

# BMC/BMMS Mountain Medicine Weekend

Draft Programme – Subject to change

## Saturday 18 May 2024

Sessions will run several times during the day according to the level of the demand.

Please note that if sessions are over- or under-subscribed we may not be able to accommodate all preferences.

08:30 – 09:30	REGISTRATION
09:15 – 09:30	Welcome ( <i>all attendees</i> )
09:30 – 10:30	Primary Survey ( <i>all attendees</i> )
10:30 – 10:45	Break
10:45 – 11:45	Optional Session 1
11:45 – 12:00	Break
12:00 – 13:00	Optional Session 2
13:00 – 14:00	Lunch break ( <i>please note lunch is not provided</i> )
14:00 – 15:00	Optional Session 3
15:00 – 15:15	Break
15:15 – 16:15	Optional Session 4
16:15 – 16:30	Break
16:30 – 17:30	Q&A session ( <i>optional – all attendees</i> )
17:30 – 18:00	Break
18:00 – 19:00	Pie and pea dinner ( <i>optional – all attendees – BYO drinks</i> )
19:00 – 20:00	<b>Mick Fowler: Patkhor - Coping when it all goes wrong.</b> ( <i>optional – all attendees</i> )

### Optional Sessions: Saturday 18 May 2024

- Altitude and Acclimatisation
- AMS/HAPE/HACE. PAC Bag
- Frostbite
- Hypothermia
- Avalanche Medicine
- Hand Injuries in climbers
- Children and Mountains
- Women in the mountains
- Multiple Injured Casualty
- Disabilities in the Mountains
- Mountaineering with co-existing conditions (General)
- Mountaineering with co-existing conditions (Diabetes)

Choice of 4 sessions. All attendees will also do a **Primary Survey** session in the morning.



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<b>09:00 – 09:30</b>	REGISTRATION <i>(for Sunday only attendees)</i>
<b>09:15 – 09:30</b>	Welcome <i>(all attendees)</i>
<b>09:30 – 10:30</b>	Optional Session 1
<b>10:30 – 10:45</b>	Break
<b>10:45 – 11:45</b>	Optional Session 2
<b>11:45 – 12:00</b>	Break
<b>12:00 – 13:00</b>	Optional Session 3
<b>13:00 – 14:00</b>	Lunch break <i>(please note lunch is not provided)</i>
<b>14:00 – 15:00</b>	Optional Session 4
<b>15:00 – 15:15</b>	Break
<b>15:15 – 16:15</b>	Optional Session 5
<b>16:15 – 16:30</b>	Break
<b>16:30 – 17:00</b>	Q&A session <i>(optional – all attendees)</i>
	Finish

## Optional Sessions: Sunday 19 May 2024

- First Aid Kits
- Soft Tissue wounds
- Limb Splintage
- Ticks & Lyme disease
- Hyperthermia and dehydration
- Water purification
- Personal Mental Health first aid
- Expedition Dentistry
- Dealing with Death in the mountains
- CPR in the mountains
- Improvised Carries
- Meet the team: Mountain Rescue
- Dogs in the mountains

Choice of 5 sessions.

