

Remote Emergency Care Trainers' Course

Welcome to your Remote Emergency Care Trainers' Course. This pack supports the Trainers' course, and also provides information about Remote Emergency Care scheme and how it works for trainers. If you have any queries at all please don't hesitate to get in touch with the Remote Emergency Care Tutors on tutors@remoteemergencycare.com.

The Trainers' Course

This four-day course looks at how to set up and deliver effective first aid training. The focus is on developing your training techniques in theory sessions, practical demonstrations and scenarios. It includes video analysis of lectures and practical sessions. Open, constructive feedback is used to critique styles and presentation techniques – please don't be offended or shy, and ensure your critique of others is constructive.

The focus of this course is on learning or improving your training technique. Although some medical content will be covered, this course is not intended to train you in first aid.

What to Expect

The course requires you to deliver presentations and practical sessions to your peers. On the first day of your course you are asked to deliver a 5-minute theory-based presentation on a topic of your choice. This topic should be something with which you are familiar, and would preferably not be a medical topic. Please prepare this in advance. You may use any training aids you wish – a projector, laptop, whiteboard and flipchart will be available as a matter of course. If you require any other training aids please let us know in advance.

You will deliver first aid theory, practical and scenario sessions during the course, which you will be required to prepare during the evenings. Training during the day and preparation during the evenings mean the course is hard work.

What to bring with you

- Any reference material or tools you will require to prepare first aid lessons e.g. books, laptop
- Outdoor clothing in which you're happy to sit/lie on the ground in all weathers
- Your prepared 5-minute presentation on a topic of your choice for delivery on the first day (see above)

Course Material

This course is supported by the following documents and books, which will be provided for you:

- Course pack: Introduction, supporting information, course references, assignment information and course timetable
- Remote Emergency Care Trainers' Guide
- Wilderness First Aid: Emergency Care for Remote Locations (Howard D Backer)
- NOLS Wilderness Medicine (Tod Schimelpfenig)
- First aid at work: The Health and safety (First Aid) Regulations 1981. Approved code of practice and guidance (UK only)

Becoming a Remote Emergency Care Trainer

The trainers' course is the first step to becoming a trainer within the Remote Emergency Care scheme. Following this course, the next step is to complete the written assignment, which should be submitted by email to your course trainer, Naomi Roberts, for assessment. On successful completion of the assignment you will be awarded the status of *Assistant Instructor*.

As an Assistant Instructor you may observe Remote Emergency Care courses throughout the UK and Ireland. To arrange this you should approach the course provider and ask to observe. This may not be appropriate for all courses.

During your time as an Assistant Instructor it is critical to **observe** different trainers with different training styles, and then develop your lesson plans. Once you feel confident you should start **assisting** the qualified trainer to deliver the course. The assistance builds from helping with practical elements though to delivering theory topics. You should volunteer this support outlining to the qualified trainer what you are capable of delivering. Be prepared to show the trainer your lesson plans and rehearse the lesson.

After your observation and assistance period, the next step is to **arrange and deliver** a course whilst being assessed by a Remote Emergency Care Tutor. If successful, you are then awarded *Remote Emergency Care Trainer (Category I)* status, authorised to deliver level 1 and level 2 courses, **once you have bought a Remote Emergency Care franchise for which a fee is payable**. The Remote Emergency Care franchise has many benefits, including automatic professional indemnity insurance. Details of all the benefits are available at http://remotemergencycare.com/franchise_trainer.php.

The journey to become a Category I Trainer typically takes between 6 and 12 months. It takes time and stamina. Students normally observe at least three other trainers and assist on at least three courses before attempting the assessed delivery.

The process of Observe, Assist then Deliver is used to progress through the trainer categories:

- Assistant instructor authorised to observe, assist and deliver under supervision
- Trainer (Category I) authorised to deliver levels 1 and 2
- Trainer (Category II) authorised to deliver levels 1 to 3
- Trainer (Category III) authorised to deliver levels 1 to 5, and the *Responder* series

Tutors are drawn from any category, and are responsible for trainer mentoring and development, and delivery of the *Train the Trainer* courses. Remote Emergency Care Tutors are selected by the unanimous vote of the existing Tutors and undergo annual Tutor training.

After the course your trainer, Naomi Roberts, will be available to support you through the qualification process by email. It is your responsibility to co-ordinate the move through observation, assistance and delivery at a pace that suits you.

Sample Course Timetable

Please note – this course timetable is likely to change as the course evolves!

| | Morning (9am – 12.30pm) | Afternoon (1.30pm – 5.30pm) | Preparation |
|--------------|---|---|------------------------------------|
| Day 1 | Welcome and introductions Student presentations About Remote Emergency Care | Course preparation and planning Training aids | Lesson preparation – theory topic |
| Day 2 | Student theory lessons Communication styles Educational models | Demonstration and practical skills | Lesson preparation – demonstration |
| Day 3 | Student demonstrations Coaching, feedback and review Non-verbal communication | The trainer's toolbox Assessing clients Scenario skills | Lesson preparation - scenarios |
| Day 4 | Student scenarios Running courses – your franchise | Individual review and action plans The course will conclude by 3pm | Post-course assignment |

Your Trainer: Naomi Roberts

Having spent a few years working as a Veterinary Surgeon, Naomi ran away to the mountains to work as an outdoor instructor. She ran her own trekking company for a number of years, specialising in the Dolomites and the Pyrenees.

Her love of medicine persisted, however, and an interest in the field of wilderness medicine was born. She now works exclusively in wilderness medicine, either teaching wilderness pre-hospital care, working as a remote medic or consulting for companies sending their employees to wild parts of the world. Naomi is fluent in French, and specialises in delivering pre-hospital care training in French, largely in West Africa.

Naomi lives in Glasgow, Scotland with her husband, baby daughter and labrador.

Academic Qualifications

PG Diploma Infectious Diseases (study ongoing), London School of Hygiene and Tropical Medicine
MA Social Psychology, University of Cambridge
VetMB, University of Cambridge
Wilderness Emergency Medical Technician
Member of the Teaching Faculty of the Wilderness Emergency Medical Services Institute (Europe)
Remote Emergency Care Trainer (Category III) and Tutor

Outdoor Qualifications

Summer, Winter and International Mountain Leader
Single Pitch Award holder

The Post-Course Assignment

Timeframe: To be completed within 21 days of the end of your trainers' course

Scope: To produce, for a 16-hour level 2 course:

- Course Overview
- Lesson Plans
- Demonstration Plans
- Scenario Plans
- Summary of Health and Safety considerations

Submit to: Naomi Roberts via tutors@remoteemergencycare.com

Course References

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| Wilderness protocols and articles: | www.wemsi.org |
| Travel advice and guidelines for medical issues | www.masta.org |
| First At Work guidelines | www.hse.gov.uk |
| UK resuscitation council guidelines | www.resus.org.uk |
| Medical Indemnity register | www.medicalindemnity.com |
| Trauma updates | www.trauma.com |
| Remote Emergency Care | www.remoteemergencycare.com |
| Pre Hospital Emergency Care Council (Ireland) | www.phecc.ie |
| Irish Heart Foundation | www.irishheart.ie |

Further Training

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| Wilderness FR and EMT Training courses | www.wemsi-europe.org |
| Brathay Soft Skill courses | www.brathay.org |
| Glenmore Lodge Rescue Courses | www.glenmorelodge.org.uk |
| Plas y Brenin Rescue Courses | www.pyb.co.uk |