Expedition Medic – Mountain Medic
The Course Information Booklet
2017

supporting

In association, with

Version 1.0 2017
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Expedition Medic – Mountain Medic Course

Descriptor/Overview
The proposed program is to be run over a 24 day period and will encompass a 12 day trek through Annapurna Sanctuary during which time the course will be run and followed by 5 days volunteering split between two villages. This program introduces the skills and knowledge required to recognise and respond to life threatening emergencies using basic life support measures to sick and injured patients in remote mountainous locations. Incorporating contemporary and evidence based techniques and equipment to extend the care giving capability of the Remote Area Wilderness Medic. Remoteness relates to distance, extended time response, difficulty of access and egress.

Purpose
To develop the knowledge and skills required to provide basic land extended life support measures in a mountain related emergency, in the setting of a remote location.

Nominal Duration
Ten day program with curriculum delivered whilst trekking. Hours of course work per day is both weather and route dependant and will be assessed daily. An estimated daily course duration of 4-6 hours of theory and practice, including trekking.

Entry Requirements
It is recommended that participants have literacy and numeracy competencies equivalent to National Reporting System (NRS) Level II. Adequate numeracy, literacy and comprehension competencies, and physical strength and agility to be reasonably expected to cope with the theoretical and practical requirements of the course. Basic navigation proficiency will be beneficial but not a prerequisite.

Delivery Strategy
A variety of delivery modes will be used, including theory presentation, practical demonstrations, practice, and scenario management. Strategies should be selected to reflect the nature of the learning outcome and the needs of the participant, with related professional development and vocational application.
Requirements to Receive Qualification
Satisfactory completion of all of the theoretical and practical competencies in the multiple qualification courses is required prior to receiving the qualification if required. Assessment is practical competency exam of theoretical knowledge multiple choice, & completion of scenarios assessment, of the following unit description.

Unit description - Survive First Aid – RTO

a. Provide First Aid - HTLID003.
b. Provide First aid in a Remote Situation - SISOOPS305A.
c. Respond to an Emergency Situation - SISXEMR201A.
d. Coordinate an Emergency Response - SISXEMR402A.
e. Follow Occupation Health and Safety Policies - SISOHS101A.

Provide First aid in a Remote Situation - SISOOPS305A

This section describes the skills and knowledge required for this unit:

Required Skill:
- Resuscitation skills to safely provide first aid in a remote location, prior to further assistance arriving
- Demonstration of first aid principles to ensure safe use of remote first aid in an emergency situation
- Ability to adequately use infection control procedures to ensure the safe handling of casualty
- Safe manual handling skills to ensure safety of casualty
- Initial, secondary and ongoing casualty assessment to ensure ongoing safety of casualty, prior to further assistance arriving.
- Prepare written incident report or written information to enable the writing of an incident report by supervisor or other staff member
- Communication and interpersonal skills to:
  - Provide direction to group and other outdoor recreation leaders
  - Inform further as assistance on situation and direction upon arrival
- Incident management skills to safely manage and report situations
- Ability to interpret and use listed documents to ensure correct reporting and first aid equipment

Problem-solving skills to:
- Identify first aid situations and deal with them
- Develop sustainable solutions that meet the needs of all stakeholders
- Language and literacy skills to:
  - Read and analyse relevant legislation and organisational policies and procedures
  - Document incident and incident reports, verbal and written
  - Communicate information to group, further assistance and other outdoor recreation leaders
• Planning and organising skills to:
  • Plan further action
  • Monitor casualty, situation and group

Required Knowledge:
• Basic anatomy, including the skeletal anatomy, muscles, joints and bones, to ensure correct use of first aid
• Basic physiology to ensure first aid used correctly
• Legal requirements to make correct decisions when applying first aid
• Duty of care when applying first aid to clients
• Care of unconscious to ensure correct treatment is used, without further damage
• State and territory regulatory requirements relating to currency of skill and knowledge to ensure remote first aid is kept up to date
• Working knowledge of communication systems, equipment and methods used in remote locations
• Knowledge of management option evaluation relating to transporting casualty
• Knowledge of the first aid in a remote location principles in order to address contingencies specific to differing types of situations
• Consideration of the welfare of the casualty and further actions to ensure safe welfare

Method of assessment:
A range of assessment methods should be used to assess practical skills and knowledge. The following examples are appropriate for this unit:
• Direct observation of the candidate’s ability to implement remote first aid
• Oral and written questioning to assess knowledge of key aspects of remote first aid while completing an outdoor recreation activity
• Third-party reports from a supervisor detailing evidence of the candidate’s successful completion of remote first aid
• A portfolio of evidence of remote first aid for specific activities and settings.
• Holistic assessment with other units relevant to the industry sector, workplace and job role is recommended, for example:
  • HLTFA301A Provide first aid

Respond to an Emergency Situation - SISXEMR201A
This section describes the skills and knowledge required for this unit:

Required Skill:
• Communication skills to:
  • Follow instructions and procedures during emergencies
  • Report emergency situations
  • Inform participants of evacuation procedures
  • Debrief participants on the emergency situation
  • Planning and organising skills to:
  • Coordinate participant movement away from the emergency
  • Monitor participants during the emergency
- Literacy and numeracy skills to interpret and follow policies and safety signage
- Technology skills to use emergency and communications equipment
- Problem-solving skills to identify emergency situations and respond safely and promptly

Required Knowledge:
- Organisational policies and procedures to:
  - Enable safe response to an emergency
  - Ensure safe response to situations according to own work role and level of responsibility
- First-aid knowledge appropriate to the location and level of responsibility
- Contingency management techniques
- Local call-out procedures and information to access emergency services personnel

Method of assessment:
A range of assessment methods should be used to assess practical skills and knowledge. The following examples are appropriate for this unit:

- Observation of applying organisational procedures to respond to emergencies
- Observation of coordinating participant movement during the emergency
- Third-party reports from a supervisor detailing work performance
Oral and or written questioning to assess knowledge of accessing and interpreting organisational policies and procedures
Coordinate an Emergency Response - SISXEMR402A

This section describes the skills and knowledge required for this unit:

Required Skill:
- Communication skills to:
  - Liaise with all parties to coordinate effective responses to emergency situations
  - Convey information to relevant authorities
  - Debrief emergency team members
- Problem-solving skills to:
  - Assess emergency situations and develop action plans
  - Improvise equipment or techniques where required
  - Planning and organisational skills to coordinate resources and equipment necessary to respond effectively to emergency situations
- Self-management skills to:
  - Problem-solving skills to:
    - Assess emergency situations and develop action plans
    - Improvise equipment or techniques where required
    - Planning and organisational skills to coordinate resources and equipment necessary to respond effectively to emergency situations
- Language and literacy skills to:
  - Complete emergency documentation
  - Interpret and respond to emergency reports and signals

Required Knowledge:
- Organisational emergency policies and procedures and staff responsibilities to enable prompt and effective response to emergencies and incidents
- Legislation relevant to own work role and level of responsibility including:
  - Duty of care
  - Occupational health and safety
  - Environment protection
  - Hazardous substances and dangerous goods
  - Public health and safety
- Location and use of rescue and emergency equipment to enable effective implementation of an emergency response
- Rescue techniques to enable selection of technique appropriate to type of emergency
- Emergency response agencies within the activity area and direct communication channels to enable information about an emergency to be communicated quickly and directly
- Factors that impact on emergency situations to enable appropriate contingency planning
- Behaviour and characteristics of typical emergencies to enable the development of an action plan to quickly and effectively bring the situation under control

Method of assessment:
A range of assessment methods should be used to assess practical skills and knowledge. The following examples are appropriate for this unit:
- Observation of applying organisational emergency procedures when responding to emergency situations
- Observation of interacting with safety officers and wardens to ensure effective coordination of emergency situations
• Oral and or written questioning to assess knowledge of relevant legislation which underpins the effective implementation of organisational emergency procedures
• Third-party reports from a supervisor detailing work performance

Follow Occupation Health and Safety Policies - SISXOHS101A
This section describes the skills and knowledge required for this unit:

Required Skill:
• Self-management skills to identify and meet OHS responsibilities
• Communication skills to:
  • Report actual or potential hazards and incidents
  • Participate in workplace processes to manage OHS
• Problem-solving skills to:
  • Identify unsafe work practices
  • Apply strategies for a safe work environment
• Language and literacy skills to identify and interpret safety signs and symbols.

Required Knowledge:
• Organisational policies and procedures to enable understanding of rights and responsibilities of employers and employees
• Organisational policies and procedures to enable conduct of safe work activities and reporting of unsafe practices or equipment
• Consultative processes to manage and monitor health and safety issues to enable active participation in maintaining a safe workplace
• Risk-assessment processes to enable contribution to a safe workplace
• Potential hazards in the workplace to enable identification

Method of assessment:
A range of assessment methods should be used to assess practical skills and knowledge. The following examples are appropriate for this unit:
• Observation of applying safe work practices within work environment
• Oral and or written questioning to assess knowledge of organisational OHS procedures
• Portfolio of incident or accident reports submitted and or reported to relevant personnel
• Third-party reports from a supervisor detailing work performance
Other topics covered

- Wilderness emergency response coordination
- Expedition planning
- Search and rescue techniques
- Steep terrain travel
- River crossing techniques
- Use of improvised stretchers and splints
- Leadership and teamwork
- Remote area communications
- Basic Navigation
- Improvised medical techniques
- Expedition medical Kits
- Emphasis on cold injury, high altitude conditions and avalanche awareness

Course Phase - Trek / course

The course phase of the expedition will be conducted in the Annapurna Sanctuary National Park and incorporates the curriculum associated with Expedition Medic (Mountain Medic) with trekking to Annapurna Base Camp (4210m).

Trek - Location and local information

Annapurna Sanctuary trek is located within the Annapurna Sanctuary and is a high glacial basin lying 40 km north of Pokhara. This plateau sits at an approximate altitude of 4000 metres and is surrounded by the Annapurna range most of which are over 7000 metres.

The narrow entrance passes between the peaks of Hiunchuli and Machapuchare causes run-off from the high glaciers to drain into Modi Khola River allowing spectacular scenery throughout the trek and easy access to fresh water. The south-facing slopes are covered in dense tropical jungles of rhododendron and bamboo, while the north-facing slopes, in the rain shadow, have a drier colder climate similar to that of the near-by Tibetan Plateau.

The route is dotted with small villages where provisions and shelter are available if required and recently through local and national initiatives, the Annapurna Sanctuary is now part of the Annapurna Conservation Area Project, which places restrictions on number of outside travellers, gathering of firewood, and domestic animal grazing.

Nil mobile phone reception is available whilst on trek however Wi-Fi connections are now available in every village on the route with differing cost (as you ascend it gets more expensive). Also land line phones and power charging service exist. Nil ATM so carry cash.
Project Phase - Placement

The project phase is currently providing support to two independent medical projects, The Wild Medic Project and Back Packer Medics.

Project - Location and local information

Each project site assists and provides medical and infrastructure support to multiple locations within Nepal and is governed on a needs basis. For that reason, the exact location of the project site will only be made available in the weeks leading up to the expedition.

Previous Project Sites

Helambu has been a focus in the past due to its geographical location to the epicentre of the April and May 2015 earthquakes. Helambu is a region of highland villages in Nepal, about 60 km from Kathmandu connected by an off-road dirt road. It is the home of indigenous Hyolmo. Believe it or not, Helambu is famous for its sweet apples as well as artistic Buddhist monasteries and Buddhist pilgrimage site and has more than six thousand people living in the wider community. The previous project site has been in the village of Chitre where approximately 1000 people live. There was a health post located in Chitre however the recent earthquake completely destroyed it rendering it un-operational. Teams working in the village have recently been working from tents. Health care if any, is extremely basic and is a constant and ongoing issue for the people.

Another previous project site has been Lapapsiphedi. Lapapsiphedi is a small village on a hill about 25 Km from central Kathmandu with approximately five thousand people in the wider Lapsiphedi village. The indigenous people living in the region are of the Tamang Community. They are traditionally very rich in culture but most of the older generation are uneducated. There is a small basic health post, which is operated by a health assistant who conducts first aid only. For major cases the villagers need to go to hospitals in Kathmandu city resulting in a rough sometimes impossible journey.

In country Support Staff

In country support staff is sourced through WMPs Nepali partner Mother and Children Art Foundation (MCAF). MCAF are responsible for logistical support to the expedition and provide

- Expedition planning assistance
- Drivers / transfers
- Mixed accommodation (tents, tea house, hotel)
- Cook team and all food
- Sidar, Sherpas and Porters
- Emergency and evacuation support
<table>
<thead>
<tr>
<th>Day</th>
<th>Location / activity</th>
<th>Inclusions</th>
<th>Syllabus</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Kathmandu – course starts at 11am at the Samsara Resort, Thamel</td>
<td>Airport pick up available day before if required, hotel twin share, in country brief</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Early morning drive to Pokhara by Tourist bus.</td>
<td>Tourist Bus Kath – Pokhara Accommodation in Lakeside Hotel.</td>
<td>Travel day</td>
</tr>
<tr>
<td>3</td>
<td>Pokhara orientation / acclimatisation / preparation day.</td>
<td>Twin share hotel</td>
<td>prep day</td>
</tr>
<tr>
<td>4</td>
<td>Pokhara - then drive to Nayapul, trek to Tirkhedhunga.</td>
<td>Private transport to start of trek. Tea house accommodation and food. Guides and porters.</td>
<td>As per appendix</td>
</tr>
<tr>
<td>5</td>
<td>Tirkhedhunga to Ulleri- Ghorepani.</td>
<td>Tea house accommodation and food. Guides and porters.</td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>Ghreopani to Tadapani</td>
<td>Tea house accommodation and food. Guides and porters.</td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>Tadapani to Chhomrong</td>
<td>Tea house accommodation and food. Guides and porters.</td>
<td></td>
</tr>
<tr>
<td>9</td>
<td>Chhomrong to Dovan</td>
<td>Tea house accommodation and food. Guides and porters.</td>
<td></td>
</tr>
<tr>
<td>10</td>
<td>Dovan to Deurali</td>
<td>Tea house accommodation and food. Guides and porters.</td>
<td></td>
</tr>
<tr>
<td>11</td>
<td>Deurali to MBC</td>
<td>Tea house accommodation and food. Guides and porters.</td>
<td></td>
</tr>
<tr>
<td>12</td>
<td>MBC to ABC to MBC</td>
<td>Tea house accommodation and food. Guides and porters.</td>
<td></td>
</tr>
<tr>
<td>13</td>
<td>MBC to Bamboo</td>
<td>Tea house accommodation and food. Guides and porters.</td>
<td></td>
</tr>
<tr>
<td>15</td>
<td>Jhinudanda to Nayapul to Pokhara</td>
<td>Breakfast. Guides and porters. Accommodation at Lakeside</td>
<td></td>
</tr>
<tr>
<td>16</td>
<td>Pokhara Rest day or sightseeing.</td>
<td>Accommodation at Lakeside</td>
<td>Rest day – Site see</td>
</tr>
<tr>
<td>17</td>
<td>Pokhara to Kathmandu by white water rafting &amp; private Transport</td>
<td>White water rafting to Kathmandu Accommodation Thamel</td>
<td>Travel day</td>
</tr>
<tr>
<td>Date</td>
<td>Activity</td>
<td>Accommodation and Food</td>
<td>Location</td>
</tr>
<tr>
<td>------</td>
<td>--------------------------------------------------------------------------</td>
<td>-------------------------</td>
<td>-----------------------------------------</td>
</tr>
<tr>
<td>18</td>
<td>Drive to Project Site after breakfast. Possibly hours of windy mountain roads! Explore around the village in the evening. Overnight camping and meal.</td>
<td>Private transport to the project site. Project host, camping accommodation and food.</td>
<td>Arrive to Helambu Project Site. Medical camp</td>
</tr>
<tr>
<td>19</td>
<td>Health camp for the villagers. Overnight camping and catering meal</td>
<td>Project host, camping accommodation and food.</td>
<td>Medical Camp</td>
</tr>
<tr>
<td>20</td>
<td>Health camp for the villagers. Overnight camping and catering meal</td>
<td>Project host, camping accommodation and food.</td>
<td>Medical Camp</td>
</tr>
<tr>
<td>21</td>
<td>Health camp for the villagers. Overnight camping and catering meal</td>
<td>Project host, camping accommodation and food.</td>
<td>Medical Camp</td>
</tr>
<tr>
<td>22</td>
<td>Health camp for the villagers. Overnight camping and catering meal</td>
<td>Private transport to the project site. Project host, camping accommodation and food.</td>
<td>Medical Camp</td>
</tr>
<tr>
<td>23</td>
<td>Pack up and drive back to Ktm. Possible school visit</td>
<td>Project host, camping accommodation and food. Private transport back to Kathmandu. Accommodation Thamel Hotel</td>
<td>School Visit – Health support</td>
</tr>
<tr>
<td>24</td>
<td>Course completion (Fly Home)</td>
<td>Airport drop off if required</td>
<td>Cry</td>
</tr>
</tbody>
</table>
Recommended Kit List

The kit lists are a recommendation only and is designed to provide you with all the essentials for deployment. Please seek further advice from friends, family or colleagues.

The General Kit List
1 x passport and protective case  
1 x watch (make it a relatively cheap one)  
1 x sleeping bag (season dependent)  
1 x Therm-a-rest / trek mattress  
1 x small pillow  
1 x gortex rain jacket  
1 x towel  
1x large dry bag  
2x small dry bag  
1 x camera + chargers  
1 x head torch + spare batteries  
1 x Spare torch  
1 x Pocket knife or Leatherman  
1 x sunscreen & Insect repellent  
2 x 1 Lt Water bottles  
1 x water purifier  
1 x good book to read and maybe leave behind in a tea house  
1 x journal  
1 x hat  
1 x hiking boots  
1 x thongs / sandals  
Quantity of toiletries (toothbrush, paste, wipes etc.)  
Personal medic kit (nasal spray, throat gargle, electrolyte ect)  
Any Balls, cards, souvenirs for villagers/donations for health centre etc.  
Normally a 50lt rucksack is ideal for all expeditions

Mountainous Deployment
1 x warm vest  
1x wind breaker / rain jacket  
1 x fleece (recommend this stays in your sleeping bag for warmth at night)  
3 x quick dry t-shirts  
1 x long sleeve hiking shirt (light)  
2 x thermal sets (recommend merino)  
2 x long hiking pants (recommend zip offs)  
4 x sox  
Underwear (if you wear it)  
1 x water proof gloves  
Don’t forget a beanie!

Medical
A quantity of medical gloves your size!  
Personal Stethoscope  
1 x Pen light  
SpO2 / HR monitor (check eBay!)  
1 x Trauma shears  
1 x Tweezers  
1 xCPR Facemask/shield  
1 x Pain log (sliding scale)  
1 x Space blanket  
1 x Safety glasses  

Personal water purification system (tabs, UV or chemical)  
-Hand wash kit (hand shower, brush, soap) or ETOH hand rub

Personal First Aid Kits (Please as a minimum include strapping tape, blister prevention, band aids, electrolyte, throat gargle, nasal spray, paracetamol and alcohol wipes or chlorhexidine. Basically whatever you may need for yourself)

ETX will be providing comprehensive assessment equipment kits and treatment kits to all expeditions. More details available prior to deployment.
Risk Assessments and Course Curriculum

- Generic Risk Assessment – See Appendix 1.
- Nepal Risk Assessment – See Appendix 2.
- Annapurna Trek Risk Assessment – See Appendix 3.
- Project Risk Assessment – See Appendix 4.
- Course Schedule – See Appendix 5.

The Package

Inclusions

- Airport transfers *
- All transport during the expedition
- All accommodation during the expedition (mixture of tea house, camping, hotels and B&Bs)
- All food during the trekking phase
- Expert Trek guides and porters
- Trek permits and national park fees
- All food during the project phase
- Project host and translator
- Course curriculum (Expedition Medic – Mountain Medic)
- Nationally recognised units and qualifications (Wilderness First Aid Leader)
- Internationally recognised Basic Wilderness Life Support (BWLS) qualification
- Expert Wilderness Medical Instructors
- Expedition Handbook
- BWLS Course Hand Book
- Kathmandu city tourist guide (Durbar Square, Monkey Temple, markets)
- Placement in a remote Himalayan medical project
- Mountain Medic Kit (Jacket, Duffel bag, Vest)
- Trekking in the world renowned Annapurna Sanctuary
- Qualified and experienced instructors and support staff
- Classroom in the Himalayas!
- An unforgettable experience!

Exclusions

- International flights
- Nepali Visa
- Passport cost
- Travel insurance
- Food / drinks in Kathmandu
- Calls home/ internet

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Logistics

Earth Trails sources all logistics from the Mother and Children Art Foundation. Utilising local experts in their fields MCAF have over ten years’ experience supporting expedition teams in Nepal.

Certificates

Certificate – Expedition Medic (Mountain medic)
Certificate – Wilderness First Aid Skill set (Nationally accredited)
Certificate – Humanitarian Participation (Chitre Village)
Certificate – Basic Wilderness Life Support (BWLS)

Cost

AUD $ 4245

Dates

20 November – 13 December 2017

Registration Process
