



## British Antarctic Survey First Aid Refresher One day 9th or 10th Sept 2024

### Faculty List 2024

Matt Warner	Medical Director, Consultant in EM	MW
Dave Farrance	Speciality Doctor EM/BASMU	DF
Tom Odbert	ED Consultant	TO
Dave Potter	Military Consultant	DP
J Lowe	Military Consultant	JL
Daisy Stevens	Speciality Doctor EM/BASMU(Tuesday only)	DS
Tim Parham	BASMU Matron	TP
Lee Thirlby	Paramedic	LT
Phil Watts	Paramedic	PW
Richard Wallker	Paramedic	RW
Paul Anderson	Paramedic	PA
Ali McClellan	Emergency Nurse Practitioner	AM
Sally Jones	Emergency Department Sister	SJ
Mike Dinn	BASMU Remote Healthcare Manager	MD
Nicky Gawman	BASMU Sister	NG
Claire Furlonger	BASMU Secretary	CF

If the weather is good all the **skills stations** will be outside on the Quad

09:00 (20)	Introduction to the day A bit about BASMU Covid Update	Hall	MW
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09:20 (20)	Demonstration: ABCDE Concept Basic Examination	Hall	MW/TP
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09:40 (20)	Demonstration: principles Shock Haemorrhage Control Haemostatic Agent C.A.T.2 Pressure Bandage/ Elevation	Hall	JL/TP
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10:00 (45)	Skills station: Cat 2 KTD Pelvic binder Pressure bandage					
Instructor	LT	PW	RW	DP	SJ	PA
Group	1	2	3	4	5	6
Location	Hall1	Hall2	Hall3	Hall 4	Lib1	Lib 2

### 10:45 Coffee 30 mins

11:15 (15)	Demonstration: Sepsis	Hall	JL/TP
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11:30 (50)	Skills station: Primary Survey Vital Signs ATMIST Observation charts					
Instructor	AM	SJ	DF	PW	RW	TO
Group	1	2	3	4	5	6
Location	Hall1	Hall2	Hall3	Hall4	Lib1	Lib2

12:20 (20)	Skills station: Unconscious patient AVPU Recovery Position					
Instructor	PW/DS	DP	LT	DF	PA	AM
Group	1	2	3	4	5	6
Location	Hall1	Hall2	Hall3	Hall4	Lib1	Lib2

**12:40 Lunch 1 hour**

13:40 (30)	Skills station: BLS AED Choking					
Instructor	PW	LT	SJ	AM	RW	PA/DS
Group	1	2	3	4	5	6
Location	Hall1	Hall2	Hall3	Hall4	Lib1	Lib2

14:10 (40)	Skills station: Airway Management Anaphylaxis					
Instructor	TP/DS	LT	MW	DP	DF	TO
Group	1	2	3	4	5	6
Location	Hall1	Hall2	Hall3	Hall4	Lib1	Lib2

14:50 (20)	Demonstration: Environmental Hazards Cold Injury Co2	Hall	JL
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15:10 (25)	Limb Injuries	Hall	DF
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15:35 (20)	Skills station: Analgesia Penthrox Fentanyl Lozenges IN Narcan FMB					
Instructor	TP	LT	DP	TO	JL	PA
Group	1	2	3	4	5	6
Location	Hall1	Hall2	Hall3	Hall4	Lib1	Lib2

15:55 (20)	Skills station: Wound Care					
Instructor	RW	AM	TP	TO/DS	DF	SJ
Group	1	2	3	4	5	6
Location	Hall1	Hall2	Hall3	Hall4	Lib1	Lib2

16:15 (10)	Return evaluation forms and collect certificates.
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## **COURSE FEEDBACK FORM – FIRST AID REFRESHER 2023**

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.

<b>SESSION</b>	<b>SCORE</b>
Basic Examination	
Shock & Haemorrhage Control	
KTD/Pelvic binder/CAT2 / Pressure bandage	
Sepsis	
Vital signs / ATMIST Primary Survey	
Unconscious patient / AVPU / Recovery position	
BLS/ choking/ AED	
Airway management / Anaphylaxis	
Environmental Hazards	
Limb Injuries	
Analgesia	
Wound Care	

Further comments and suggestions

