

SURFINGDOCTORS

IN THE RIGHT PLACE AT THE RIGHT TIME



Annual Conference

21st Sept-26th Sept 2013

G-Spot Surf Camp

Plenkung Reserve

SE Java, Indonesia.

(S: 08' 43 ' 57,1 " E : 114 ' 20 ' 56,5 ")



Opening Ceremony: 5pm Saturday 21st September

Introduction / welcome / Sundowners / Dinner.

Day 1: 10:00 am Sunday 22nd September

The Surfdocs: Moving forward: Current and Future issues.

- Where are we going?
- What are we about?
- Review of Website overhaul
- Finance issues / NGO status – discussion
- New arrivals / Medical students / Questionnaire reviews
- Infirmary Workshop: Review of stock / Access to stock replenishment.
- Infirmary design + Equipment wish list.

Notes:

Day 2: Monday 23rd September

Scenarios & Workshops

- Water Retrieval / Spinal Trauma & Immobilisation
- Common Fractures and Dislocations + management
- Near Drowning
- Retrieval (Who, How, Logistics)

Issues to cover:

- Resus in the Jungle (Airway / Supplemental O₂ / Chest Drains / Haemorrhagic Shock)
- IV Access / Supportive care
- Specific Care: Pain Control / Antidotes / Antivenom
- Opiates / Sedation / Ketamine
- Documentation / Medico-legal aspects.
- Comms / Dealing with Travel Insurance / Other tips, traps and controversies.

Other Scenarios

- Shark attack / Haemorrhagic shock & Post shark attack debrief
- Use of Tourniquet's
- Chest Trauma & Chest Drains
- Blunt Abdominal Trauma
- Complicated Lacerations
- Suturing workshop

Notes:

Day 3: Tuesday 24th September

- Paramedical Workshops :
 - Injury Prevention
 - Rehabilitation from Injury
 - Biokinetics Pearls
 - Physiotherapy
 - Acupuncture
 - Diet
- STD's and the travelling surfer
- Disaster Medicine
 - Disaster Scenarios
 - Tidal Wave
 - Blast
 - Burns
 - Evacuation
 - Communications / Use of Walkie Talkies
 - Avoiding / treating infections
 - Escharotomies
 - Use of Opiates and Ketamine
 - Dealing with the Media

Notes:

Day 4: Wednesday 25th September

- Un-Conference – Free flow of ideas for the future of Surfing Doctors
 - Collaboration with other groups?
 - Documentary Project? Is this still an option?
 - Solomon Islands (Namuga) / Feedback from recent experience.
 - Coffee Bay (South Africa) / Option for a Conference
 - Indonesia: Mentawi Projects (Liaison with Lizz Murray “A Liquid Future “& Macaroni’s Surf Resort) Focus on the Villages of Silabu and Sipora.
- Tropical Medicine Update
- Workshops
 - C-spine control / Spinal precautions in remote areas.
 - Drugs of Abuse
 - Surfer Awareness
 - ENT / Ophthalmology pearls
 - Stimulants –The Good, Bad and the Ugly !!(coffee, spirulina, speed, cocaine, other)

Notes:

DAY 5: Thursday 26th September

- Common ED issues in a remote location :
 - Discussion re: Approach to non-specific Chest / Abdominal pain.
 - Approach to Headache / Rash in the tropics.
 - Common Gastro issues in the tropics.
 - A review of various decision rules.

- Journal & Book review: A review of the recent literature and evidence relating to Wilderness, Expedition and SurfDoc medicine.

Closing Ceremony / Dinner / Drinks / Party / Fines Meeting

Boat departure - Friday 27th September (10am)