings.

Learn how to initiate medical management in remote, extreme and austere environments.



## Medical Kits

Review content of medical kits for specific locations / expeditions.

Acknowledge use of the Drug Checklist

Understand how to use and dispense prescription only medications POMs and safely use medical equipment.

# Level 2 Course

## Course Syllabus



"Shortly after this course, I had to give adrenaline for anaphylaxis. It was such a relief to have the skills and confidence to do it"

Sarah, Lodge manager ,

"Fantastic training in wound management. Thank you"

Charlie, First aid instructor and kayak guide.

Enhancing the knowledge and skills gained from the Level 1 course, Level 2 will deliver training in advanced medical techniques including: intramuscular injections, wound stapling and closure and subcutaneous fluids.

We work through scenarios in multiple casualty triage, advanced trauma management, communication with pre-hospital services and how to practically manage complex evacuations.

You will learn theory and techniques in advanced pain management including the use of controlled drugs.





## Intramuscular injections

Understand the principles giving medications via intramuscular route. Acknowledge the use of checklists and sharp safety when giving IM medications



## Advanced wound management

Learn the use of local anaesthetic and staples to clean and close complex wounds. Practice following a checklist to mitigate against technical and drug errors. Understand the importance of good documentation and follow up care.



## Triage and communication

Practice triaging patients in a casualty scenario.

Learn techniques to speak to pre-hospital crews to relay important medical information.



## Shock and fluid balance

Review the concepts of shock, taking and monitoring vital signs, and understanding fluid balance.

Learn how to give subcutaneous fluid and monitoring the fluid needs of a patient.





# Example Timetable



## Remote Medical Responder Level 1 Timetable

Time	Day 1
09:00	Introductions
09:15	
09:30	Aims of the course
09:45	Ethical and Legal consideration
10:00	
10:15	Preparation for travel: Human Factors & Leadership, Travel Health
10:30	
10:45	
11:00	Tea
11:15	Lecture & Practical: CPR & AED DRCABCD approach
11:30	
11:45	
12:00	
12:15	
12:30	Lunch
12:45	
13:00	Lecture & Practical: Wounds & burns
13:15	
13:30	
13:45	
14:00	Lecture & Practical: Fractures, Splinting, Dislocations
14:15	
14:30	
14:45	
15:00	Tea
15:15	
15:30	Lecture & Practical: Head injury, Spinal injury, log roll, straddle lift
15:45	
16:00	
16:15	Practical scenarios: trauma and catastrophic bleeds, recap taking vital signs
16:30	
16:45	
17:00	Close
17:15	

Time	Day 2
09:00	Review of day 1
09:15	Lecture: Taking a patient history
09:30	
09:45	Lecture: Ear, nose, throat and eyes
10:00	Practical: History taking, vital signs
10:15	
10:30	Tea
10:45	Practical: Ear, nose, throat, eyes
11:00	
11:15	Lecture: Important medical illnesses
11:30	
11:45	
12:00	Practical & lecture: Anaphylaxis and use of autoinjector
12:15	
12:30	Lunch
12:45	
13:00	Workshop: Mental health in remote environments
13:15	
13:45	
14:00	Lecture & workshop: Environmental illness - Heat, cold, altitude, bites and stings
14:15	
14:30	
14:45	Workshop: Medical kits
15:00	Tea
15:15	
15:30	Trauma and Medical Scenarios
15:45	
16:00	
16:15	
16:30	Optional Exam
16:45	Final questions, feedback and certificates
17:00	
17:15	Depart

## Remote Medical Responder Level 2 Timetable

Time	Day 3
09:00	Legal and ethical considerations of advanced techniques
09:30	Breaking bad news and considerations of death
10:00	Advanced trauma: femoral traction splints and pelvic binder
10:45	Tea
11:00	Intramuscular injections: safety of sharps; drawing up drugs; subcutaneous fluids
13:00	Lunch
14:00	Life threatening chest injuries: lung puncture, stab wound, crush injury
15:30	Advanced environmental illnesses: Altitude, cold, heat, tropical
16:30	Advanced vital signs: HR, RR, O2 Saturations, BP, Blood sugar measurements
17:30	Closing questions and final remarks from Day 3

Time	Day 4
09:00	Review of day 3 and questions
09:15	Triage and managing multiple casualties
10:00	Introduction to advanced wound management : local anaesthetic, cleaning and stapling wounds
10:30	Tea
11:00	
11:15	Stapling or Suture practical
13:00	Lunch
14:00	Scenarios with leadership and communication to pre hospital teams
15:00	Tea
15:30	Expedition medical planning: scenarios with human factor elements
16:15	Final questions and certificates
16:30	
16:30	Depart

# Comments from our attendees

"The teaching on the course was excellent, it was pitched at the perfect level. Fantastic scenario and practical based tasks, combined with useful lectures and discussions."

"The instructor team were excellent and have so much experience behind them; examples from real-world experience brings so much extra context to a course."

"Superb, knowledgeable instructors who also created an environment in which questions were welcomed."

"I thought the course was excellent. The course content, delivery and staff were all superb. Easily one of the best courses I have ever been on."

"I've completed many advanced first aid courses before, but none with the depth or interest of this one. I can genuinely say I wasn't bored or disengaged for a single minute! I would 100% do it again"

"I left feeling confident in both medical knowledge and the advanced practical skills. The knowledge and expertise you brought to the course was far greater than any other first aid course I've done"

## 100%

Of participants would recommend this course to a friend

## 5★

Feedback for course content, delivery and applicability.

## 98%

Would feel confident to deliver advanced care in the field

## 5★

Feedback from all practical sessions and workshops





# ENDEAVOUR MEDICAL



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