



## Job Description – Expedition Doctor

### Overview

All our expeditions have at least one fully qualified Doctor on the leader team. Expeditions of more than 50 members usually have two Doctors, often with the more experienced acting as the primary Doctor and another qualified Doctor acting as a group ('Fire') leader.

### Profile

#### Necessary Skills

- Full Medical Doctorate Degree
- Advanced Life Trauma Support qualification (or equivalent)
- Significant personal travel experience outside the UK
- An enthusiasm for expeditioning and the ability to convey this to our Young Explorers
- Adventure First Aid Qualification (weekend training course provided free of charge by BSES)

#### Desirable Attributes

- Expedition Medicine qualification
- Previous experience of the expedition environment
- An interest in youth development and experience of working with young people

### Responsibilities

#### Pre Expedition

- Attend training weekends (2 to 4 weekends in the 6 months prior to the expedition)
- Research medical problems specific to location and activities of expedition.
- Recommend appropriate vaccinations (and antimalarials if necessary).
- Decide what expedition members should carry in their personal medical kits – this list is included in the Expedition Kit List issued by the BSES office.
- Check the quantity and contents of medical kits provided for the expedition (some expeditions will have kit shipped out well ahead of the Main Party)
- Write a short document with medical advice appropriate to the expedition which can be sent to all participants. This should include advice about the importance of getting fit, sorting any existing medical problems, dental check-ups etc. It can also include advice about avoiding problems during the expedition – the importance of appropriate behaviour, eating in a cold climate even if you don't like the food, avoiding hypo/hyperthermia, hygiene etc.
- Brief all expedition members on medical issues at the training weekend in April. You will be expected to give a short medical talk about whatever you deem important – the main message to get across is "think prevention". Give everyone a chance to ask questions. You need to interview all YEs and leaders to go through their medical questionnaires on a one to one basis in private. Clarify any vague answers. It is also a good time to ask everyone if they have any other things they "forgot" to mention/ new problems/ worries.
- Answer medical queries from the office, Young Explorers and Parents, particularly regarding any applicants with medical concerns.
- Obtain permits if you are taking controlled drugs.



# BSES EXPEDITIONS

## BRITISH SCHOOLS EXPLORING SOCIETY

- Contact your defence organisation and tell them what you propose doing.
- Contribute to planning, Risk Assessments, expedition-specific guidelines and similar as appropriate and directed by Chief Leader, particularly in your area of expertise

### On Expedition

- All leaders must regard as priority the safety of each and every member of the expedition at all times
- At start of expedition: go through Fire First Aid kits with leaders. Make sure they understand the contents and how/when to use them. Teach injection technique. Emphasise prevention again. Contact local medical facilities
- Be on call throughout the expedition to deal with any medical queries
- Encourage everyone to self manage minor problems, with input from medic if appropriate
- At the end of the expedition warn YEs of post exped "blues". Suggest they see their GP if they develop febrile illness after return and give history of being on expedition. If appropriate, instruct exped members to continue antimalarials.

### Post Expedition

- Contact GPs with details of any serious medical issues during exped.
- Contribute to the Expedition Report, Annual Gathering presentation and expedition feedback as appropriate and directed by Chief Leader
- Provide a medical report to the office detailing any relevant lessons learned for future expeditions

If you are also taking on another leader role such as Fire Leader or Base Camp Manager please also refer to the relevant job descriptions for that role.