



# Southwest doctors Remote and Restorative

18–19th September  
2023, Bracken Tor YHA  
Joining Instructions



**ENDEAVOUR  
MEDICAL**

# Information

## Location

Bracken Tor YHA, Okehampton  
<https://tinyurl.com/bdpcuv3p>

## Date

18th-19th September 2023

## Faculty

Dr Anna Shekhdar Course Director  
Lucy Obolensky, Dave Dungay, Kirsty Benton, Claire Hall

## Safety

Please register on Medall using the link below  
<https://tinyurl.com/y24kn2nb>  
We need this information for safety requirements  
You access your course certificate via this site

Dear Southwest Postgraduate Doctors in Training

Thank you for signing up to this Remote and Restorative course.

Please read this information which should cover everything you need to know, including course outline, accommodation, location and kit. If you have any questions after reading this, please contact us at the earliest opportunity.

**PLEASE REGISTER ON THE MEDALL SITE ABOVE ASAP**

Please note:

- Course timings may vary depending on the weather on the day.
- We aim to deliver as much as possible outdoors. Please be prepared to work in muddy, rough, uneven and potentially wet conditions.

We look forward to seeing you for a fantastic couple of days come rain or shine!

*Lucy and the Endeavour Medical Team*

# What we aim to achieve

The remote and restorative course aims to enhance existing clinical and professional skills, restore enthusiasm for our profession and deliver practical tools in resilience and mental health that can be used daily in personal and professional lives.



# How we deliver



The course is delivered through a highly experienced faculty using simulation, workshops, lectures and open discussions, all taking place in a beautiful outdoor setting. The course provides clinical remote medicine simulation training with a focus on crew resource management (CRM), teamwork and leadership as well as structured mental health and resilience workshops.

Wellbeing is woven in throughout the course: open discussions are encouraged during every session; the course is held off site with evening meal and campfire chats enabling reconnection with our colleagues. Wellbeing activities such as yoga, nature walks and kayaking form part of our extra curricular content.

# Why this matters

Our team is passionate about looking after our NHS workforce.

We reduce any stigma associated with wellbeing and resilience, and create a culture of openness, support and strength.

We deliver a course that is engaging, fosters connection and ensures all participants feel valued and heard.

# What you will learn

Course content and intended learning outcomes

## 1 Leadership and Human Factors

Explore our own and others leadership styles.  
Appreciate how human factors impact on daily practice in normal and stressful conditions.  
Understand the importance of leading to enable followership.  
Recognise the leadership and human factor elements when managing remote casualties with unfamiliar equipment.



## 2 Moving and packaging casualties

Understand the practical application of Nexus rules and C-spine immobilisation.  
Explore methods of safely moving and packaging patients with spinal injuries.  
Enable quality team-working when evacuating casualties over difficult terrain.



## 3 Resilience discussion

Awareness of common situational themes that will affect personal resilience.  
Understanding of task vs personal resources and factors that lead to either challenge or threat mindset.  
Situational risk factors for PTSD.  
Importance of developing our own personal resources including support network to meet career challenges.  
Applying methods of debriefing and processing high demand situations.



## 4 Global Health and Sustainability

Understand the core concepts and constructs of Global health  
Appreciate how interconnected the world is and that global health affects all of us  
Review opportunities in Global health within the NHS  
Explore how the sustainable development goals affect health and healthcare.  
What can be done on a personal and systems level to achieve the SDGs.



# 5

## Hypothermia practical

Understand the 1:10:1 rule of hypothermia.  
Review signs, symptoms and pathophysiology of cold injury.  
Explore the human factors involved in managing and treating hypothermia.  
Experience how quickly a team member can get cold.  
Appreciate how to optimise team dynamics and CRM when working in a stressful environment.



# 6

## Mental health workshop

Gain practical tools in how to normalise mental health concepts.  
Understanding your own needs, and that mental health preparedness is a skill for everyone.  
Designing your own 'Emotional Kit List'.  
How to adapt these tools in our NHS practice and explore strategies to support each other.



# 7

## Hyperthermia practical

Identify non-technical and CRM skills needed to successfully complete a team task.  
Explore methods of communication and lateral thinking.  
Understand the risk factors relating to heat illness.  
Evaluate mechanisms of heat loss.  
Discuss the different methods of management of heat illness.



# 8

## Wellbeing

Reconnecting with our colleagues.  
Laughing together over an evening meal.  
Sharing experiences of our professional practice.  
Supported discussions of how to move forwards.  
Outdoor yoga, kayaking, wild swimming and hiking.



# Course Details

## Timings

Please arrive on time  
The attached timetable is only a guide  
Course timings will adapt according to weather conditions

## Parking

Parking is limited, please car share where possible

## Sleeping

Accommodation is in shared rooms, bunks or camping pods.  
You are welcome to bring your own tents and camp.  
We will allocate rooms prior to arrival. If you have any room share requests please email us at least 1 week before.

## Food & Drink

Meals, tea and coffee are included.  
Please sign into Medall for any dietary requirements.  
Please bring a reusable mug and any personal snacks.  
Alcohol is not included

# Kit List

- Day rucksack
- Warm Layers
- Warm hat and gloves
- Waterproof jacket & trousers
- Sturdy outdoor footwear
- Indoor shoes / sandals
- Water bottle
- Towel
- Change of clothes
- Personal first aid kit
- Suncream / lipscreen
- Sun hat

- Head torch
- Pen
- Phone charger

### OPTIONAL

- Camping Mat
- Swimming kit
- Personal snacks
- Map & Compass

# Timetable

09:00	Arrival and registration
09:30	Introduction and individual goals
10:30	Leadership and Human Factors workshop
11:30	Break
12:00	Workshop 1
13:00	Lunch
14:00	Workshop 2
15:00	Tea
15:15	Resilience discussion
16:00	Optional hike / navigation exercise
19:00	Dinner
19:30	Inspirational talk

## Day 2

07:30	Wellbeing / Yoga
08:30	Breakfast
09:00	Vacate Rooms
09:30	Mental Health Workshop
11:00	Break
11:30	Workshop 3
12:30	Lunch
14:00	Global Health and Sustainability
14:45	Tea
15:00	Communcation introduction
15:30	Group Exercise
16:30	Course Roundup





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Readers appreciate accurate information

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