



The 10th Update in Altitude & Expedition Medicine

Medicine on the Edge

Dates TBA 2023

Cusco, Salcantay and the Inca Trail, Peru

www.moteadventures.com

Day 1

Arrive Cusco

Day 2

Festival of The Sun

Day 3

Workshop Activities 10:00 – 17:00.

Topics to be covered:

Introduction to Altitude Medicine – a brief history of high altitude exploration and altitude medicine

What is mountaineering – an introduction to the world of mountaineering and its own unique terminology

Physiology of high altitude – definitions, the physics you need to know, physiological changes at altitude, acclimatisation processes

Acclimatisation vs adaptation vs deterioration

Heat related illness – heat syndromes including sunburn, hypothermia and frostbite

Lightning strike – physics of lightning and medical aspects of lightning strike

Avalanche medicine – avalanche mechanics, avalanche safety, medical consequences

Day 4

Workshop Activities 10:00 – 17:00.

Topics to be covered:

High altitude syndromes, AMS, HAPE, HACE, Chronic mountain sickness, miscellaneous syndromes

Determining fitness to go to altitude people with pre-existing chronic diseases, the very young, the elderly, pregnancy at altitude

High altitude pharmacology – acetazolamide, steroids, nifedipine, sildenafil, salmeterol, research into new drugs, local remedies

High altitude nutrition

Expeditions – preparing for expeditions, the role of the expedition doctor, medical kits, common problems

Trek briefing

Day 5

Campsite 1 Workshop 16:00 – 18:00

Improvisation of medical care in the expedition environment – how to do a lot with a little

Day 6

Campsite 2 Workshop 16:00 – 18:00

When things go wrong – what happens when your expedition fails, avoiding disasters, survival, search and rescue

why do some expeditions fail,

Day 7

Campsite 3 Workshop 16:00 – 18:00

High altitude case studies

Day 8

Campsite 4 workshop 16:00 – 18:00

Q&A session – a chance to ask questions on any aspect of altitude and expedition medicine, to clarify issues presented over the preceding days and to review the material provided.

Day 9

Arrive Machu Picchu

Day 10

Explore Machu Picchu

Return to Cusco

Farewells

Note that leading up to the meeting you will be provided with a series of articles and resources as pre-reading.

This material will all relate to the topics for presentation during the workshops. The sessions are designed to be small group and interactive. So we are keen to encourage active participation from all our delegates. By completing the pre-reading you will be better able to come prepared to engage in the conversation. It is estimated that the pre-reading will be between 12 – 15 hours in duration.

