This flyer is to give information about the SSC in wilderness medicine based in Durham. The SSC runs once per year. It is a private SSC run in the 2nd SSC slot.

The remainder of the flyer explains what students should expect to learn (and how), what they will be expected to do and a little about myself.

If you have any questions, suggestions or comments please do not hesitate to get in touch.

Because the arrangements for the SSC have to remain provisional until numbers and outside instructors are confirmed I cannot give an absolute guarantee that everything mentioned will take place; I would anticipate that they would do so.

**The two key objectives for the SSC**

1) To enhance your capability to provide clinical care in a remote or expedition environment. This includes some non-clinical skills.

2) To enhance generic skills and knowledge that will increase your effectiveness whatever the environment or circumstance.
Clinical care

Your capability to provide care in remote or wilderness situations will be developed in the following ways:

- Didactic teaching to increase factual knowledge (some of this will be delivered by students themselves)
- Small group discussions to increase understanding
- Teaching of practical skills (not just clinical ones—this will include outdoor skills such as navigation)

Topics covered in didactic sessions might include:
- Structured approach to the seriously ill or injured
- Field care of emergency airway, breathing and circulatory problems
- Hypothermia and cold injuries
- Heat illnesses
- Altitude
- Diagnosis and management of musculoskeletal injuries
- Navigation & use of maps
- Pre-expedition planning. Medical support for expeditions

Among the practical clinical skills learned will be:
- Emergency airway manoeuvres (including surgical airway)
- Treatment of sucking chest wounds
- Haemorrhage control & obtaining vascular access and the use of fluids
- Splinting injuries
- Triage
- Extricating victims from crashed vehicles & collapsed structures
- Wound care

Practice of practical skills and knowledge in exercises (some of which will be outdoors in the dark or in inclement weather)

Sessions on expedition planning and preparation
Generic knowledge and skills

This SSC will aim to be useful by enhancing your generic skills:

- Teamwork
- Communication
- Leadership
- Working under pressure

Effective teamwork will be needed. There will also be some training specifically about teams and what you can do to increase the effectiveness of any team you are in.

Linked to this will be activities designed to develop leadership skills. Leadership and teamwork are increasingly being recognised as core skills for doctors; this SSC will provide opportunities to practise and enhance these skills in a safe group. Linked with the leadership skills are skills relating to communication which will also be taught.

About you. The ideal student for this SSC:

Is keen to acquire and practice generic skills

Has a background in outdoor activities or in expeditions or remote travel

Has their own outdoor clothing and equipment (nothing more sophisticated than would be needed for a day’s walking). No outdoor equipment will be available for loan

Has experience of travel to remote areas

Is in good health and reasonably fit and reasonably confident hill-walking in Feb/March (you don’t have to be able to yomp like a Marine, but a 12 mile walk should not be off-putting)

Is prepared to let colleagues practice on them (nothing more invasive than cannulation!)

Is able to contribute to the success of the SSC by being part of a team

Is able to meet the costs involved in travel and accommodation (approx £250 over the 6 weeks) and to spend time living away from the North East (10 days total)

Will organize and deliver a teaching weekend for peers after the SSC

Is able to work outside in inclement weather or the dark

You must have your own outdoor clothing and equipment
Dr R Hardern: course lead

Consultant in Emergency Medicine in Durham.
Honorary Senior Clinical Lecturer.
Undergraduate Tutor

Teaches on Generic Instructor Course, Advanced Life Support, Advanced Trauma Life Support, MedicALS (medical emergencies) and Tactical Medicine courses; passed Major Incident Medical Management and Support, Pre-Hospital Trauma Life Support and Medicine in Remote Areas courses.

Enjoys walking—mainly the Lakes & Dales—provided medical cover for a trek on Kilimanjaro in 2008. Member of the Wilderness Medicine Society.

Runs regular critical appraisal workshops and involved in setting up teaching about leadership and teamwork.

Application process

Because some of the course is delivered by outside instructors, the SSC will not go ahead unless enough high quality students are selected to take part in it.

Students will be selected by a formal process including an application form, a selection centre and a fitness assessment.

Applications must be made online by 09:00 on May 1st.

The URL is:
http://www.surveymonkey.com/s/FTBDRQP

On the 4th May a list of "long listed" students will be posted on the wikispace, together with some further questions which must be answered by 09:00 on May 7th.

On May 11th list of up to 16 short listed students selected for the selection centre will be posted on the wikispace:
[wildernessmedicine.wikispaces.com]
(details of date & venue will be provided nearer the time)

Attitude will be as important as aptitude in the selection process, but a high level of commitment will be required from students. Previously there were many very good students who did not obtain a place on the SSC. The SSC is a private one.

If you might be interested then please get in touch with me as soon as possible. I would be happy to explain more about the SSC or answer any questions.

A presentation about the SSC will be given at 15:00 on Wednesday April 28th in training room 1 in Learning and Development at UHND.