

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	Evening entertainment TBC (<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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09:00 – 09:30	REGISTRATION <i>(for Sunday only attendees)</i>
09:15 – 09:30	Welcome <i>(all attendees)</i>
09:30 – 10:30	Optional Session 1
10:30 – 10:45	Break
10:45 – 11:45	Optional Session 2
11:45 – 12:00	Break
12:00 – 13:00	Optional Session 3
13:00 – 14:00	Lunch break <i>(please note lunch is not provided)</i>
14:00 – 15:00	Optional Session 4
15:00 – 15:15	Break
15:15 – 16:15	Optional Session 5
16:15 – 16:30	Break
16:30 – 17:00	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.

