

The INAUGURAL SOUTHERN CROSS EXPEDITION AND WILDERNESS MEDICINE CONFERENCE

SAMOA

JULY 24 -JULY 27 2023

Hosted by The Australasian College of Tropical Medicine

Scientific Committee:

Prof Marc Shaw, Prof Richard Franklin, Prof Peter Leggat, Dr Annemarie Hern, Dr Charmaine Tate, Dr Sundeep Dhillon

DRAFT PROGRAM

MONDAY 24 JULY, 2023

08:00 – 08:30	REGISTRATION	
08:30 – 08:45	OPENING SESSION – EXPEDITION AND WILDERNESS MEDICINE INTRODUCTION OF PROGRAMME AND SPEAKERS	PROFESSOR MARC SHAW
08:45 – 09:15	Travel – off the beaten track – <i>history, trends, nature and drivers of adventure / expedition travel</i>	
09:15 – 09:35	Everest Expedition	
09:35 – 09:50	Jungle Expedition	
09:50 – 10:20	<i>Where is the evidence? - seminal papers of Expedition medicine</i>	
10:20 – 10:45	MORNING TEA	
10:45 – 11:15	The role of health personnel on expeditions	
11:15 – 11.45	Resilience in Expedition and Wilderness Medicine: the psychology of expeditions	
11:45 – 12:15	Leadership in austere environments	
12:15 – 13:15	LUNCH	
13:15 – 13:40	Health Threats to Expeditions	
13:40 – 14:20	Vaccinations for Pre-travel for Wilderness and Expedition Medicine Journeys and Humanitarian Response	
14:20 – 15:00	Zoonosis and Animal Health Threats in Remote Locations – Rabies	
15:00 – 15:30	AFTERNOON TEA	
15:30 - 16:45	PRACTICAL/SKILL STATIONS (25 min each, including change over time) (i) Pre hospital Essential Skills (ii) Health professional preparation (<i>what do health personnel need to do to prepare to support exp.</i>) (iii) Bites and Stings	
	END DAY 1	

TUESDAY 25 JULY, 2023

09:00 – 13:00	PRE-DEPLOYMENT PLANNING
09:00 – 10:00	Pre-expedition Planning - <ul style="list-style-type: none">• Preparing the Traveller (include med checks and vaccinations)• Prepare the health professional (Legal Aspects of Expeditions, including insurances)
10:00 – 10:30	Preparing travelers for special environments (dive/altitude/cold)
10:30 – 10:45	MORNING TEA
10:45 – 12:00	PRACTICAL/SKILL STATIONS <i>(25 min each, including change over time)</i> <ul style="list-style-type: none">(i) Heat Illness(ii) Packing for Austere Environments – (prep day packs)(iii) Communication from Austere Environments – wilderness tech talk...
12:15 – 13:15	LUNCH
	‘A Deep Dive into Specialised Expeditions’
13:15 – 14:00	Altitude Medicine
14:00 – 14:45	Updates on management of Hypothermia
14:45 – 15:30	Updates on management of Cold Injury
15:30 – 15:45	AFTERNOON TEA
15:45 – 17:00	Setting up a camp-site and jungle survival education <i>(set-up of site with respect to Occ Health Safety and Security)</i> <ul style="list-style-type: none">• Safety and Shelter• Hygiene and Water Treatment• Medical Kit
17:00	Evening Roundtable Discussion – ‘The Professorial Rap’ and Questions You Have Always Wanted to Ask

WEDNESDAY 26 JULY, 2023

09:00 – 13:00	Managing Expedition Events (at jungle camp location)
09:00 – 10:30	PRACTICAL/SKILL STATIONS <i>(25 min each, including change over time)</i> <ul style="list-style-type: none">i) Trauma Scenarioii) Fractures and Wound Care in Austere Environmentsiii) Packaging and Moving Patients
10:30 – 10:45	MORNING TEA
10:45 – 12:15	Continue practical wilderness skills <ul style="list-style-type: none">• Navigation - Essential Skills• Foot Care• Nutrition in Austere Environments• Wound Care
12:15 – 13:00	LUNCH
13:15 – 13:40	Expedition exercise – Leader in a Team, Waypoint Management, Setting up Camp, Hygiene, Managing Cases
13:40 – 14:20	
14:20 – 15:00	
15:00 – 15:15	AFTERNOON TEA
15:15 - 16:45	Expedition exercise – Leader in a Team, Waypoint Management, Setting up Camp, Hygiene, Managing Cases
19:00 – 20:00	Evening talk - Polar Expedition Presentation

THURSDAY 27 JULY, 2023

09:00 – 17:00	SPECIALISED ENVIRONMENTS
08:30 – 09:00	Humanitarian Aid and Disaster Relief
09:00 – 09:30	The Pacific Perspective
09:30 – 10:15	Ethics in Humanitarian Aid Deployment and Expedition Medicine
10:15 – 10:45	MORNING TEA
10:45 - 11:15	Humanitarian Aid Preparedness and Response
11:15 – 11.45	Humanitarian Aid Preparedness and Response
11:45 – 12:15	Humanitarian Aid Preparedness and Response
12:15 – 13:00	LUNCH
13:00 – 16:30	PRACTICAL WATER SAFETY ON EXPEDITIONS Have a water safety session which included: <ul style="list-style-type: none">• Paddleboard safety• Scuba – from set up to the bends• Marine envenomation's• Drowning• Rescue (rope throw and also shallow water search and deeper water search)
15:30 - 17:00	Close Conference - <i>'The Professorial Rap' and Questions You Have Always Wanted to Ask</i>

Programme is subject to change depending on speaker availability