

Medicine On The Edge

Upcoming Adventures for 2012

January 2012

France Cycling Trip

Combining education and cycling in one of Europe's great regions. This is a trip not to miss

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Italy Cycling Trip

Awesome challenging rides but ample time for exploration, relaxation and of course food, wine and coffee

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Kilimanjaro

One of the world's great treks. Learn about Altitude Medicine as you go higher and higher each day

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Cycling Trips now open for Registration

Our most popular request has been for a cycling based trip. So this year we have finalized plans for 2 exciting meetings - in FRANCE and ITALY

Case Studies in Emergency Medicine

Loire Valley Cycling Tour, France

September 12-19, 2012

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When the Environment Fights Back

The "Dolce Vita" Tour, Riccione, Italy

September 22 - 29, 2012

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Upcoming Trips:

- Climbing Kili
- Surfing Sumatra
- Cycling France
- Cycling Italy
- Trekking Patagonia
- Skiing Big Sky



Case Studies in Emergency Medicine , Loire Valley, Sept 12-19
Case study orientated sessions, around 45 kms pleasant cycling per day, great food, wine tasting, village cafes, picnics, incredible Chateaux, hand picked hotels, full support on road

The first program will focus on providing key updates in Emergency Medicine. Each session will be built around a series of case studies and will highlight the most important recent changes in management that have occurred for the topic under discussion. We also encourage delegates to bring along their own interesting cases for discussion.

The meeting will be built around a cycling journey through the beautiful Loire Valley. We have chosen the Loire Valley as it offers a wonderful combination of landscapes, castles, vineyards, villages and riding to suit all skill levels. At the day's end when the riding is over you will be able to enjoy the region's great food and local wines along with the company of your fellow delegates. The cycling will be fully supported and you can bring your own bike or hire one locally.

Dates: You will need to arrive in Saint Pierre des Corps-Tours on the 12th September 2012 where we will all meet and travel by bus to our first hotel. Exact times for the bus transfer will be made available closer to the date. We will finish in Blois on the 18th September and you will be free to return home or travel on from the 19th September.

Full details are on the website at <http://www.mote.net.au>



When the Environment Fights Back, Riccione, Sept 22-29

Case study orientated sessions, incredible variety of rides, olive plantations, medieval villages, coastal scenery, wonderful Italian food and drink, day trip options to Florence or Venice

This cycling based program will follow on from the Loire Valley cycling trip with a few days in between to allow you to relocate from France to Italy if you wish to attend both. The cycling here will be a little longer and a little more challenging. The academic program will be built around a series of case studies that will highlight the key points in relation to the management of medical emergencies that occur as a result of our interaction with our environment.

Bring your passion for cycling to life with an unforgettable guided cycling trip around the Emilia Romagna area of Northern Italy on the Adriatic Coast. Our local guides will make you feel like a local as you pedal through bustling Italian villages, explore rustic olive groves or test your limits on the same roads as the resident Pro's. This is one trip you will want to do over and over again.

Dates: You will need to arrive in Riccione on September 22 and will be free to depart on further adventures on September 29.

Full details are on the website at <http://www.mote.net.au>

Climb Kili over 8 days and 7 nights increasing your chances of good acclimitisation and summit success

There are many different routes to ascend Kilimanjaro. We have chosen the Shira route over 7 days. Most importantly here is the 7 nights we have allocated. This allows for a greater degree of acclimatisation so as to maximise the chances of reaching the summit. The Shira route is considered by many to be the best non-technical route on the mountain and traverses a diverse range of scenery. The first part of the walk is relatively

isolated but the last four days will be busier as most of the non technical routes converge onto a common approach to the summit meeting up with the Machame Trail.

This trek will be combined with a comprehensive overview of all aspects of Altitude and Expedition Medicine. Group One filled up very quickly and as accommodation is filling quick registration will have to close soon for Group Two.

About Kilimanjaro

The highest mountain in Africa. It is located in Tanzania close to the Kenyan border. The summit is at 5896 m above sea level. The route we are taking is non-technical and so is essentially a walk at high altitude. However, you should not underestimate the difficulties of walking at these altitudes. Many people fail to make the summit each year. Climbing Kilimanjaro also takes you through many different climatic and ecological zones. We begin on the lower slopes climbing through forest into a semi-alpine zone of heath and moorland. From here we climb up into the highland desert and finally into an arctic zone where the available oxygen will be half that you are used to at sea level.

In 2012 join MOTE for a truly unique experience. We have reserved the entire island at Resort Latitude Zero to host our second Marine Medicine program. Our first program at this unique venue was booked out within a month. Don't miss out this time!

With the capacity to host a maximum of only 32 delegates we can be assured of privacy in this natural paradise. Our program will cover all aspects of Marine Medicine including envenomations, immersion syndromes, marine based infections, diving medicine, medical management of surfing events and survival at sea.

For the surfer the island will give you access to an incredible variety of waves to suit all levels from beginner to professional. Over 40 quality waves can be accessed from the resort via a fast speedboat. For the non surfing delegate options include fishing, diving, snorkelling, swimming, exploring nearby islands or just relaxing.

Early registrations are recommended as there is absolutely no capacity to increase numbers beyond 32.

2nd Annual Update in
Marine Medicine
Surfing, Sun and CME
Telos Islands,
Sumatra
2-9 Sept

The Resort

The boutique resort is set within a natural coconut garden on its own paradise island (a cliché perhaps, but there's really no other word for it). The beautiful sandy beach around the headland where the resort sits is lapped by clear, calm, aqua-toned waters with no offshore fringing reef, making it perfect for boat access, swimming and relaxing. And it's also safe for kids, too.

Queenslander-Style Comfort

The main building consists of a modest complex of two beautiful pole-construction, timber Queenslander-style buildings. A separate open kitchen and dining gazebo sits between the two 'houses', overlooking the 7x14 metre in-ground swimming pool. The entire complex looks down to the beach and natural boat harbour, where your speedboats await at floating pontoons just offshore.



Topics to be covered include:

- Adult Resuscitation Update
- Paediatric Resuscitation Update
- Non invasive ventilation
- Managing the difficult airway
- Life Threatening Asthma
- Reperfusion Strategies in Acute Coronary Syndromes
- Stroke Syndromes
- Genetic Influences in Critical Care
- Three Toxicological Dilemmas
- Spiders and Snakes
- Managing the Difficult Airway
- Organ Donation
- Sepsis
- Massive Haemorrhage
- Hypothermia
- Altitude Medicine
- Improvisation

Case Studies in Critical Care and Wilderness Medicine

Torres del Paine National Park, Patagonia, Chile Dec 27, 2012 - Jan 8, 2013

Following repeated requests MOTE is finally heading to Torres del Paine. We have put together a program that will focus on providing key updates in critical care and wilderness medicine. Each session will be built around a series of case studies and will highlight the most important recent changes in management that have occurred for the topic under discussion.

The meeting will incorporate 2 full days of presentations in Puerto Natales which will be complemented by a series of 5 short evening workshops presented at our campsites as we trek through the Torres del Paine National Park to complete the famous "Circuit" route.

Patagonia is one of the world's great trekking destinations and the circuit of the "Towers of Paine" deserves a spot on most people's Top 10 spectacular treks. Here you will have the opportunity to experience every aspect of Patagonian scenery: mountains, lakes, glaciers, forests and grasslands.

In regards to the logistics and support for the trek we will be working once again with Pura Aventura who have assisted us now through three extremely successful Inca Trail trips.

DATES: You will need to arrive in Santiago, Chile on the 27th December 2012 where we will all meet and then travel on together. We will arrive back in Santiago the evening of the 7th January 2013. You will be free to return home or travel on to new adventures on the 8th January.

Full details are on the website at <http://www.mote.net.au>

About Medicine On The Edge MOTE

Medicine On The Edge (MOTE) believes that you learn best when both your mind and body are stimulated. Our courses and conferences are designed to take you to the edge of knowledge and to the edge of adventure.

We promise to deliver high quality education in a fun and stimulating environment. Our courses will be totally interactive and will combine practical hands-on sessions with case discussions, evidence based reviews, networking opportunities and plenty of chances to ask questions. Whilst principally designed for medical practitioners our courses will be relevant to all those in the medical profession especially nurses, paramedics and medical students. We can even design a program specifically tailored to meet the needs of your group.



*If you think
2012 looks
exciting just
wait for 2013*

*Already we
have locked in
to return to Big
Sky, Montana in
January -
details soon*

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Adventure - we all need more of it !!

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