



## **British Antarctic Survey Advanced First Aid Course**

**11<sup>th</sup> – 13<sup>th</sup> Sept 2024**  
**BAS Cambridge**

### **Faculty List 2024**

Matt Warner	1	Medical Director, Consultant in EM	MW
Dave Farrance	2	Speciality Doctor Emergency Medicine/BASMU	DF
J Lowe	3	Military Consultant	JL
Dave Potter	4	Military Consultant	DP
Tim Parham	5	BASMU Matron	TP
Tom Odbert	6	Emergency Medicine Consultant	TO
Sophia Demaria	7	Military Consultant	SD
Daisy Stevens	8	Speciality Doctor Emergency Medicine/BASMU	DS
Liam O'Brien	9	Ex SDA Doctor	LO
Rosemary Hartley	10	Ex Rothera Doctor	RH
Anna Carter	11	Ex KEP Doctor	AC
Dan Callan	12	Rothera Doctor	DC
Nisha Mistry	13	SDA Doctor	NM
Simon Masson	14	KEP doctor	SM
Andrea Wolfe	15	Military Doctor	AW
Andy Bywood	16	Signy MA	AB
Paul Anderson	17	Paramedic	PA
Lee Thirlby	18	Paramedic	LT
Phil Watts	19	Paramedic	PW
Rich Walker	20	Paramedic	RW
Sally Jones	21	ED Sister	SJ
Allie McClellan	22	ED Emergency Nurse Practitioner	AM
Mike Dinn	23	BASMU Remote Healthcare Manager	MD
Nicky Gawman	24	BASMU Sister	NG
Claire Furlonger	25	BASMU Secretary	CF

## Group mentors

Group	Mentor	
1	Tim Parham	TP
2	Lee Thirlby	LT
3	Rosemary Hartley	RH
4	Simon Masson	SM
5	Nisha Mistry	NM
6	Liam O'Brien	LO
7	Phil Watts	PW
8	Allie McClellan	AM
9	Rich Walker	RW
10	Andy Bywood	AB
11	Dan Callan	DC
12	Dave Farrance	DF
13	Andrea Wolfe	AW
14	Paul Anderson	PA
15	Daisy Stevens	DS
16	Sally Jones	SJ

**We plan to deliver as much of this course as possible outside on the grass but if the weather is wet the stations will be held indoors in the following areas. TO BE DETERMINED BY BAS**

Hall1	H1 = left corner by stage
Hall 2	H2 = right corner by stage
Hall3	H3 = inside left of double doors
Hall4	H4 = inside right of double doors
Library 1	Lib1 = Library by double doors
Library 2	Lib2 = Library far end
Rooms 1-10	Will be marked around the college
Dining Hall	DH

## Day 1 11<sup>th</sup> September

Time	Subject	Venue	Instructor
<b>08:45</b> (35)	Introduction Covid Update	Hall	MW

<b>09:20</b> (15)	Demonstration: Concepts: SAFE, ABCDE (multitasking)	Hall	DP/TP
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<b>09:35</b> (45)	Demonstration: Primary Survey – how to guide including Shock and Haemorrhage Control	Hall	JL/TP
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<b>10:20</b> (30)	Skill station: <b>A</b> ATMIST / SAMPLE Primary Survey Mini scenario								Skill Station: <b>B</b> C.A.T.2 Haemostatic Agent BLAST/Pressure Bandage/ Elevation							
Instructor	AM	DF	PW	SM	RH	DC	LO	NM	RW	PA	AW	JL	TO	SD	DP	AB
Skill	<b>A</b>	<b>A</b>	<b>A</b>	<b>A</b>	<b>A</b>	<b>A</b>	<b>A</b>	<b>A</b>	<b>B</b>	<b>B</b>	<b>B</b>	<b>B</b>	<b>B</b>	<b>B</b>	<b>B</b>	<b>B</b>
Skill Station Outside	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Skill Station Inside	H1	H2	H3	H4	L1	L2	R1	R2	R3	R4	R5	R6	R7	R8	R9	R10
Group <b>10:20</b>	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
<b>10:50</b>	<b>Coffee 30 mins</b>															
<b>11:20</b> (30)	9	10	11	12	13	14	15	16	1	2	3	4	5	6	7	8

<b>11:50</b> (45)	Skill station: <b>A</b> Vital Signs								Skill Station: <b>B</b> Unconscious patient + scenario AVPU Recovery Position							
Instructor	SM	SJ	DF	AM	TP	LO	PW	AB	RW	TO	LT	DS	NM	DC	AC	RH
Skill	A	A	A	A	A	A	A	A	B	B	B	B	B	B	B	B
Skill Station Outside	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Skill station Inside	H1	H2	H3	H4	L1	L2	R1	R2	R3	R4	R5	R6	R7	R8	R9	R10
Group <b>11:50</b>	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
<b>12:35</b>	9	10	11	12	13	14	15	16	1	2	3	4	5	6	7	8

**13:20 Lunch**

<b>14:20</b> (45)	Skills station: <b>A</b> Airway Management Anaphylaxis / Epipen								Skills Station: <b>B</b> BLS AED Choking							
Instructor	MW	JL	TO	NM	SD	LO	DS	AC	AW	PW	SM	LT	SJ	DC	PA	AB
Skill	<b>A</b>	<b>A</b>	<b>A</b>	<b>A</b>	<b>A</b>	<b>A</b>	<b>A</b>	<b>A</b>	<b>B</b>	<b>B</b>	<b>B</b>	<b>B</b>	<b>B</b>	<b>B</b>	<b>B</b>	<b>B</b>
Skill Station Outside	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Skill Station Inside	H1	H2	H3	H4	L1	L2	R1	R2	R3	R4	R5	R6	R7	R8	R9	R10
<b>14:20</b> Group	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
<b>15:05</b> Goup	9	10	11	12	13	14	15	16	1	2	3	4	5	6	7	8

**15:50 Finish**

**DAY 2 12<sup>th</sup> September**

<b>09:00</b> (10)	Introduction of today	Hall	MW
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<b>09:10</b> (20)	Demonstration: Sepsis and being a responsible human	Hall	TO
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<b>09:30</b> (20)	Limb Injuries	Hall	DF
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<p><b>09:50 (20)</b>  <b>A</b> MIB  <b>B</b> Scoop  <b>C</b> Blizzard blanket + ready heat blanket  <b>D</b> Log roll &amp; Helmet removal  <b>E</b> Pelvic Splint  <b>F</b> Vacuum Splints.  <b>G</b> KTD.  <b>H</b> SAM Splints. Slings &amp; bandages</p>																
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**Groups rotate through every other skills station on grass outside**

Instructor	PW	PA	LT	SD	AM	RH	SM	DP	RW	LO	AC	DC	TP	DS	AW	SJ
<b>Skill station</b>	A	A	B	B	C	C	D	D	E	E	F	F	G	G	H	H
<b>Inside if wet</b>	H1	H2	H3	H4	L1	L2	R1	R2	R3	R4	R5	R6	R7	R8	R9	R10
<b>09:50 Group</b>	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
<b>10:10</b>	15	16	1	2	3	4	5	6	7	8	9	10	11	12	13	14
<b>10:30</b> <b>10:50 – coffee</b> <b>30 minutes</b>	13	14	15	16	1	2	3	4	5	6	7	8	9	10	11	12
<b>11:20</b>	11	12	13	14	15	16	1	2	3	4	5	6	7	8	9	10
<b>11:40</b>	9	10	11	12	13	14	15	16	1	2	3	4	5	6	7	8
<b>12:00</b>	7	8	9	10	11	12	13	14	15	16	1	2	3	4	5	6
<b>12:20</b>	5	6	7	8	9	10	11	12	13	14	15	16	1	2	3	4
<b>12:40</b>	3	4	5	6	7	8	9	10	11	12	13	14	15	16	1	2

- **13:00 Lunch 1 hour**

<b>14:00</b> (30)	Skills station: A Analgesia Pain assessment Penthrox Fentanyl Lozenges IN Narcan								Skills station: B Manipulation with analgesia FMB/ ICCE Pack							
	Instructor	DF	SJ	AM	AW	LT	NM	PA	RW	MW	JL	RH	AC	DS	TO	SD
Skill station	A	A	A	A	A	A	A	A	B	B	B	B	B	B	B	B
Location	H1	H2	H3	H4	L1	L2	R1	R2	R3	R4	R5	R6	R7	R8	R9	R10
14:00 Group	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
14:30	9	10	11	12	13	14	15	16	1	2	3	4	5	6	7	8

**15:00 TEA BREAK 30 MINUTES**

<b>15:30</b> (30)	Skills station: Wound Care															
	Instructor	TP	DF	AM	SJ	RW	DS	AB	NM	DC	SM	RH	AC	PW	LT	PA
Group	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Location	H1	H2	H3	H4	L1	L2	R1	R2	R3	R4	R5	R6	R7	R8	R9	R10

<b>16:00</b> (20)	Major Incident Response	Hall	MW
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**16:20 Finish**

**DAY 3 13<sup>th</sup> September**

<b>09:00</b> (10)	Introduction of today	Hall	MW
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<b>09:10 (30)</b>	Environmental Issues including: Cold Injury Carbon Monoxide poisoning Snowblindness	Hall	JL
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<b>09:40 (30)</b>	Love & Life Mental Health Wellbeing	Hall	MW/ DP
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<b>10:10 (20)</b>	Scenario Teaching	Hall	BASMU Instructors
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**10:30 Coffee 30 mins**

<b>11:00</b>	<p>Scenarios: Outside on the Cloister Court if weather good, if not in classrooms: Each group will go to the allocated stations below; a different person should lead their group at each station. Each scenario is 10 mins</p>															
Location	OK	OK	OK	OK	JCR	JCR	R1	R2	R3	R4	R5	R6	R7	R8	R9	R10
Instructor																
Casualty	X															
11:00	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P
11:10	16	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
11:20	15	16	1	2	3	4	5	6	7	8	9	10	11	12	13	14
11:30	14	15	16	1	2	3	4	5	6	7	8	9	10	11	12	13
11:40	13	14	15	16	1	2	3	4	5	6	7	8	9	10	11	12
11:50	12	13	14	15	16	1	2	3	4	5	6	7	8	9	10	11
12:00	11	12	13	14	15	16	1	2	3	4	5	6	7	8	9	10
12:10	10	11	12	13	14	15	16	1	2	3	4	5	6	7	8	9
12:20	9	10	11	12	13	14	15	16	1	2	3	4	5	6	7	8
12:30- LUNCH (1 HOUR)																
13:30	8	9	10	11	12	13	14	15	16	1	2	3	4	5	6	7
13:40	7	8	9	10	11	12	13	14	15	16	1	2	3	4	5	6
13:50	6	7	8	9	10	11	12	13	14	15	16	1	2	3	4	5
14:00	5	6	7	8	9	10	11	12	13	14	15	16	1	2	3	4

14:10	4	5	6	7	8	9	10	11	12	13	14	15	16	1	2	3
14:20	3	4	5	6	7	8	9	10	11	12	13	14	15	16	1	2
14:30	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	1

<b>14:40</b> (30)	<b>Tea 30 mins</b> Clear up & pack kit away	
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<b>15:10</b> (10)	Meet with mentors, course debrief with opportunity to discuss course. Return evaluation forms, & receive certificates.	Hall
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**15:40 Course ends**





### **COURSE FEEDBACK FORM – FIRST AID PLUS 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>
SAFE. ABCDE Concept	
Primary Survey /Shock / Haemorrhage Control	
Primary survey / ATMIST practical	
C.A.T.2/Haemostatic Agent/Pressure Bandage/ Slings	
Vital Signs	
U/C patient AVPU/Recovery Position practical	
Airway management practical	
BLS/ Choking/ AED practical	
Sepsis Demo	
Environmental Hazards / Cold Injury / CO	
Limb Injuries talk	
Limb Splints practical	
Manipulation with analgesia	
Stretchers practical	
Analgesia /FMB / Kit bags	
Wound Care	
Major Incident Response	
Environmental Issues	
Quiz	
Love & Life / Mental Health Well-being	
Scenario Teaching	
Scenarios	

Further comments and suggestions