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3RD UPDATE IN ALTITUDE AND EXPEDITION MEDICINE CUSCO/SALCANTAY AND INCA TRAIL JUNE 21—JULY 2, 2010

COURSE OUTLINE

21st June

Arrive Cusco . Rest Day- Introduction to the Program. Q&A session



22nd June

- 11:00 – 12:00 Introduction to Altitude Medicine – a brief history of high altitude exploration. A brief history of high altitude medicine.
- 12:00 – 12:30 What is Mountaineering? – an introduction to the world of mountains and its own unique terminology
- 12:30 – 13:30 Physiology of High Altitude – definitions. The physics you need to know. Physiological changes at altitude. The importance of HVR and HCVR. How do we begin to acclimatise?
- 13:30 – 14:15 Lunch Break
- 14:15 – 15:00 Acclimatisation – Physiological responses. How to make sense of the research. Deterioration. Adaptation.
- 15:00 – 16:30 Heat Related Illness – Heat syndromes including sunburn. Hypothermia. Frostbite. Field treatment vs Hospital treatment
- 16:30 – 18:00 Lightning Strike and Avalanche – Physics of Lightning. Lightning injury. Prevention. Avalanche mechanics. Avalanche safety. Avalanche related injury.

23rd June

- 11:00 – 12:30 High Altitude Syndromes – Acute Mountain Sickness. Chronic Mountain Sickness. High Altitude Pulmonary Oedema. High Altitude Cerebral Oedema. Miscellaneous syndromes
- 12:30 – 13:30 Expeditions Part 1 – Preparing for expeditions. Planning. The role of the expedition doctor. Insurance issues. Medical kits and equipment. Common problems.
- 13:30 – 14:15 Lunch Break
- 14:15 – 15:00 Altitude Nutrition - Effects of altitude on metabolism. Optimising diet.
- 15:00 – 16:00 High Drugs – Drugs for prophylaxis in altitude syndromes. Drugs for treatment. Diamox. Steroids. Sildenafil. Nifedipine. Salmeterol. Recent research into new drugs. Local remedies for altitude syndromes.
- 16:00 – 17:00 Exercise at Altitude – Effects of altitude on performance. Role of VO2 max. Training for altitude. Training at altitude.
- 17:00 – 18:00 Expeditions Part 2 – Preparing for expeditions. Planning. The role of the expedition doctor. Insurance issues. Medical kits and equipment. Common problems.

24th June – Rest Day

25th June – Campsite

16:00 – 18:00 Improvisation of Medical Care in the Expedition Environment – How to do a lot with very little and why sometimes less is best.

26th June – Campsite

16:00 – 18:00 Other Medical Problems and Fitness to Ascend - How to determine if your patient with CAL, IHD, Diabetes etc is fit to go to altitude or on an expedition. What about the very young, the very old, the pregnant woman? Other medical problems that can occur at altitude.

27th June-Campsite

16:00 – 18:00 When Things Go Wrong – What happens when your expedition goes wrong? Why do some expeditions fail? Survival, search and rescue.

28th June-Campsite

16:00 – 18:00 Q & A Session – an opportunity for delegates to ask questions on any aspect of altitude and expedition medicine, to clarify any issues discussed over the preceding days and to review the material presented.

29th June

Arrive Machu Picchu
Debrief at Aguas Calientes in evening.



30th June

Free Day to explore Machu Picchu . Return to Cusco

1st July

Departures