



THE AUSTRALASIAN COLLEGE OF TROPICAL MEDICINE

Faculty of Expedition and Wilderness Medicine



My Greetings to you, at this time, in this rather inclement world.

The Faculty of Expedition and Wilderness Medicine (FEWM) of the ACTM is mobilising! Whilst COVID is an excuse that seems universal in anything that is delayed or cancelled, and indeed undoubtedly this has had an impact, it is time to flex our muscles and develop Expedition and Wilderness Medicine as an unique form of Global Medicine in its own right.

To this end, I am **organising a Virtual Meeting on Expedition Medicine** on the 19th June at 0830 AEST. A programme that I feel will give an *easy and good introduction* to Expedition and Wilderness Medicine has been developed and I hope that you may join us for this inaugural Expedition and Wilderness Medicine Meeting. The programme is pretty well set but is likely to be subject to a few changes as we try to adapt to the availabilities of some of our presenters.

Our presenters have all had experience in Remote and Wilderness Medicine, in some form, and thus are experienced in what they are going to talk about. From academic presenters to those who are pragmatically experienced I think that you will find the programme to be an excellent balance.

To summarise - The **Virtual Meeting on Expedition Medicine** webinar has been booked for **Saturday 19 June 2021 at 8.30am AEST (Sydney Canberra time) and 1030am NZST**. Below is the registration link to add to your diary for the date.

<https://us02web.zoom.us/meeting/register/tZEKfu-qpzwsHdPiZo3o0EdDCT87r-PACxAn>

Marc Shaw DrPH, FRNZCGP, FRGS, FISTM, FACTM, FETM (ACTM), FETM RCPS (Glas), DipTravMed

Dean, Faculty of Expedition and Wilderness Medicine, ACTM

Professor, College of Public Health, Medical and Veterinary Sciences, James Cook University, Australia

Consultant in Geographic & Expedition Medicine

Medical Director - WORLDWIDE Geographic Medicine, New Zealand

Expedition Medicine in a Virtual World

PROGRAMME AS AT 31.5.21

0830 - 0840	Introduction	Marc Shaw	NZ
0830 - 0900	Types of Expeditions	Peter Leggat	Aust
0900 - 0930	The Psychology of Expeditions	Sundeep Dhillon	UK
0900 - 0930	What is Expedition Medicine: The Role of the Medical Officer	Edi Albert	Aust
1000 - 1030	Polar Bears, Penguins and People <i>Confessions of an Expedition Doctor</i>	Tom Mulholland	NZ
1000 - 1030	Practical Punchpoints: The Medical Kit	Daniel Lack	Aust
1100 - 1130	'Water, Water Everywhere' - Pre-trip and trip Planning	Richard Franklin	Aust
1130 - 1200	Environmental Extremes: Altitude at Base Camp	Peter Hall	NZ
1200 - 1220	How to get started? Teaching courses	Edi Albert	Aust
1220 - 1230	Wrap	Marc Shaw	NZ



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PRESENTERS

Professor Peter Leggat:



Professor Peter A Leggat, AM, ADC, MD, PhD, DrPH, FAFPHM, FFPH RCP(UK), FPHAA, FACTM, FFTM, FFEWM ACTM, FISTM, FACRRM, FACAsM, FRGS, FRAS, FAICD, FAIHS, FACE, DistIntFASTMH, HonFFPM RCP(UK), HonFACTM, HonFFTM ACTM, is Professor and co-Director of the World Health Organization Collaborating Centre for Vector-borne and Neglected Tropical Diseases, James Cook University (JCU), Australia. He is also President of The Australasian College of Tropical Medicine (ACTM) and President of the International Society of Travel Medicine (ISTM). He was a Founder of the ACTM Faculty of Expedition and Wilderness Medicine and a Founder of the ISTM Interest Group in Expedition and Wilderness Medicine. He also co-ordinates subjects in travel and expedition and wilderness medicine at JCU. He has published more than 500 journal papers. Professor Leggat has also served in the Australian Army over

the past 34 years and was promoted to the rank of Colonel in 2013. He currently holds the position of Honorary Aide-de-Camp to the Governor-General of the Commonwealth of Australia.

Dr Sundeep Dhillon:



Dr Sundeep Dhillon, is a world expert on wilderness and extreme travel, helped by his love of mountaineering. In 1998, he became the youngest person to achieve The Seven Summits and held the World Record for many years. He holds medical and physiology degrees from Oxford University and is described as one of St Edmund Hall's most inspirational alumni. He is a frequent invited speaker, including being a TedX speaker. He spent 20 years in the British Army working with Airborne Forces, ensuring they remained in peak physical and psychological form for short notice deployments. He was awarded an MBE for services to military medicine in 2008. Sundeep passionately believes that everyone can extend the boundaries in health and performance with the right help.



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Dr Edi Albert:



Edi Albert is a Tasmanian based rural and remote medical generalist and is director of the Healthcare in Remote and Extreme Environments Program at the Tasmanian School of Medicine. He currently works clinically with the Medical Retrieval and Consultation Centre in Alice Springs and through the winter at the medical clinic at Perisher Ski Resort in NSW. He has had three previous deployments and expeditions to Antarctica and has spent time in Nepal climbing, teaching, working with the International Porter Protection group and as founding medical director of Langtang Valley Health. As an outdoor jack of all trades, he has sea kayaked across Bass Strait and up in the Arctic and sailed in various places from Scotland to Thailand and Queensland to Antarctica. He continues to climb, hike, run and occasionally paddle white water. He would like to resume paragliding but his wife keeps

coming up with other fun ideas instead!

Dr Tom Mulholland:



For the past 30 years Dr Tom Mulholland has led an expeditionary clinical life. From working clinically in surf camps, on Russian Icebreakers and organising medical conferences in Tropical and Polar regions he has learnt many things but has still much to learn. An Emergency Medicine hospital doctor and Rural GP he has travelled extensively mostly as ships doctor but also in disaster relief and medical aid in remote villages.

He was hit by a 20-foot-high Tsunami in 1994 at 2am while working as a Doctor in Java Indonesia, that swept him into the jungle and killed 500 people. He

then went and helped in the boxing day Tsunami and received the NZ Defence forces Special Services medal. He holds the world record for the greatest number of Polar Bears seen in one place at one time (241) while working in the Russian Arctic.

He has a 1st class honours degree in Zoology, has been an honorary lecturer in Psychological Medicine at the University of Auckland hosted his own TV and Radio shows and written extensively on risk and wellbeing. Being an expedition doctor carries significant personal and clinical risk and Dr Tom will share his experiences and knowledge.



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He lives on his 40-foot boat which he has circumnavigated NZ on, is a passionate surfer, diver, snowboarder and adventurer having surfed some of the world's best waves and Heli-skied in Russia and Greenland with his family and has just founded a not-for-profit enterprise called Sea Aid.

Dr Dan Lack



Dan Lack is a General Practice registrar in Launceston Tasmania with a previous 20 year career in climate change research incorporating remote fieldwork across the world. He has also had a 15 year career in volunteer mountain and surf rescue including a decade with the Rocky Mountain rescue group in Boulder Colorado, where he responded on over 600 rescues covering alpine, high angle and disaster responses.

Dan has paddled big rivers and climbed big mountains throughout Africa, New Zealand, China and South America.

He is currently the medical officer for the Ben Lomond Ski Patrol in Tasmania, A member of the Australian Ski Patrol Association medical advisory committee, volunteer teaching faculty with the University of Colorado School of medicine wilderness medicine group and soon to join the university of Tasmania expedition medicine team.

Prof Richard Franklin:



Professor Richard Franklin PhD, FPHAA, FARL, FACTM, is a pracademic who uses an evidence based approach to developing real world solutions to improving health, safety and wellbeing with a focus on health services, rural populations, those working in agriculture, disasters and drowning. He is an Associate Professor in Public Health and the Director for the World Safety Organization Collaborating Centre - Injury Prevention and Safety Promotion at James Cook University. He has worked in Public Health with a focus on Injury Prevention and Safety Promotion since 1996. He was the first National Manager for Research and Health Promotion with the Royal Life Saving Society - Australia and through his role with Royal Life Saving has appeared numerous times on television and radio talking about drowning and water safety. Also during this time he developed for the society a new course aimed at older Australians called the Grey

Medallion, a course to train home pool inspectors, and programs targeting parents to ensure the safety of their children around aquatic locations.



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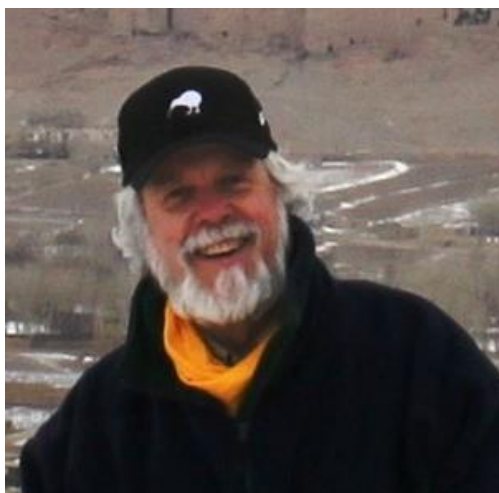
Dr Peter Hall:



Peter is an experienced GP from Whangaparaoa, New Zealand, with a special interest in travel medicine. He has worked in hospitals in Kiribati and the Solomons and accompanied an ambitious school trip to Timor Leste, as well as more conventional travel and tramping in New Zealand. He worked at Worldwide Travel Medicine in Auckland until the COVID outbreak in 2020 and hopes to return to this sector when a new normal is established.

A life-time Edmund Hillary fan and Mt Everest junkie, it was literally the high point of his life to trek to Everest Base Camp in 2017, aged 60. He was able to see the impact of altitude sickness first hand as well as experience the usual discomforts of alpine trekking. There was also opportunity to reflect on the impact of tourism and mountaineering on the Sherpa culture and environment.

Chairman



A Fellow of the International Society of Travel Medicine, Marc Shaw is the Medical Director of Worldwide Geographic Medicine, NZ. A GP for 15 years before specialising in travel, and expedition medicine, he currently holds the position of Adjunct Professor at James Cook University (JCU) and has taught on the Expedition Medicine course for the past 5 years. A Fellow of the ISTM and the Royal Geographical Society, Marc has been awarded Fellowship of the Faculties of both Travel and Expedition Medicine of the ACTM, and the Royal College of Physicians and Surgeons of Glasgow. He

has worked in a number of remote locations, including as Medical Officer (MO) for expeditions into the Arctic and the Amazonas, as MO for the Pitcairn Islands and as MO for the NZ Defence Force in Afghanistan. Known for ability to discern the difference between Australian Red and New Zealand White wines, he has been thoroughly immersed in the arts as a writer, actor and sculpture and wears red shoes!