

Expedition and Wilderness Medicine

Postgraduate Diploma and MSc Courses





Postgraduate Diploma

Delivered over 1 year, the online, part-time, distance learning, Postgraduate Diploma course is specially developed for busy health professionals. Formatted in 6 modules, each of 6 weeks duration; the course is designed to be practical and clinically focused.

MSc

The MSc runs over 1 calendar year. Starting with an initial 12 week online module to develop their skills in critical appraisal and knowledge of research methodologies, the students then complete the professional project module which consists of a 1,500 word proposal and 10,500 word professional project.

Why Study Expedition and Wilderness Medicine with us?

Taught completely online, our Expedition and Wilderness Medicine course is specifically designed for healthcare professionals who aim to fulfil the role of an expedition medic or otherwise specialise in Expedition and Wilderness Medicine.

Expedition and wilderness medicine is a new and rapidly evolving specialty. Increasingly, the remote areas of the world are being explored by organised travel, small groups and societies. Whether a charity event scaling Mount Kilimanjaro, a bike ride across North America or filming in Patagonia, there is increasingly a need for these expeditions to be accompanied by a healthcare professional. Using over a decade of experience in the delivery of online, award-winning, postgraduate courses, this course has been developed to help healthcare professionals acquire the requisite skills in this emerging specialty.

The Expedition and Wilderness Medicine course has been designed for any health professional who is interested in developing their credentials in the specialty. This course is not intended to cater to the elite medic who intends to single-handedly trek to the South Pole but is focused on developing the role of the healthcare professional interested in delivering clinical support to expeditions and travel to remote locations.

Students may apply for the MSc in Expedition and Wilderness Medicine as a two year course, year one being the completion of the Postgraduate Diploma (120 credits), followed by second year as the MSc (60 credits).

Course Modules

Our online Postgraduate Diploma allows you to study for just one calendar year and is a part-time, distance-learning course. The course is worth 120 credits and comprises six modules of 20 credits, each running over a period of six weeks.

Module 1 - Preparation for Expeditions

Aim of the module:

- To provide healthcare professionals with the skills, knowledge and methodical approach to prepare and plan a successful and safe expedition in a variety of settings.

Synopsis of module content:

- Pre-expedition screening and medical assessment
- Preparation for expedition
- Physical and mental preparation for expedition
- Pre-expedition timeline
- Evacuation planning
- In-country training considerations

On completion of this module, students will be able to:

1. Develop appropriate screening of potential participants to mitigate risk and improve the viability and success of an expedition.
2. Critically interpret the evidence base and application of knowledge with respect to the planning required for health considerations of expedition participants which can be applied to different environments.

Module 2 - Polar and Mountain Healthcare Considerations

Aim of the module:

- To provide healthcare professionals with the skills and knowledge to plan and execute a successful and safe expedition in a polar and/or mountain environment.
- To anticipate potential complications which may arise within cold and high altitude in respect both of the expedition participants and the treatments available.

Synopsis of module content:

- Expedition and emergency planning
- Situational awareness
- Group health considerations in polar and mountain environments
- Medical kits
- Environmental medical considerations
- Mental health

On completion of this module, students will be able to:

1. Critically interpret and apply the evidence base in the planning and management of the health considerations within a polar and mountain environment to minimise risk to health.
2. Develop and demonstrate skills to appraise, reflect upon and adapt treatments considering the constraints and considerations of the polar and mountain environment.

Module 3 - Healthcare Application in Ocean, River and Water Settings

Aim of the module:

- To provide healthcare professionals with the skills and knowledge to plan and execute a successful and safe expedition in an aquatic environment.
- To anticipate potential complications which may arise within remote ocean, river and water environments in respect both of the expedition participants and the treatments available.

Synopsis of module content:

- Expedition and emergency planning
- Situational awareness
- Group health considerations in water environments
- Medical kits
- Environmental medical considerations
- Mental health

On completion of this module, students will be able to:

1. Critically interpret and apply the evidence base in the planning and management of the health considerations for an ocean, river/ water-based expedition.
2. Develop skills to appraise, reflect upon and adapt treatments considering the environmental constraints and considerations in aquatic expedition situations.



Little did I know that the MSc was going to be a significant stepping stone in my medical career! Both the diploma and MSc were invaluable in terms of expanding my knowledge and management of Diabetes Medicine, but also enhanced my critical thinking and writing skills.

- Dr Kevin Fernando

Module 4 - Healthcare in Desert and Tropical Environments

Aim of the module:

- To provide healthcare professionals with the skills and knowledge to plan and execute a successful and safe expedition in a desert and/or tropical environment.
- To anticipate potential complications which may arise within desert and/or tropical environments in respect both of the expedition participants and the treatments available.

Synopsis of module content:

- Expedition and emergency planning
- Situational awareness
- Group health considerations in desert and tropical environments
- Medical kits
- Environmental medical considerations
- Mental health

On completion of this module, students will be able to:

1. Critically interpret and apply the evidence base in the planning and management of the health considerations for a desert and/or tropical expedition.
2. Critically appraise, reflect upon and adapt treatments considering the constraints and considerations of desert and tropical environments.

Module 5 - Treating Common Medical Problems in an Expedition and Wilderness Setting

Aim of the module:

- To provide healthcare professionals with the skills and knowledge to anticipate, plan for and treat potential common medical problems which may arise on expeditions and the additional challenges which exist within remote environments.
- To consider the importance of the effective treatment of minor and/or major conditions and the impact of them on the expedition success.

Synopsis of module content:

- Cardiovascular and respiratory
- Endocrine and neurological and mental health
- Women's health
- Skin and wounds
- Musculoskeletal
- Ophthalmic and dental

On completion of this module, students will be able to:

1. Critically consider the evidence base and available treatments to plan and manage common health considerations in an austere setting.
2. Critically appraise common and/or likely medical problems which may occur on an expedition and the effects which differing environments and situations will have on their management, treatment and, ultimately, the success of the expedition.

Module 6 - Applying Expedition Medicine to Natural Disaster and Relief Management

Aim of the module:

- To provide healthcare professionals with the skills and knowledge to be able to transfer knowledge learnt within expedition and wilderness medicine to a natural disaster situation, providing safe medical care within a variety of environments.
- To anticipate additional potential complications which may arise within an emergency situation. Using knowledge gained over the previous modules, use and adapt that knowledge to an emergency situation or natural disaster.

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"When I enrolled into the course I had no idea about the opportunities it would provide me with. Having my first paper published through this course helped me overcome my apprehensions of academic writing and made me more confident to pursue it further. "

- Rutu Dave



Synopsis of module content:

- Emergency planning
- Situational awareness
- Public health considerations
- Medical kits
- Environmental medical considerations
- Mental health

On completion of this module, students will be able to:

1. Critically interpret and apply the evidence base in expedition medicine to the planning and management within an emergency situation, such as a natural disaster.
2. Demonstrate an advanced knowledge of safe medical care in austere environments and consider the potential complications within a variety of emergency situations.

Teaching Methods

Our courses are conducted entirely online through self-directed distance learning. However, you will receive guidance throughout with tutor-stimulated academic discussions, which are based on clinically-rich case scenarios. These usually occur within groups of 10-15 students, allowing you to clearly communicate with both your tutor and fellow students.

You will participate in a combination of group and individual activities, which are recorded in a reflective journal. This innovative teaching method enables you to envisage the translation of your studies into your every day work and practice.

Our dedicated Student Support Team are also available to help with any problems you may face. From navigating our online platform to advising you on deadlines, our team can assist with any questions or challenges you may have along the way.

Study skills week

Once you have secured your place on the course, you will be invited to a Study Skills week webinar. This will give you the opportunity to participate in workshops on Harvard referencing, scientific and reflective writings, and levels of evidence in preparation for your studies. It is not compulsory for you to attend our Induction Day but it is recommended, as it'll provide you with a sturdy introduction to the course.

Expedition and Wilderness Medicine Postgraduate Diploma

Entry Requirements

Documents required:

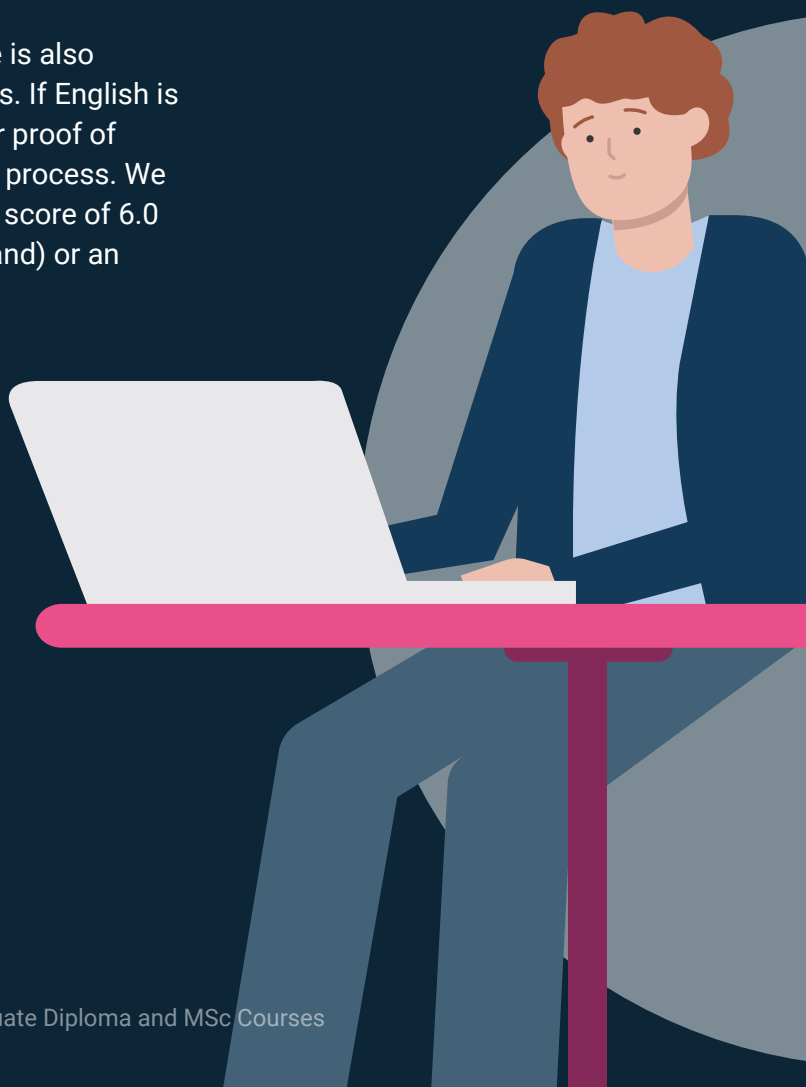
- A copy of your updated CV including your address and date of birth.
- A copy of your undergraduate degree certificate.
- The name and email address of someone who is able to provide a reference, this can be a work colleague, employer or former tutor.
- A detailed personal statement explaining why you would like to undertake the course.

Applicants should submit copies of the following with their application:

Proficiency in the English language is also essential to completing our courses. If English is NOT your first language, we ask for proof of competency during the application process. We are able to accept an IELTS overall score of 6.0 (with a minimum of 5.5 for each band) or an equivalent qualification.

Health professionals working within a clinical setting, both UK and overseas, with a related Healthcare Science degree (including international qualifications) are eligible to apply for the Postgraduate Diploma in Expedition and Wilderness Medicine.

Applicants without the above academic criteria but relevant/ suitable experience can apply. Applications will be judged on the individual specifics of background and qualifications including ability to work at Postgraduate level (applicants may be asked to submit a piece of work for assessment to confirm that they are able to work comfortably at postgraduate level and demonstrate requisite clinical/professional knowledge).



Expedition and Wilderness Medicine MSc

Course Modules

Module 1 - Research Methodologies and Critical Appraisal

Aim of the module:

- To prepare students for the professional project by developing their skills in selecting, appraising, discriminating, using and applying methods used in healthcare research.

Synopsis of module content:

- Quantitative Studies
- Statistical Analysis Interpretation
- Interpreting the Evidence
- Meta-analysis and Systematic Reviews
- Qualitative Studies
- Evidence Appraisal: Interpreting, Weighing and Synthesizing the Evidence
- Clinical Audit, Governance and Quality Improvement, Health Economics
- Preparing a Research Proposal: Research Committees, Consent, Ethics, Probity and Literature Review

On completion of this module, students will be able to:

1. Select and apply different methodological approaches and tools to answer research questions in healthcare.
2. Critically analyse and interpret research to assess its application to health care delivery/ service development.

Module 2 - Professional Project

Aim of the module:

- To develop an ability to critically evaluate areas of professional practice.
- To critically appraise specific areas of clinical, research and organisational practice.
- To develop skills in independent research and study. To develop skills relevant to scientific publications.

Synopsis of the module:

The module will depend on the creation of a piece of work based upon a specific clinically related project relevant to your practice. You will select a specific project and submit a project summary/proposal (1,500 words). Once your proposal has been approved, the professional project (10,500 words) is then completed through online guidance and supervision from your tutor.

This project may comprise:

- Systematic Literature review and appraisal of the evidence.
- Audit of practice including organisational or clinical.
- Review and implementation of evidence-based practice.
- Qualitative or quantitative research (formal research involving human subjects is not anticipated).
- Case(s)-based and quality of service review with critical appraisal.
- Case report, review of literature and organisational assessment.



Teaching Methods

Module 1 - Research Methodologies and Critical Appraisal

MSc teaching methods for this module are similar to the Postgraduate Diploma course modules, however it is run over 12 weeks.

Module 2 - Professional Project

To produce the professional project, students continue to use the online course; however much of the work is self-directed.

Students are expected in the first 8 weeks to interact with their tutor on a weekly basis. Students select a specific project and submit a project summary/ proposal (approximately 1,500 words).

Once the proposal has been approved, the professional project (10,500 words) itself is then completed through online guidance and supervision offered by the tutor. The student and tutor will interact regularly (weekly) on the dedicated students/ tutor discussion area or through any other means of communication deemed appropriate by both parties (telephone/ SKYPE/ email). Note of any verbal communication with the tutor is recorded in the student's journal by the student.

Entry Requirements

Entry to the one year Expedition and Wilderness Medicine MSc will require successful completion of the Expedition and Wilderness Medicine Postgraduate Diploma (120 credits). This can be from Diploma MSc, the University of South Wales or another UK university (having completed similar modules). We can discuss this with you during your application.

Individuals who have not completed the postgraduate diploma can apply for the Expedition and Wilderness Medicine MSc as a two year course consisting of eight modules (180 credits) with the first 120 credits deriving from the postgraduate diploma.

Entry requirements for the two-year course are as for the Postgraduate Diploma.

Applicants should be working in a clinical setting, either in the UK or overseas, and have a science degree in a relevant subject.

You will also need to submit copies of the following with your application:

- Qualification certificates
- A maximum of two professional and/or academic references
- IELTS score of 6.0 with a minimum of 5.5 for each band (or an equivalent qualification)

Graduates of this course will receive a Master of Science award from the University of South Wales, Diploma MSc's collaborative partner. The Expedition and Wilderness Medicine MSc course provides a progression route for the Postgraduate Diploma course in Expedition and Wilderness Medicine.



What do our students think?

Since 2010, over 1000 students have progressed their medical career by enrolling in one of our qualifications. We ourselves have learned a lot during this time and continually seek to improve the student learning experience. Here is what some of our previous students have said:

"I found the online learning very interesting. It enabled me to save money and time."

Dr Imad Eddin Rahamtalla, Doctor

"I strongly recommend Diploma MSc to all those busy physicians who are working in remote areas and wish to upgrade their knowledge."

Dr Junaid Zaffar, Diabetologist

"The learning was fun and enjoyable. The course was awesome and it increased my confidence."

Dr Sankar Nath Jha, Assistant Professor





"I found learning with Diploma MSc interesting, it helped to update my academic knowledge."

Dr Prasanth Kinattupurayil, Doctor

"I love that it was flexible and that I could log in at my convenience. I found this course to be very in-depth, informative, challenging and stimulating."

Kerri-Ann Best PGDip, RD



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