



**ENDEAVOUR  
MEDICAL**

# Southwest Trainers Remote and Restorative Course

20th–21st September  
2023 Brimpts Farm  
Joining Instructions



# Information

<b>Location</b>	<u>Brimpts Farm, Dartmoor</u> <a href="https://tinyurl.com/3n3ffzx8">https://tinyurl.com/3n3ffzx8</a>
<b>Parking</b>	Please car share where possible
<b>Date</b>	20th–21st September 2023
<b>Faculty</b>	Dr Anna Shekhdar Course Director Dr Lucy Obolensky, Dr Nics Wetherill Dave Dungay, Annie Vernon, Dr Paddy Mitton, Dr Alex Cross
<b>Safety</b>	You must register on Medall prior to the course <a href="https://tinyurl.com/3nm424dy">https://tinyurl.com/3nm424dy</a>

Dear Colleagues

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.

PLEASE REGISTER ON THE MEDALL SITE ABOVE ASAP

PLEASE EMAIL IF YOU ARE HAPPY TO STAY IN A CAMPING POD  
(WITH JUST ONE OTHER PERSON)

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, Anna 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



Utilising a beautiful outdoor setting to learn new skills in remote medicine, we will explore a fresh approach to team working, mental health and resilience.

The course is facilitated through a highly experienced faculty who, through simulation, workshops and open discussions, will create a supported atmosphere to engage with colleagues, develop our non-technical skill base, and share techniques for supporting trainees.

# 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. We ask you to buy into the experience, try something outside your comfort zone and simply to have a fun two days.

# What you will learn

Course content and intended learning outcomes

**1 Team working and human factors practical**

Using a simulated scenario we will explore team working when managing patients in the remote setting with unfamiliar equipment and lack of prehospital support. We will discuss how and why human factors plays an important role in extreme environments and what we can learn from other professions to take into our own practice



**2 Fallen climber and evacuation workshop**

You are hiking with friends in the Scottish Highlands, 4Km from a road when you come across a fallen climber. Working as team, you will need to assess them, deliver appropriate medical care, and evacuate the casualty. We will explore team dynamics, spinal assessment tools, and challenges of evacuation over difficult terrain.



**3 Resilience discussion**

Dream big, think small: building relationships under pressure. In this workshop we will understand how an expert team will defeat a team of experts and be able to distinguish between teamwork and taskwork. Resilience happens when we face a high degree of challenge, but also have a high level of coping mechanism. Let's understand what presents us with challenge, and what allows us to cope. And let's make it individual to every one of us. *Annie Vernon OLY*



**4 Global Health and Sustainability**

We review the the core concepts and constructs of Global health and how they impact on our patients. We will explore opportunities in Global health at junior and senior career level and how this may enhance careers. Discussion of the sustainable development goals will look at how they affect health and healthcare and what can be done on a personal and systems level to achieve the SDGs





## Hypothermia practical

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In two teams you need to race to warm up your hypothermic casualty!

Through understanding the 1:10:1 rule of hypothermia you will learn how to effectively manage cold patients with a human burrito and group shelter.

We will discuss how to optimise team dynamics and crew resource management when working in a stressful environment.

Volunteers to get wet are appreciated but not essential!



## Mental health workshop

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In this facilitated workshop we review practical tools in how to normalise mental health concepts.

Through interactive discussion we will explore our own needs, and that mental health preparedness is a key skill for everyone.

The 'Emotional Kit List' concept will be introduced and how to design your own.

Together we look at how to adapt these tools into our NHS practice strategies to support colleagues.



## Hyperthermia practical

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We use a scenario of a hyperthermic patient to identify non-technical and CRM skills needed to successfully complete a team task. We explore methods of communication and lateral thinking.

Risk factors relating to heat illness, mechanisms of heat loss and different methods of managing of heat illness are also reviewed.



## Wellbeing

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Wellbeing is woven in throughout the course.

This course offers the ideal forum to reconnect with colleagues and share experiences of our professional practice. Outdoor yoga, kayaking, wild swimming and hiking and important aspects of extracurricular activity.

# Course Details

## Timings

Please arrive on time for a 9am start  
The attached timetable is only a guide  
Course timings will adapt according to weather conditions

## Venue

We will be staying at Brimpts Farm, Dartmoor  
This offers shared male and female accommodation,  
camping pods or camping

## Sleeping

We will allocate rooms prior to arrival.  
Please email us if you are happy to stay in a camping pod  
You are welcome to bring your own tent or van and camp on site

## Food & Drink

Meals, tea and coffee are included.  
You are welcome to bring your own alcohol to the evening meal.  
Please sign into Medall for any dietary requirements.  
Please bring a reusable mug and any personal snacks.

# 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
  - Sunhat
  - Suncream / lipscreen
  - Head torch
  - Pen
  - Phone charger
- OPTIONAL**
- Camping / Yoga mat
  - Swimming kit
  - Personal snacks

# Timetable

09:00	Arrival and registration
09:30	Introduction and individual goals
10:30	Team working and Human Factors
11:30	Break
12:00	Workshop 1
13:00	Lunch
14:00	Annie Vernon OLY Building relationships under pressure
15:00	Tea
15:15	Workshop 2
16:15	Day 1 debrief
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
10:30	Break
11:00	Global Health and Sustainability
12:00	Workshop 3
12:45	Lunch
13:30	Communication Introduction
14:30	Search and Rescue Exercise
15:45	Search and Rescue Exercise
16:30	Course Roundup





Readers appreciate accurate information

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