

British Antarctic Survey First Aid Plus
11th – 13th Sept 2019
BAS Cambridge



Look after your feet!

Faculty List 2019

Name	Position	Initials
Matt Warner	Medical Director, Consultant in EM	MW
Anne Hicks	Consultant in Emergency Medicine	AH
Simon Horne	Consultant in Emergency Medicine	SH
Dave Farrance	Speciality Doctor Emergency Medicine/BASMU	DF
J Lowe	BASMU Specialist Registrar	JL
Alicia Tomkinson	Ex JCR Dr	AT
Amber Chadwick	Ex JCR Dr	AC
Tim Parham	Cardiology Matron	TP
James Bowyer	Rothera Dr	JB
Katharine Ganly	SG Dr	KG
Graham Pluck	Military Dr	GP
Natalie Lonsdale	Military Dr	NL
John Ashford	Paramedic	JA
Lee Thirlby	Paramedic	LT
Stuart Quarterman	ED Charge Nurse	SQ
Mike Dinn	Remote Healthcare Manager	
Alison Hunt	BASMU Nurse	

Day 1

Instructor		Mentor for Group
Dave Farrance	DF	1
John Ashford	JA	2
Lee Thirlby	LT	3
Stuart Quarterman	SQ	4
Tim Parham	TP	5
Kat Ganly	KG	6
James Bowyer	JB	7
Amber Chadwick	AC	8
Graham Pluck	GP	9
Natalie Lonsdale	NL	10

Teaching Rooms on
programme
Conference Room = CR
Seminar Room 1 = SR1
Seminar Room 2 = SR2
Rm 1
Rm 2
Rm 3
Rm 4

Mentor Group Meetings
Groups 1- 4 Conference Room
Group 5 Seminar Room 1
Group 6 Seminar Room 2
Group 7 Rm1
Group 8 Rm2
Group 9 Rm3
Group 10 Rm 4

Time Subject

Venue

Faculty

16:30 Introduction
(10) Course Aims & Objectives
Timekeeping
Mentors
Expectations of BASMU

CR

MW

16:40 Lecture: Recognising Serious Problems
(20) Basic Examination
ABCDE Concept

CR

KG

17:00 Skill Stations:

(45)

Each group will go to the allocated station (as below)

A = Vital signs / ATMIST

B = Primary / Secondary survey

Instructor	AT	TP	AC	SQ	NL	AH	SH	JB	JL	DF	Spare Instructors JA GP LT KG
Location	RM1	RM2	RM3	RM4	SR1	SR2	CR	CR	CR	CR	
Skill	A	A	A	A	A	B	B	B	B	B	
17:00 start	1	2	3	4	5	6	7	8	9	10	
17:45	6	7	8	9	10	1	2	3	4	5	

18:30 Finish

DAY 2
12th September 2019

09:00 Introduction of today (10) CR MW

09:10 Major Incident Response Lecture (20) CR AH

09:30 Skill Stations: (45)

A = Basic Life Support, AED, Choking, and Recovery Position.

B = Airway Management

Instructor	SQ	LT	JA	AC	GP	JB	KG	AT	NL	JL	Spare Instructors TP SH DF AH
Location	SR1	SR2	CR	CR	CR	CR	RM1	RM2	RM3	RM4	
Skill	A	A	A	A	A	B	B	B	B	B	
09:30 start	1	2	3	4	5	6	7	8	9	10	
10:15	6	7	8	9	10	1	2	3	4	5	

11:00 Coffee 15 mins

11:15 Lecture: Limb Injuries (20) CR DF

11:35 Lecture: Spinal Injury (20) CR JB

11:55 Skill stations: **2 groups join together** -see below (30)

A SAM splints / slings / Pelvic binder / Vacuum / Box splints

B Hare Splint / Kendrick Traction Device

C Basket / Slix/ Paraguard / N. Robertson Stretchers

D Spinal Care

E Wound care

2. Wound care						
Instructor	KG / JL	JA / AT	LT / GP	JB / SH	TP / SQ	Spare Instructors
Location	SR1	SR2	CR	CR	RM1	NL AC AH DF
Skill	A	B	C	D	E	
11:55	1+2	3+4	5+6	7+8	9+10	
12:25	9+10	1+2	3+4	5+6	7+8	
13:05 Lunch 45 mins						
13:50	7+8	9+10	1+2	3+4	5+6	
14:20	5+6	7+8	9+10	1+2	3+4	
14:50	3+4	5+6	7+8	9+10	1+2	

15:20 Meet mentors & finish

DAY 3
13th September 2019

09:00 Introduction of today (10) CR MW

09:10 Lecture: Thermal problems (20) CR SH

09:30 Skills station (30)

A = Analgesia / Entonox /FMB practical.
B = IM Injections, practical.

Instructor	DF	LT	SH	JA	AT	TP	NL	AC	JL	GP	Spare Instructors KG AH SQ JB
Location	SR1	SR2	CR	CR	CR	CR	RM1	RM2	RM3	RM4	
Skill	A	A	A	A	A	B	B	B	B	B	
09:30 start	1	2	3	4	5	6	7	8	9	10	
10:00	6	7	8	9	10	1	2	3	4	5	

10:30 Coffee (15)

10:45 Lecture: Love, Life and Despair. (20) CR MW / MD

11: 05 Mental Health Wellbeing (15) (Faculty meeting at the same time) CR AH

11:20 Scenario Teaching: A light hearted demo by faculty on how / how not to (30) treat a patient in the forthcoming Medical and Trauma scenarios

11:50 Each group will complete all of the 10 scenarios. Each scenario is 15min. At each station a different person should lead the group in how to deal with the patient. Outside if weather good, if not as below:

Instructor	JA	LT	TP	JL	NL	DF	JB	KG	AC	AH	Spare Instructors SH AT GP
Location	SR1	SR2	CR	CR	CR	CR	RM1	RM2	RM3	RM4	
Skill	A	B	C	D	E	F	G	H	I	J	
11:50 start	1	2	3	4	5	6	7	8	9	10	
12:05	10	1	2	3	4	5	6	7	8	9	
12:20	9	10	1	2	3	4	5	6	7	8	
12:35	Lunch 45 mins										

13:10	8	9	10	1	2	3	4	5	6	7	
13:25	7	8	9	10	1	2	3	4	5	6	
13:40	6	7	8	9	10	1	2	3	4	5	
13:55	5	6	7	8	9	10	1	2	3	4	
14:10	4	5	6	7	8	9	10	1	2	3	
14:25	3	4	5	6	7	8	9	10	1	2	
14:40	2	3	4	5	6	7	8	9	10	1	

14:55 Clear up

15:30 Course debrief /meet with mentors, opportunity to discuss course, return evaluation forms, & receive certificates.
Spare Instructors put kit away.

Course ends

COURSE FEEDBACK FORM – FIRST AID PLUS 2019

Year on year, we wish to refine this course to ensure it meets your needs. Please complete this form as honestly as you can. Each section should be marked out of 4.

1 = Poor. **2** = Average. **3** = Good. **4** = Excellent.

The sessions are presented in the order shown below. It may be worth marking the course as you progress through the programme. Issues such as presentation, content and value need to be considered. Feel free to make suggestions and further comment. Thanks.

SESSION	SCORE
Recognising serious problems lecture	
Vital signs / ATMIST practical	
Primary / secondary Survey	
Major Incident Response lecture	
BLS/ choking/ AED / recovery position practical	
Airway management practical	
Limb Injuries lecture	
Spinal injury lecture	
Limb Splints practical	
Traction Devices	
Stretchers practical	
Spinal care practical	
Wound Care	
Thermal problems	
Analgesia / Entonox /FMB	
IM Injections	
Love, Life & Despair talk	
Mental Health Well-being talk	
Scenario Teaching	
Scenario practice	

Further comments and suggestions