



IMF MEDICAL EXPEDITION-2017

(8TH MAY-10TH JUNE, 2017)



“Everybody wants to reach the peak, but there is no growth on the top of a mountain. It is in the valley that we slog through the lush grass and rich soil, learning and becoming what enables us to summit life’s next peak.” » Andy Andrews Highest Mountains

A LEARNING EXPEDITION FOR MOUNTAINEERS & TREKKERS: BASIC HEALTH CARE, LIFE SUPPORT, RESCUE & LEADERSHIP AT HIGH ALTITUDES

1.0) WHAT IS THIS MEDICAL EXPEDITION ABOUT

- The core mission of this expedition is to create an expanding pool of : Holistic Mountain Leaders capable of providing integrated: Basic health care, life support and rescue logistics to expeditions and the remote mountain communities until the arrival of definitive medical care.

1.1) WHAT IS THE LEARNING CURRICULUM UNDERPINNING THIS EXPEDITION? (BASIC HEALTH CARE, LIFE SUPPORT , RESCUE & LEADERSHIP)

- The curriculum comprises a set of inter-linked learning modules (Basic healthcare, First Aid, Life Support, Rescue, Leadership and Survival) packaged within a moving expedition. These embedded modules progressively unfold as a series of site -specific problem solving team activities as the expedition spirals up the mountain.
- The learning events are set along a rising spiral of seven altitude specific pathways beginning at the IMF (Level-I) and progressing through altitude of 2,500m, 3500m, 3700m, 4,500m, 5,500m and culminating at altitudes above 6,500m(for survival module)
- The basic content of each learning Event is an: Interactive Lecture/Demonstration followed by : team based problem solving exercises, group discussions, role plays, drama and simulations.

1.2) WHO CAN PARTICIPATE?

- Medical Expedition is open to all men and women between 21 and 30 years of age who fulfil the eligibility criteria listed below :
- The Two Learning Streams:
- This year's Medical Expedition has been re-structured into two streams:
1) THE TREKKERS: and, 2) THE MOUNTAINEERS

These two streams will move and function together within a common learning space-time upto an altitude of 4,500-5000 meters, where after while the trekking stream would take the summative exam and move back (Converting into a “Clean Himalayas Mission) on its downwards journey) , The mountaineering stream would move up the mountain with its focus on: integration between first aid delivery,climbing and rescue logistics , and the survival course (for a select few)

1.3 ELIGIBILITY CRITERIA:

A.1) Age: Between 21 and 30 years

A.2) Input Qualifications:

(1) FOR MOUNTAINEERING STREAM

- **Minimum Qualifications:** Basic and advanced mountaineering course with ‘A’ grades from any of the recognized mountaineering institutes.
- **Minimum Mountaineering Experience:**You must be a practicing mountaineer with at least one climb of altitudes between 6,000 and 6,500 meters or higher during the past 3years

Expected Fitness Level:

At your current fitness level, you should be able to walk with a 20 kg pack covering an elevation gain and loss of upto 1000 meters involving steep gradients on moraine, rock, snow and ice upto altitudes. of over 6,5000 meters.

(2) FOR TREKKING STREAM

Minimum trekking Experience: You must be a currently active trekker with atleast one trek of upto 4000 meters during the past 3 years.

Expected Fitness Level

At your current fitness level, you should be able to walk with a 20 kg pack covering an elevation gain and loss of 900 meters spread over 15kms as a continuous push across changing terrain features ranging from steep trails, mountain, glacier and snow, upto altitudes of 5000 meters.

CAVEAT (FOR BOTH STREAMS):

- IF YOU HAVE ANY HISTORY OF HIGH ALTITUDE PROBLEM OR ILLNESS, YOU MUST DECLARE IT IN YOUR APPLICATION FROM

1.4 THE APPLICATION PROCESS:

Eligible and interested persons should apply through the prescribed application form available online on the IMF website: (www.indmount.org) and take a print out of the filled form. The completed and signed application form should be posted to :

Director, IMF at Indian Mountaineering Foundation, 6, Benito Juarez Marg, (Opposite Anand Niketan,) NewDelhi-110021, Tel No.-(91) (011) 24111211, Fax (011) 24113412, [Email: secretary@indmount.org](mailto:secretary@indmount.org)

REGISTRATION TIMELINES

Event	Last Date of Submission	Submission Address
1. Submission of completed application forms	27 th Feb, 2017 (by 5pm)	As given above
2. Submission of Log-Books (screen -Filter) (Digital & hard copy) by the short-listed participants	25 th March, 2017	-do-
3. Confirmed participants must submit:		
i. Voluntary assumption of Risk and Risk Waiver documents	15 April, 2017	-do-
ii. Medical Fitness certificate	15 April .2017	-do-

1.5 RISKS & HAZARDS :

Through safety is of paramount importance on all IMF expeditions, one should be clear that all mountain related activities involve some inherent, embedded risk which could at times lead to injury or death.

All applicants must be aware of these, reflect over them, discuss them with their close ones before taking the final call to apply for this expedition.

1.6 CAVEATS:

A) This is primarily a Learning expedition with summiting being an extra optional subject to conditionals such as: Terrain, Team and Weather. Summiting, as such, will have no bearing on the course outcomes or your performance scores.

B) You must be very clear that as a participant you will not possess any summiting rights. The decision to summit and the team composition will rest with the leader.

C) The three red Lines:

This expedition is shaped around a set of core values such as service -over-self, voluntarism, teamship, safety, tolerance of hardship and diversity, honesty, mutual respect and personal responsibility .

Though Flexibility and Adaptability will form the guiding decisional matrix, any of the following incidents will lead to withdrawal and disqualification from the expedition

- (1) Health & Fitness issues,
- (2) Safety issues,
- (3) Team Disruption and dysfunctional social behaviours

D) Disclaimer:

IMF reserves the final right to select or reject an individual's application based on its judgement. Though the expedition will occur during May-june period, the final dates are subject to change.

1.7) WHAT SORT OF ACTIVITIES DO I EXPECT FROM THIS MEDICAL EXPEDITION ?

- . The curriculum comprises of a set of interlinked learning modules packaged within a moving expedition. These embedded modules progressively unfold as series of site –specific problem-solving focus as the expedition spirals up the mountain.
- The learning events are set along rising spiral of seven altitude specific pathway that begin at:

(i) Level-1 : At IMF, Delhi as a series of inter-active lectures delivered by the teaching faculty drawn from the city's premier teaching hospitals The content focus will be on the creation of a wide epistemic base of core medical concept in the domains of: Heart , lung , circulation and the Brain; Eye ,Ear, Nose, Throat and the Dental; First aid, trauma, Triage and Pain; Basic Health assessments & the vital signs ; Psychology, Leadership communication and safety.

(ii) Level-2: Having internalized these core learning schema, the expedition next move to; an institute of mountaineering, where the content focus shifts to : reactivation of the base schema through team-based problem solving exercises and new learning on : acclimatization, physiology & High Altitude illness (AMS, HAPE, HACE)

(iii) Level-3 : The third limb involves a trek to a comp site at 3,700 meters (via an intermediate halt at 3,400m) shaped by the following activities.

- Women and Trekking & Mountaineering**
- Nature and wild life observations**
- Ethics and concepts of: Negligence & consent**
- Doping and misuse of drugs on expeditions**
- Base Camp Hygiene & waste management Planning**
- Becoming a first Aid Leader**
- Outdoor clinics ; focused on: Pre-existing medical problems and common medical issues**
- Mountain weather**

(iv) Level -4 : The expedition next limbs higher to the next camp site at: 4,400 meters, where the content shifts to: Team –based –problem solving exercises on: Accident Analysis, Field Trauma management and resolving Team conflicts.

(v) Levels -5:Arriving at level-5 site at 5000 meters, the learning will be shaped by : Improvised splinting, bandaging, and casualty carries, and the :first of a 3 – series module on : Avalanche, Hypothermia & Frostbite; Learning from role plays :Common medical problems and a systems approach to safety.

At the conclusion of level 5, the trekking stream completes its training and departs, converting into a : Clean Himalayas mission with the objective of garbage retrieval and carry back.

The mountaineering stream moves up to the next learning site.

(vi) Level-6:Here, on a glacial site at 5,4000 meters, the learning focus shifts to simulation exercises centred on: (1) Avalanche: prediction , rapid decision making ,search & rescue, first aid and evacuation; (2) Crevasse rescue & first aid and, (3) Setting up lowering & raising systems with improvised stretchers

(vii) Level-7: After a 3-days halt and work at Level -6 site, a small cohort of selected climbers will move up in a self-reliant manner to spend one night at an altitude between ;6000m- 6,400 meters, in an improvised bivy/snow/ice shelter.

The course ends at this level.

viii) Depending upon time, weather and the team, all fit members any make an attempt at the summit: 6,800-7000 meters. This is an optional module subject to the prevailing safety variables.