

# AvGas

Issue Three : March 2009



It feels like this year is racing away on us; if it's any consolation, the staff are feeling it too! However, we managed to get the DVDs to most of you in time for the first teleconferences, and many of you took part in the technology teleconference. Hopefully, you will now be coming to grips with the academic material, and interacting effectively with your tutors through Oceanbrowser and the Forum. If you are feeling lost or overwhelmed, please talk to your tutor or one of us in Wellington about it; we can often help, and most staff have been distance taught students themselves at some point! Learning is hard and is always a juggling act with the rest of your life, but no pain, no gain! One reason why our courses are respected around the world is because the material is so content rich, and our graduates so well informed.

The Residential School in Scotland has a jam-packed programme. If you decided not to come, but are now regretting it, it's not too late to change your mind! Just let Katherine know. It will be good to get staff and students together; it is important that we balance the accessibility of distance learning with the motivational and experiential benefits you get from a week working and playing together. I look forward to seeing you there!

The recession has hit us all pretty hard and money for training harder to access. The low New Zealand dollar and cheaper airfares have made this course much cheaper for overseas students of course, but I know that getting support is harder. We are really constrained financially this year and into the foreseeable future too, so bear with us. One thing to consider is that now is the time to be getting trained, so that you are poised to look at new opportunities when the recovery comes, as it always does! You will be well placed to expand when industry and aviation both do.

Good luck with your studies. Remember that if it's not fun, we need to make it so.

I wanted to say a special welcome to two new members of staff: Sarah Aldington who was previously on the MR May programme, who also has a MRCP and PhD. Sarah also has a strong clinical and academic background and is taking over from Michele Liew on the aviation medicine stream. Sarah will be a great addition to the course staff and we really look forward to great things from the aviation medicine group. Now both staff in the AvMed stream have PhDs we're looking to raise the anti for our other programme streams.

Jeff Stephenson from the Royal Australian Airforce has joined Geoff Tothill to run the aeromedical retrieval and transport courses. They provide an excellent mix of military and civil, operational and management, frontline and long range retrieval expertise to the course. It is clear that anybody who wants to teach in our programme from now on is going to have to be called "Jeff" however it's spelt, so we might all start changing our names!

I wanted to say a very sad goodbye and big thank you to Michele Liew. Michele was a great tutor and threw herself into the role as a first year teacher with great gusto; she co-opted some fantastic external presenters onto our teleconferences and really raised the anti for the teaching of the human performance paper. Michele as you know has a very busy job at Cathay Pacific Airways and simply couldn't balance that with academia; come back Michele when you have more time!

Kind regards, Rob Griffiths



# Residential School—SCOTLAND09

**When:** Sun 24 May (evening) - Sat 30 May (morning) 2009. Research students should arrive evening of Sat 23 May for research day Sun 24 May.

**Where:** Stirling Management Centre, Stirling, Scotland ([www.smc.stir.ac.uk/content/](http://www.smc.stir.ac.uk/content/))

**What:**

Day	OccMed	AeroRT	AvMed
Thursday 21 <sup>st</sup> May – Friday 23 <sup>rd</sup>	Faculty Pre-visits and meeting		
Saturday Evening	Dinner Stirling Management Centre		
Sunday 24 <sup>th</sup> May	Research Day – All Masters/PhD/Dissertation Students		
Sunday 1800	Welcome Reception		
Monday 25 <sup>th</sup> May	Plenary Day SMC: Welcome; Housekeeping; Technology; Guest Lecture Lunch at SMC p.m. Individual groups		
Monday Evening	Welcome Dinner Deseo		
Tuesday 26 <sup>th</sup> May	Briefing then Site Visit to RAF Leuchars	Check out (temporarily) Coach to Inverness, Visit RAF Kinloss and Lossiemouth; Coach to Aberdeen	
Tuesday Evening	Occmed Dinner Stirling	Local Dinner and overnight	
Wednesday 27 <sup>th</sup> May	Briefing then Site Visits TBC	Site Visits Petrofac Training, Underwater Medicine Centre, Bond Helicopters North Sea Base Coach to Stirling	
Wednesday Evening	Free		
Thursday 28 <sup>th</sup> May	Briefing then Site Visit to Glasgow shipbuilding	Site Visit to HMS Gannet in Prestwick Visit Stirling Simulation Centre	Site Visit to National Air Traffic Service in Prestwick Visit Stirling Simulation Centre
Thursday Evening	Possible Distillery Visit; Free for dinner		
Friday 29 <sup>th</sup> May	Tabletop Exercise Tutorials		
Friday Evening	Coach to Course Dinner		
Saturday 30 <sup>th</sup> May	Combined Debrief and Wind-up		

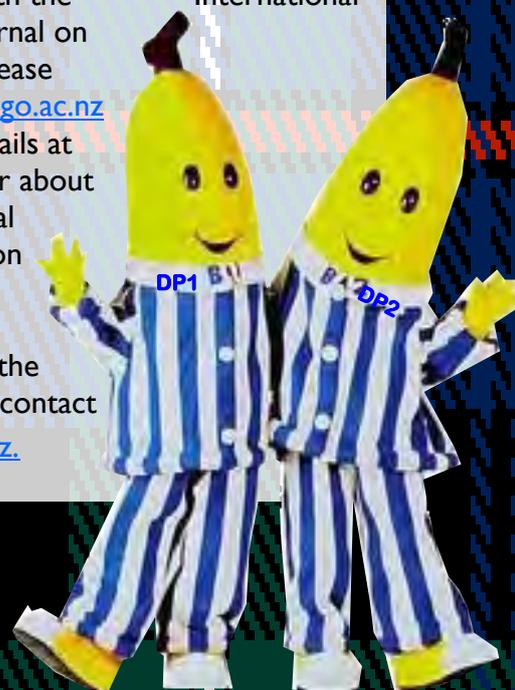
**What else can you do in the area:** Before and after the school, there are various events that might interest you, such as the Festival in East Ayrshire the week prior celebrating the 250th birthday of Robbie Burns. In nearby Perth there's the annual Festival of the Arts 21-31 May. The major air show at RAF Duxford is the 17th May, and the Chelsea Flower show in London is 19-23 May. If energetic you could do the Edinburgh Marathon on the 31st - or one of the runs in the Cape Wrath Challenge (North Scotland) beforehand.

For those interested in the "Aeromedical Airshow" in Oxford (Kidlington airfield) in association with the International Travel and Insurance Journal on Wednesday 20th May, please contact [geoff.tohill@otago.ac.nz](mailto:geoff.tohill@otago.ac.nz) for details. Also note details at the end of this newsletter about the Transfer and Retrieval Conference in Glasgow on 7th May.

For any questions about the residential school please contact [david.powell@otago.ac.nz](mailto:david.powell@otago.ac.nz).



The problem with bathrooms in Scotland



*Intrepid organisers of Scotland09—DP1 and DP2*

## Introducing our New Staff



**Dr Sarah Aldington** is an Aviation Medical Officer with Air New Zealand. She initially trained as a physician, obtaining a PhD in Respiratory Medicine before obtaining her pilot's licence and catching "the bug"!! She completed a Masters degree in Aviation Medicine and continues to fly light aircraft recreationally. Her work at Air New Zealand encompasses a variety of Aviation and Occupational Medical issues. She is also Secretary of the Aviation Medical Society of Australia and New Zealand.

In her spare time she competes in triathlons and enjoys tramping.

**Dr Jeff Stephenson** graduated from the University of Sydney, Australia in 1987. He completed stints working at Palm Island in Far North Queensland and also for the Royal Flying Doctor Service at Mt Isa. He was in General Practice in Townsville for three years before commencing work for the RAAF. For the last eight years he has performed the role of Senior Medical Officer at RAAF Base Richmond. He has Operational experience within Australia and overseas, including AME operations in East Timor, the Sydney Olympics, Banda Aceh Sumatra and the Bali Bombings.

Jeff was awarded a Medal of the Order of Australia in January 2008 for his service on Defence Operations.

Jeff is currently the Director of Medical Services at RAAF Richmond. He has completed a Diploma in Aeromedical Retrieval and a Masters in Aviation Medicine at the University of Otago.

Jeff's special interests are in Crew Resource Management for aeromedical staff, aviation physiology and decompression illness. He is an instructor on the RAAF Aeromedical Evacuation course, where he teaches aviation physiology and clinical aspects of AME. In addition, he is an instructor on survival exercises conducted for downed AME crew.



# Scholarships

The University has committed a sum of money for scholarships for international fee paying students on the full range of programmes offered by the Occupational and Aviation Medicine Unit; international students on the Occupational Medicine, Aviation Medicine and Aeromedical Retrieval and Transport courses all have the same opportunity to compete for these awards. These scholarships are competitive and applications will be assessed in June of each year. Scholarships range in value from NZ\$500 to NZ\$4,000 per annum and are awarded on an annual basis. Scholarships will be competitive with explicit priorities based on:

- lack of external financial support
- first year of study
- ability to pay
- extended programmes
- research likely to produce publications
- academic performance to date

For further information please refer to [http://www.otago.ac.nz/aviation\\_medicine/scholarships.php](http://www.otago.ac.nz/aviation_medicine/scholarships.php) where the Scholarship Application Form can be downloaded. This should be submitted by 30 April, with award of scholarships announced on 1 July. This page also contains links to other sites which offer scholarships.



## Births & Marriages

Those of you at the residential school Dubai08 may or may not have realised that we had a newly pregnant student there. Celine Pons has since given birth to a gorgeous baby boy—Tristan Louis Indiana Jones—



shown on the left with the hacky sack that was in the students' 'goody bag' at the School. It just goes to show you're never too young to get started with Otago. The colour photo is a more recent one.

Dave Peat (DP2—intrepid co-organiser of Scotland09 residential school) was married at Huntingtower Castle in Perthshire on the 19th September. It was a full Scottish castle wedding with two singers from the Scottish Opera instead of an organist. The castle is many hundreds of years old and apparently Mary Queen of Scots had part of her honeymoon there and James IV of Scotland (1st of England) was also imprisoned there for some time.



# BupaFoundation

The Medical Research Charity



Dr Nick Kendall (left) and Dr Kim Burton of the University of Huddersfield receiving the BUPA Medical Foundation award for Excellence in Occupational Medicine from Graeme Catto, President of the GMC. The project was entitled "Management of Upper Limb Disorders and the Biopsychosocial Model". This is a study into upper limb disorders

(ULD), also known as musculoskeletal disorders, which affect 50 percent of people of working age. If anyone is interested in reading a copy Nick can send them a PDF version—email him at [nicholas.kendall@otago.ac.nz](mailto:nicholas.kendall@otago.ac.nz). This has also been accepted for publication in *Occupational Medicine* and will be coming out soon.

## Prize for Outstanding Occupational or Aviation Medicine Student

Dr Nomy Ahmed is well known to many of us as he has attended recent residential schools and helped organise last year's Dubai08 school; what is less well known is that Nomy has recently donated a sum of \$US1,000 for the most outstanding or improved student on the course. This prize will be administered outside of the University, but we are inviting people who wish to contribute to other similar prizes or add to Nomy's prize to contact Nomy or Dave Powell direct ([nomy.ahmed@emirates.com](mailto:nomy.ahmed@emirates.com) or [david.powell@otago.ac.nz](mailto:david.powell@otago.ac.nz)).



David and Nomy discuss the qualities that will be shown by the winner of the new prize

Many thanks Nomy – you have already given us so much with your participation in the course at the Dubai Residential School, and this is an amazing gesture!

# EXTREMES Aeromedical Symposium

Report by Flight Nurse Karyn Hathaway  
NZNO / NZFNA Committee Member

Congratulations to the Northland ICU Flight Team who put together a fantastic symposium for us in Whangarei on November 8<sup>th</sup>, conveniently over the road from a polling booth for those not organised enough to vote early. Nearly 70 flight nurses, pilots and doctors got together for some excellent learning, a great chance to catch up with others from around the country and to hear about what our colleagues are up to.

The theme for the symposium was “Extremes” and the program covered exactly that. A line up of excellent speakers informed and educated us on a great range of topics, from the challenges of transporting the smallest neonates to the enormous task of moving bariatric patients by air. From retrieving patients from the heat and basic conditions of tropical climates to a fantastic look at the difficult and hostile conditions encountered during the rescue of patients from our coldest and harshest alpine regions. We heard about the future of a civilian/military partnership to provide aeromedical retrieval from Antarctica and the hostile conditions encountered there. We learnt about the effects of decompression illness from deep water diving and the use of the RNZAF hypobaric chamber to simulate the effects of altitude and decompression for flight crews. An excellent discussion on Crew Resource Management (CRM) and a fun quiz to refresh us on gas laws and flight physiology ended a great day together.



Katherine and Jill at the Extremes Symposium



A concurrent program was offered for the pilots and the feedback from this was really positive and appreciative of the effort made to provide sessions that were relevant and useful to them.

The NZFNA AGM was held during the day with a good number of members present. We said farewell to Germaine Sandford as our Chairperson and welcomed Fernah Peacey to this role.

The symposium was run alongside the St John “Traumed” conference that was attended by over 150 paramedics and ambulance staff from around New Zealand. Combining the two events was a great way to share information between the groups and of course to socialise and network together. It also coincided with the ICU Flight team and Northland Emergency Services Trust’s 20<sup>th</sup> birthday and a celebration was held on the Friday night that made for a great start to the weekend.

The Northland team put together a fantastic dinner on Saturday night with a Caribbean theme that uncovered the Jamaican Bob-Sled Team, Fidel Castro and more than a few pirates. (Note: the photo to the right shows the first prize winners for fancy dress at the dinner. It should also be noted that ex-student Angela Russell was also a prizewinner in a grass skirt and coconut shell bra—sorry we don’t have a photo!)

Everyone agreed this was a fantastic weekend and a huge thank you for to the Northland Flight team for putting it together for us.



facebook

## On the internet...

Specifically for past and present students of Otago...

<http://www.facebook.com/home.php?#/group.php?gid=11825235947>

### **Occupational Medicine**

*For international staff, students and graduates of Otago University courses in Occupational Medicine, and also for any other people with similar expertise and experience.*

<http://www.facebook.com/profile.php?id=1294823488&v=info&viewas=1294823488#/group.php?gid=13867522094>

### **Aviation Medicine**

*For international staff, students and graduates of Otago University Aviation Medicine courses, and also any other people with Aviation Medicine expertise and experience.*

<http://www.facebook.com/profile.php?id=1294823488&v=info&viewas=1294823488#/group.php?gid=6084903546>

### **Otago University - Aeromedical Retrieval and Transport**

*A meeting point for all those whom are involved in some way with Otago's Aviation Medicine*

## Other pages...

<http://www.facebook.com/group.php?gid=4887553653>

### **Air Medics**

*This group is for all the professionals that work in the aeromedical field. Feel free to discuss ideas, philosophies, protocols and experiences.*

*This group is not limited to HEMS operations, there are plenty of fixed wing operations that are just as essential.*

<http://www.facebook.com/profile.php?id=1294823488&v=info&viewas=1294823488#/group.php?gid=2363288005>

### **Royal Flying Doctor Service**

*The Royal Flying Doctor Service of Australia is a not-for-profit charitable service providing aeromedical emergency and primary health care services together with communication and education assistance to people who live, work and travel in regional and remote Australia.*

<http://www.facebook.com/group.php?gid=4887553653#/group.php?gid=2223126402>

### **Facebook Paramedics**

*For those of us who grumbled through Paramedic schooling, so now we can get paid 15 dollars an hour (or less) to save your life, but the person who fixes your car still gets paid more!*

<http://www.facebook.com/group.php?gid=4887553653#/group.php?gid=5204725698>

### **Feel Safe at Night—Sleep with a Paramedic**

<http://www.facebook.com/group.php?gid=4887553653#/group.php?gid=5935303926>

**You Know You Have Been a Paramedic Too Long When...** (I'll let you check these out for yourselves)



<http://www.youtube.com/watch?v=7oKdJVtvMX8&feature=related> — scary landings on YouTube, many filmed at Wellington Airport where your intrepid staff fly in and out of regularly!

Any contributions of interesting sites for the next newsletter will be gratefully received.

# Transfer & Retrieval Conference 2009

Hosted by EMRS



## Thursday 7 May 2009

Wolfson Medical Building  
University of Glasgow

The inaugural Transfer and Retrieval Conference takes place in Glasgow University on Thursday 7 May 2009. With an array of experts in patient retrieval from medical, military and aviation backgrounds, attendance is essential for all involved in this rapidly expanding speciality.

With sessions dealing with safe systems, training and equipment, the conference is of relevance to those undertaking adult, paediatric and neonatal retrievals including doctors, nurses, paramedics and managers.

As well as a dozen oral presentations the conference will feature poster presentations and demonstrations from specialist retrieval equipment manufactures.

Registration, poster abstract forms and details for the conference can be downloaded from the Emergency Medical Retrieval website at [www.emrs.scot.nhs.uk](http://www.emrs.scot.nhs.uk).

### Registration fee

Doctor	£90
Paramedic/Nurse	£50

### Further information

Please contact Anne Cadman at EMRS for any further information.

Phone **0141 248 2894** or email [anne.cadman@ggc.scot.nhs.uk](mailto:anne.cadman@ggc.scot.nhs.uk)



## Programme

Safe systems	Retrieval – what are the risks?	Theresa McGrattan	Anaesthetic & EMRS Registrar
	Assessing performance	Alasdair Corfield	Consultant in Emergency Medicine & EMRS
	Clinical governance in retrieval operations	Richard Price	Consultant in Intensive Care & EMRS
	Crew resource management and retrieval	Gordon Cowan	Anaesthetic & EMRS Registrar
Training for retrieval	Transfer Practitioner training	Sandra Stark	Retrieval Co-ordinator for the Scottish Paediatric Retrieval Service
	Paramedic training for retrieval	Kathryn Simpson Alastair Kennedy	Helimed 5 paramedics
	Otago diploma in retrieval medicine	David Peat	Anaesthetic Registrar
	Role of the shock team nurse	Judith Roulston	Acting lead nurse, Shock Team Transfer Service
	Registrar training for transfer	Ben Shippey	Consultant in Intensive Care
Equipment	PPE for retrieval	Scott Hepburn	Consultant in Emergency Medicine & EMRS
	Aircraft and medical equipment Medical passenger training	Paul Westaway	Training services manager for Bond Air Services
	The Critical Care Transfer Trolley	Mike Fried	Consultant in Intensive Care
	The neonatal experience	Phil Booth	Director of the National Neonatal Transfer Service
Closing lecture	Retrieval in the military setting	Pete Davis	Consultant in Emergency Medicine for DMS
		Pete Shirley	Consultant in Intensive Care Medicine