

Expedition Medicine

Curriculum

1 Overview

The course is a unique and exciting opportunity to explore the field of wilderness and expedition medicine. It is designed to be a comprehensive introduction, both theoretically and practically, to the field, and a crucial steppingstone for anyone interested in pursuing a more adventurous career.

Our expert faculty combine lectures, seminars, practical sessions, and scenario trainings to teach everything a future expedition medic needs to know.

The course is accredited through the Wilderness Medicine Society, and the full course can award a maximum of 14.5 credits towards a FAWM.

2 Duration

The course is a total of 32 hours, including estimated 8 hours preparation beforehand.

3 Requirements

Medical degree



Expedition Medicine

4 Syllabus

- A-E principle in a wilderness setting
- Airway management
- Altitude illness: diagnosis, treatment and prevention
- Altitude physiology
- Bleeding control
- Evacuation methods
- Expedition planning
- Fracture assessment and management
- Frostbite
- Group dynamics and leadership
- Hypothermia
- Improvised carriers
- Moving an injured patient
- Risk assessment
- Snow blindness
- Underlying diseases at altitude
- Wound management

Expedition Medicine

5 Literature

Books:

- Wilderness Medicine (Swedish)
- Going High (Swedish)

Peer-reviewed publications

6 Assessment

Full attendance is required to pass the course.

Written exam and a practical test with pass/fail grade.

7 Certification

Passed course awards the certification in Expedition Medicine.