



# Oxford Handbook of Expedition and Wilderness Medicine (Oxford Handbooks Series)

By Chris Johnson, Sarah Anderson, Jon Dallimore, Shane Winser, David A. Warrell

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Written by experienced expeditioners, the handbook is organized in to eight main sections and includes information on fieldcraft, diagnosis and treatment of medical problems encountered during an expedition (divided anatomically), environmental hazards, crisis management and issues to be dealt with after returning home. It also covers basic information about how to plan for an expedition, how to keep the expedition members healthy, how to diagnose and manage their medical problems in remote environments and provide brief summaries of medical problems peculiar to different expedition environments.

This pocket-sized book contains all you need to know to minimise health risks, to protect your health and to deal with unexpected medical problems while you are travelling in remote, wilderness areas of the world.

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## **Editorial Review**

### Review

"Whether you are a leather-skinned hardened expedition leader or simply considering travelling to unusual territory a copy of this book tucked into the top of your rucksack will be one piece of extra weight you'll be glad you opted for."--British Journal of Hospital Medicine

### About the Author

Dr Chris Johnson completed an MD in environmental physiology while over-wintering in Antarctica in 1979 as a medical officer for the British Antarctic Survey. On return to the UK he trained as an anaesthetist and now works as a hospital consultant in Bristol. An enthusiastic teacher, he currently holds the post of Regional Adviser for the Royal College of Anaesthetists and writes on aspects of medical education. He maintains an interest in cold weather physiology, is a member of the medical advisory panel to the Royal Geographical Society, and in recent years has travelled in the Yukon, Newfoundland, Greenland, Iceland and Lapland. Sarah is a Consultant in Communicable Disease Control and works in London. She has a long affiliation with expeditioning; her expedition experience includes the outback of Australia, the artic north of Norway, a variety of trips to African and the mountains of Nepal. While at University she led an expedition to Uganda and was President of the Cambridge University Explorers' and Travellers' Club. Sarah is a UK Summer Mountain Leader and medical adviser to the Royal Geographical Society's Medical Cell; she co-edited the book *Expedition Medicine*, and was co-author of *Expedition Health and Safety - a risk assessment* (JRSM 2000; 93:557-562). In 2001 Sarah acted as the medical officer to the RGS - Shoals of Capricorn Programme. She has a Diploma in Tropical Medicine and Hygiene and has worked in hospitals in Uganda, Zimbabwe and South Africa, and as a flying doctor in Kenya with AMREF. Sarah has research interests in infectious disease epidemiology and expedition health and safety.

Dr Jon Dallimore MSc MRCGP MCEM DCH DRCOG Dip Mount Med Jon is a General Practitioner and part-time staff doctor in the Emergency Department of Bristol Royal Infirmary.

Jon's expedition experience varies from the deserts of Namibia, Sinai and Northern Kenya to the jungles of Sulawesi, Belize, Thailand and Ecuador, and high altitude climbs and treks to Nepal, Greenland, Pakistan, Iceland, Morocco, East Africa and the Andes. Jon is an International Mountain Leader and a member of faculty on the UIAA Diploma in Mountain Medicine. Jon is medical advisor to five British expedition companies and has research interests in acute mountain sickness and the incidence of illness and injuries on expeditions. He co-founded Wilderness Medical Training in 1991 and runs courses for doctors on expedition medicine in Chamonix, France in January and June each year. Shane Winser runs Geography Outdoors: the centre supporting field research, exploration and outdoor learning at the Royal Geographical Society with IBG which provides advice, information and training to some 750 plus scientific and adventurous expeditions each year. A zoology graduate with a postgraduate diploma in Information Science, she assisted in the planning and organisation of RGS expeditions to the tropical forests of Sarawak and Brunei, the mountains of the Karakoram, and the drylands of western Australia, Kenya and Oman. She is a member of the BSI technical panel for BS 8848:2007 the new British Standard for the provision of visits, fieldwork, expeditions and adventurous activities outside the United Kingdom. David Warrell is Emeritus Professor of Tropical Medicine, University of Oxford. After studying in Oxford and London, he has lived and worked as

physician, teacher and researcher in many tropical countries, founding the Oxford Tropical Medicine Research Network. He edits the Oxford Textbook of Medicine and Essential Malaria and has published research papers, articles and textbook chapters on tropical and infectious diseases, envenoming and poisoning. He is a consultant to the World Health Organization, British Army, Foreign and Commonwealth Office, Medical Research Council and Royal Geographical Society and was president of the Royal Society of Tropical Medicine and Hygiene and International Federation for Tropical Medicine.

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