



ISMM
International Society
for Mountain Medicine

PROGRAMME

MONDAY

XIV WORLD CONGRESS
ON MOUNTAIN MEDICINE

Time	Session - Sunday	Venue
SUN 17:00 - 20:00	WELCOME RECEPTION, REGISTRATION & SWIM	Hathersage Pool
MONDAY	Session - Day 1	
08:30 - 09:00	KEYNOTE ADDRESS Prof Mike Grocott Title tbc Chair: Sudeep Dhillon	The Methodist Hall
09:00 - 11:00	<u>PLENARY SESSION 1: WOMEN IN THE MOUNTAINS</u> Chair: Peter Paal Session Speakers: Adele Pennington - Battling Against The "Elements" As A Female Mountaineer Lenka Horakova - High Altitude Health in Women – From methodological principles to hormonal control Linda Keyes - Women in the Mountains: Myth Busters! Volker Schöffl - Relative Energy Deficiency in Sport (REDS) and Mountain Medicine	The Methodist Hall (Work space and less formal set up available in Lawrence Hall, where speakers will be live streamed)
11:00 - 11:30	BREAK (30mins) Please allow yourself enough time to grab a refreshment and make your way to your next session	
11:30 - 13:15 PARALLEL WORKSHOP SESSIONS	DENTAL EMERGENCY * “The ultimate “hands on” experience – using a range of practical resources Burj will guide you through just what you need to handle dental emergencies in the mountains. Burj’s courses have the best feedback in the business. Don’t miss out!” Run by Burj Langdana	Stannage Room
	HEALTHY HIKES * “Positive Steps Outdoors is an award winning social enterprise initiative from Northern Ireland that combines professional mountain leadership with mindfulness and coaching to help people reconnect with nature, improve their mental health and build stronger connections with others. Join Alan and Caroline for an insight into how mountains can be medicine...” Run by Alan Elwood and Caroline Hart	Cricket Pavillion

* Indicates workshops that will be repeated



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11:30 - 13:15
PARALLEL WORKSHOP SESSIONS

TRAINING FOR HYPOXIA *

“Join the team behind last year’s “Mission 7” to find out how pre-acclimatisation helped mountaineers summit Everest in just 7 days. The team from “The Altitude Centre” will be on hand to demonstrate their equipment and alongside researchers, show you where this technology can take us next...”

Run by James Barber

Lawrence Room

ULTRASOUND IN THE MOUNTAINS *

“Ultrasound is seeing increasing use out in the elements. Join the experts for a “hands on’ session that will guide you through the basics and show you the potential applications it has on the mountainside.”

Run by R2R International with guest speakers

Methodist Church Room

CLIMBING INJURIES *

“When it comes to managing climbing injuries, Volker Schöffl and Andy Schweitzer are up there with the best. Join them to hear about the many injuries climbers can encounter and how they can be helped back onto the rock. Not to be missed!”

This will be a hands-on workshop. During this session we’ll be focusing upon injury statistics and severity, the theory of taping and splinting as well as the clinical examination of the hand and the use of ultrasound.

Run by UIAA; Volker Schöffl and Andy Schweitzer

The Bell Room

OUT ON THE HILL *

“This is as practical and “hands on” as it gets! Join experts from around world to learn about the latest medical equipment that is being used in the mountains. Come dressed for all conditions – the day will include scenarios on one of the Peak District’s most iconic summits - Win Hill!”

Run by Tim Sanders and Nick Wright with Owen Samuels, Steve Rowe, John Ellerton and Alistair Morris

Pure Outdoor

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11:30 - 13:15
PARALLEL WORKSHOP SESSIONS

BMMS PRESENTS: MOUNTAIN VOICES....

“Do you have something that you’d like to share with a mountain medicine audience? If so, this is for you. Sign up for a 15 minute session, and talk about whatever’s on your mind. It could be your latest research, a lesson learnt from a challenging day in the hills or just a piece of advice that you’d just like to share. Whatever it is, there will be an enthusiastic audience who’d like to hear from you. Make sure you save enough time in your 15 minutes for questions!”

Chairs: Jamie MacDonald and Helen Jefferies

Methodist Church

WOMEN IN THE MOUNTAINS

“Following on from the “Women in the Mountains” plenary session, join Tash Brook to talk through the challenges faced by women in the mountains and hear from those who’ve pushed through...”

Speakers: Tash Brook and Adele Pennington

Bank House

BMMS PRESENTS: LESSONS FROM THE EXTREMES....

“In the mountains we are constantly pushing ourselves to the limits. Safety can be compromised. Success can slip through our fingers. But how can we be safer and more successful in this environment? Hear from everyone with skin in the game - not just health care providers but also mountain athletes, coaches and equipment manufacturers. Get inspired to explore your own limits!

“At The Very Extremes...”

A fascinating trio to kick off “Lessons From The Extremes” - Wes Cole, will share how he raced for no fewer than 151 hours on this year’s Montane Spine Race, Monica Piris on how she accumulated more than a year of experience treating injuries and illness above 5000m and Rob Greenwood, director of the world’s leading climbing website - ukclimbing.com - will describe his organisation’s ground breaking efforts to improve safety and success in the mountains.

Speakers:
Monica Piris
Wes Cole
Rob Greenwood

Moderator :Jeremy Windsor

Memorial Hall Main Stage

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Time	Session - Day 1	Venue
13:15 - 13:45	<p>LUNCH BREAK</p> <p>A grab bag lunch is to be collected from the Memorial Hall</p>	
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">13:45 - 15:30 PARALLEL WORKSHOP SESSIONS</p>	<p>FACIAL TRAUMA *</p> <p>“Moving beyond dental trauma, Burj turns his attention to managing injuries to the face. Expect the best in hands-on practical teaching. Highly recommended!”</p> <p>Run by Burj Langdana</p>	<p>Stange Room</p>
	<p>HEALTHY HIKES *</p> <p>“Positive Steps Outdoors is an award winning social enterprise initiative from Northern Ireland that combines professional mountain leadership with mindfulness and coaching to help people reconnect with nature, improve their mental health and build stronger connections with others. Join Alan and Caroline for an insight into how mountains can be medicine...”</p> <p>Run by Alan Elwood and Caroline Hart</p>	<p>Cricket Pavillion</p>
	<p>TRAINING FOR HYPOXIA *</p> <p>“Join the team behind last year’s “Mission 7” to find out how pre-acclimatisation helped mountaineers summit Everest in just 7 days. The team from “The Altitude Centre” will be on hand to demonstrate their equipment and alongside researchers, show you where this technology can take us next...”</p> <p>Run by James Barber</p>	<p>Lawrence Room</p>
	<p>ULTRASOUND IN THE MOUNTAINS *</p> <p>“Ultrasound is being increasingly in the outdoors. Join the experts for a “hands on’ session that will guide you through the basics and show you the potential applications it has on the mountainside.”</p> <p>Run by R2R International with guest speakers</p>	<p>Methodist Church Room</p>

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<p style="writing-mode: vertical-rl; transform: rotate(180deg);">13:45 - 15:30 PARALLEL WORKSHOP SESSIONS</p>	<p>THE UIAA SAFETY LABEL - WHAT DOES IT MEAN? SHOULD IT INFLUENCE WHAT I BUY?</p> <p>It's been more than 60 years since the UIAA safety label was launched. In that time, countless items of climbing and mountaineering equipment have been tested to destruction. But what does it mean? What tests are done? How rigorous are they? Get a hands on view of the efforts undertaken to make our gear what it is today!</p> <p>Run by Nick Galpin</p>	<p>The Bell Room</p>
	<p>OUT ON THE HILL *</p> <p>"This is as practical and "hands on" as it gets! Join experts from around world to learn about the latest medical equipment that is being used in the mountains. Come dressed for all conditions - the day will include scenarios on one of the Peak District's most iconic summits - Win Hill!"</p> <p>Run by Tim Sanders and Nick Wright with Owen Samuels, Steve Rowe, John Ellerton and Alastair Morris</p>	<p>Pure Outdoor</p>
	<p>BMMS PRESENTS: MOUNTAIN VOICES.... *</p> <p>"Do you have something that you'd like to share with a mountain medicine audience? If so, this is for you. Sign up for a 15 minute session, and talk about whatever's on your mind. It could be your latest research, a lesson learnt from a challenging day in the hills or just a piece of advice that you'd just like to share. Whatever it is, there will be an enthusiastic audience who'd like to hear from you. Make sure you save enough time in your 15 minutes for questions!"</p> <p>Chairs: Jamie MacDonald and Helen Jefferies</p>	<p>Methodist Church</p>

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13:45 - 15:30
PARALLEL WORKSHOP SESSIONS

BMMS PRESENTS: LESSONS FROM THE EXTREMES...

“In the mountains we are constantly pushing ourselves to the limits. Safety can be compromised. Success can slip through our fingers. But how can we be safer and more successful in this environment?

Hear from everyone with skin in the game – not just health care providers but also mountain athletes, coaches and equipment manufacturers. Get inspired to explore your own limits!

“Nepal And Beyond...”

If you want to learn about Nepal - it’s people, medicine and research - then this is the session for you!

Speakers:

Buddha Basnyat - “The History Of The Himalayan Rescue Association - The Business Of Saving Lives...”

Mike Grocott - “Everest And The Base Camp Trek - The World’s Highest Research Laboratory”

Santosh Baniya - “Developing Dedicated Mountain Medicine Service For Nepal’s Pilgrims, Porters and Domestic Tourists: A Pilot Project”

Moderator: Monica Piris



Supported by;

**Memorial Hall
Main Stage**

SEARCH DOGS *

“What role can dogs play in finding missing people in the mountains? How do they do it? How are these important animals looked after? Join volunteers from Mountain Rescue Search Dogs England on a walk in the Peak District to find out more!”

**The Cricket
Pavillion**

CLINICIAN’S CORNER: “DIABETES MELLITUS IN THE MOUNTAINS...”

“Drawing from his highly popular “Clinician Corner” articles in High Altitude Medicine and Biology, Andy Luks brings together health care providers and patients to talk about how to manage diabetes in the mountains. If you’re looking for practical, evidence-based advice on managing chronic medical problems in the mountains look no further than this!”

By Andy Luks

Bank House

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14:30 - 17:00	<p>MOUNTAIN AS MEDICINE - FILM SHOWING *</p> <p>"In collaboration with the Sheffield Adventure Film Festival (SHAFF), a curated series of films that highlight how the outdoor environment can be harnessed to help recovery from a range of physical and psychological problems.</p> <p>This will be a relaxed session. Booking not required</p>	Upstairs at Open House
15:30 - 16:00	<p>BREAK (30mins)</p> <p>Please allow yourself enough time to grab a refreshment and make your way to your next session</p>	
16:00 - 18:00	<p><u>PLENARY SESSION 2: THE WARMING MOUNTAINS</u></p> <p>Chair: Steve Roy</p> <p>Session Speakers:</p> <p>Nick Galpin - Warming Mountains: Climate Change And The Effects On Gear, Bolts And Mountain Safety</p> <p>Mylène Jacquemart - Impact Of Climate Change On Rock And Ice Hazard</p> <p>Anne-Aylin Sigg - Does Climate Change Influence Mountain Medicine?</p> <p>Jo Bradwell - Birmingham Medical Research Expeditionary Society's Carbon Offsets In A Warming World</p>	<p>The Methodist Hall</p> <p>(Work space and less formal set up available in Lawrence Hall, where speakers will be live streamed)</p>
18:30 - 22:30	<p>CURRY BUFFET</p> <p>1hr bookable time slots; 18:30-19:30 / 19:30-20:30 / 20:30-21:30 / 21:30-22:30</p>	Sanghams Balti House
20:00 - 23:00	<p>DIPLOMA EVENING</p> <p>An opportunity for Mountain Medicine Diploma (DiMM) students past, present and prospective to network and mingle.</p> <p>All international UIAA/ICAR/ISMM diploma of Mountain Medicine holders are welcome.</p>	The George

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TUESDAY

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Time	Session - Day 2	Venue
08:30 - 10:30	<p><u>PLENARY SESSION 3: CHILDREN IN THE MOUNTAINS</u></p> <p>Chair: Benoit Champigneulle</p> <p>Session Speakers: Susi Kriemler - Why Do We Need Children's Recommendations? Matthias Hilty - High Altitude Illness In Children Deborah Miller - Environmental factors affecting Children At High Altitude Andreas Schweizer - Climbing Training And Growth Plate Issues</p>	<p>The Methodist Hall</p> <p>(Work space and less formal set up available in Lawrence Hall, where speakers will be live streamed)</p>
10:30 - 11:00	<p>BREAK (30mins) Please allow yourself enough time to grab a refreshment and make your way to your next session</p>	
11:00 - 13:00 PARALLEL WORKSHOP SESSIONS	<p>DENTAL EMERGENCY *</p> <p>Run by Burj Langdana</p>	Stange Room
	<p>HEALTHY HIKES *</p> <p>Run by Alan Elwood and Caroline Hart</p>	Cricket Pavillion
	<p>TRAINING FOR HYPOXIA *</p> <p>Run by James Barber</p>	Lawrence Room
	<p>ULTRASOUND IN THE MOUNTAINS *</p> <p>Run by R2R International with guest speakers</p>	Methodist Church Room
	<p>CLIMBING INJURIES *</p> <p>Run by UIAA; Volker Schöffl and Andy Schweitzer</p>	The Bell Room
	<p>OUT ON THE HILL *</p> <p>Run by Tim Sanders and Nick Wright with Owen Samuels, Steve Rowe, John Ellerton and Alistair Morris</p>	Pure Outdoor
	<p>BMMS PRESENTS: MOUNTAIN VOICES.... *</p> <p>Run by Jamie MacDonald and Helen Jefferies</p>	Methodist Church

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<p style="writing-mode: vertical-rl; transform: rotate(180deg);">11:00 - 13:00 PARALLEL WORKSHOP SESSIONS</p>	<p>MOUNTAIN LITERATURE</p> <p>This workshop is being held in a village at the centre of traditional British Gritstone Climbing. There is a great tradition of mountain literature and many of the authors have been doctors with an interest in altitude physiology. We hope to share these traditions in a group discussion with a panel of active climbers who are involved in mountain literature as authors, medical historians, publishers, book sellers including the 2025 Boardman Tasker award winner. We are hoping that audience members will share sections of mountain related books that have inspired their medicine and/or their climbing.</p> <p>Run by David Hillebrandt and joined by Chris Harle, Iain Peters, Jon Barton and George Rodway</p>	<p>Bank House</p>
	<p>BMMS PRESENTS: LESSONS FROM THE EXTREMES * “Help From All Sides...”</p> <p>Health care providers move aside! Mountaineers, clothing manufacturers and guidebook writers all know what it takes to be safe and successful in the mountains. In this session we’ll hear from three of the best...</p> <p>Speakers: Lina Arthur Ronnie Legg Mick Fowler</p> <p>Moderator: Sundeep Dhillon</p> <p>Supported by:</p> 	<p>Memorial Hall Main Stage</p>
	<p>ICAR MEDCOM PRESENTS: RESCUE AT VERY HIGH ALTITUDE...</p> <p>One day there’s a hero carrying a stricken climber down from the ‘death zone’, the next there’s a villain going to the summit and passing another climber in need. Explore the moral and physical challenges with two rescuers from Mounts Denali and Logan. Can ICAR's language of risk management replace the emotive language of moral values?</p> <p>Run by: Jen Dow, John Ellerton, Kyle MacLauglin</p>	<p>Little John</p>
<p>13:00 - 13:30</p>	<p>LUNCH BREAK</p> <p>A grab bag lunch is to be collected from the Memorial Hall</p>	

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13:30 - 15:30 PARALLEL WORKSHOP SESSIONS	FACIAL TRAUMA * Run by Burj Langdana	Stange Room
	HEALTHY HIKES * Run by Alan Elwood and Caroline Hart	Cricket Pavillion
	TRAINING FOR HYPOXIA * Run by James Barber	Lawrence Room
	ULTRASOUND IN THE MOUNTAINS * Run by R2R International with guest speakers	Methodist Church Room
	MOUNTAIN MEDICINE AROUND THE WORLD: ARGENTINA'S EXPERIENCE At 6962m, Aconcagua is the tallest mountain in South America. As a result it attracts many hundreds of climbers each year. Working in collaboration with the National Park authorities, local guides and health care providers have gone to great lengths to improve safety and success on the mountain. Hear the inside story from the experts who work there... Run by UIAA; Miguel Lotfi, Juan Manuel Funk and Urs Hefti	The Bell Room
	OUT ON THE HILL* Run by Tim Sanders and Nick Wright with Owen Samuels, Steve Rowe, John Ellerton, Urs Hefti and Alistair Morris	Pure Outdoor
	BMMS PRESENTS: MOUNTAIN VOICES.... * Run by Jamie MacDonald	Methodist Church
	SEARCH DOGS * "What role can dogs play in finding missing people in the mountains? How do they do it? How are these important animals looked after? Join volunteers from Mountain Rescue Search Dogs England on a walk in the Peak District to find out more!"	The Cricket Pavillion

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13:30 - 15:30 PARALLEL WORKSHOP SESSIONS	<p>BMMS PRESENTS: LESSONS FROM THE EXTREMES.... “The Rescuers...”</p> <p>Three rescuers with stories to tell from the UK, Kyrgyzstan and ... Antarctica!</p> <p>Steve Rowe Sammy Dickson Sarah Wysling</p> <p>Moderator: Monica Piris</p>	Memorial Hall Main Stage
	<p>CLINICIAN’S CORNER: "ORGAN TRANSPLANT RECIPIENTS IN THE MOUNTAINS"</p> <p>Drawing from his highly popular “Clinician Corner” articles in High Altitude Medicine and Biology, Andy Luks brings together health care providers and patients to talk about how to manage organ transplant recipients in the mountains. If you’re looking for practical, evidence-based advice on managing chronic medical problems in the mountains look no further than this!”</p> <p>By Andy Luks, Helen Jefferies, Tash Brook and Joe Higgins</p>	Bank House
14:30 - 17:00	<p>MOUNTAINS AS MEDICINE - FILM SHOWING *</p> <p>This will be a relaxed session. Booking not required</p>	Upstairs at Open House
15:30 - 16:00	<p>BREAK (30mins) Please allow yourself enough time to grab a refreshment and make your way to your next session</p>	
16:00 - 18:00	<p><u>PLENARY SESSION 4: THE BEST OF CONGRESS</u></p> <p>Chair: tbc</p> <p>Speakers: Gerald Dubowitz Debbie Miller Representatives from ISMM and BMMS</p>	The Methodist Hall (Work space and less formal set up available in Lawrence Hall, where speakers will be live streamed)
19:30 - 22:00	CONFERENCE DINNER	Hathersage Memorial Hall

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WEDNESDAY

XIV WORLD CONGRESS
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Time	Session - Day 3	Venue
08:30 - 10:30	<p><u>PLENARY SESSION:</u> <u>INTERNATIONAL HYPOTHERMIA DAY</u></p> <p>Chairs: Beat Walpoth and John Ellerton</p> <p>Session Speakers:</p> <p>Beat Walpoth - Introduction and Update of the International Hypothermia Registry (IHR) and Presentation of Defibrillation of Arrested Hypothermic Patients</p> <p>Evelien Cools - New Hypothermia Extracorporeal Life Support Organisation (ELSO) Guidelines</p> <p>Peter Paal - Which Scoring System For Which Hypothermia Patient?</p> <p>Dr Konrad Mendrala - Hypothermia Outcome Prediction After Extracorporeal Life Support (HELP) Score</p> <p>Mathieu Pasquier - Hypothermia Mimics and Chameleons</p> <p>Les Gordon - Non-Extracorporeal Life Support Rewarming Of Hypothermic Patients - A Scoping Review</p> <p>Ken Zafren - Myths In Hypothermia</p> 	<p>The Methodist Hall</p> <p>(Work space and less formal set up available in Lawrence Hall, where speakers will be live streamed)</p>
10:30 - 11:00	<p>BREAK (30mins) Please allow yourself enough time to grab a refreshment and make your way to your next session</p>	
<p>11:00 - 13:00 PARALLEL WORKSHOP SESSIONS</p>	<p>DENTAL EMERGENCY * Run by Burj Langdana</p>	<p>Stange Room</p>
	<p>HEALTHY HIKES * Run by Alan Elwood and Caroline Hart</p>	<p>Cricket Pavillion</p>
	<p>OUT ON THE HILL * With Tim Sanders, Nick Wright, Owen Samuel, Steve Rowe, John Ellerton and Alistair Morris</p>	<p>Pure Outdoor</p>

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<p style="writing-mode: vertical-rl; transform: rotate(180deg);">11:00 - 13:00 PARALLEL WORKSHOP SESSIONS</p>	<p>AVALANCHE AND HYPOTHERMIA</p> <p>Hear from an international panel about how we should manage avalanche victims - from the mountainside to the medical ward</p> <p>Chaired by: Hermann Brugger, Natalie Holzl and Beat Walpoth</p> <p>Speakers: Peter Paal - 2025 ERC special circumstances guidelines - update on Accidental Hypothermia and Avalanche Rescue Les Gordon - Special groups in accidental hypothermia Ane Marthe Helland - Innovative studies on active external rewarming in pre-hospital settings Giacomo Strapazzon - Advancements in avalanche survival prolongation Sven Christian Skaiaa - Neurologically intact survival from hypothermic OHCA after >12 hours of combined rescue, CPR and ECPR Jamie MacDonald and Beat Walpoth - Usability of vital signs and temperature monitoring in hypothermic arrest and in the fields Natalie Holzl and Sigurd Mydske - Hypothermia prevention over a long period: Cave hypothermia 30 min questions and answers</p>	<p>The Methodist Hall</p> <p>(Work space and less formal set up available in Lawrence Hall, where speakers will be live streamed)</p>
	<p>IMMERSION CASUALTIES *</p> <p>A mountaineering expedition isn't complete without a river crossing. Join Mike and his team for a "deep dive" into the search, rescue and medical management of immersion casualties. Prepare to get wet...</p> <p>Chaired by: Mike Tipton</p> <p>Speakers: Ade Mayhew - Water Risk Assessment Mike Tipton - Physiological Responses to Immersion (Practical) Luigi Festi - Drowning Hypothermia Paddy Morgan - Treating The Immersion Casualty Michael Wanscher - Resuscitation From Hypothermic Cardiac Arrest After Drowning</p>	<p>Bank House</p>
<p>13:00 - 13:30</p>	<p>LUNCH BREAK</p> <p>A grab bag lunch is to be collected from the Memorial Hall</p>	

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13:30 - 15:30 PARALLEL WORKSHOP SESSIONS	HEALTHY HIKES * Run by Alan Elwood and Caroline Hart	Cricket Pavillion
	OUT ON THE HILL * With Tim Sanders, Nick Wright, Owen Samuel, Steve Rowe, John Ellerton and Alistair Morris	Adventure Hub
	FROSTBITE - THE FIRST 100 HOURS Join Chris Imray and his team to talk about the first steps in the management of frost bite. From making the diagnosis and evacuation, to inpatient investigations and treatment. You'll come away with the knowledge of how to deliver the very best of care... Speakers: Isla Wormwald and Sarah Wysling - Initial Remote Management Of Frostbite - The Antarctic Experience Tim Halsey - In Field Clinical Assessment Of Frostbitten Hands and Feet Ben Cooper - Practical Frostbite Field Nursing Care Jamie Pattison - Practical Tips On Transferring The Frostbitten And Hypothermic Patient Moderated by: Chris Imray	Lawrence Hall
	IMMERSION CASUALTIES * Chaired by: Mike Tipton Speakers: Ade Mayhew - Water Risk Assessment Mike Tipton - Physiological Responses to Immersion (Practical) Luigi Festi - Drowning Hypothermia Paddy Morgan - Treating The Immersion Casualty Michael Wanscher - Resuscitation From Hypothermic Cardiac Arrest After Drowning	Bank House
14:30 - 17:00	MOUNTAINS AS MEDICINE - FILM SHOWING * This will be a relaxed session. Booking not required	Upstairs at Open House

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15:30 - 16:00	BREAK (30mins) Please allow yourself enough time to grab a refreshment and make your way to your next session	
16:00 - 18:00	<p><u>PLENARY SESSION:</u> <u>INTERNATIONAL HYPOTHERMIA DAY</u></p> <p>Chaired by: Chris Imray</p> <p>Session Speakers:</p> <p>Chris Imray - Introduction And Update On Frostbite Management Sarah Hollis - The International Frostbite Collaboration Herman Brugger - Optimal Treatment Of Patients Suffering From Severe Hypothermia And Frostbite</p> 	<p>The Methodist Hall</p>
18:00	Thanks and Close of Meeting	

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