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October 2014 Newsletter

25th October 2014

All Medex Members,

It is the Annual Dinner time of year again and I am delighted to announce that some of the old “summit team” from the British Mount Everest Medical Expedition 1994 will be joining us at the Old Dungeon Ghyll not least because it is the 20th anniversary!! So if you haven't yet booked for the ODG on the 22nd November and you are planning on coming then please contact Sally (sally@medex.org.uk) as soon as possible. As ever all the details are on www.medex.org.uk.

To date 46 have registered their serious intention to participate in next Spring's Medex Manaslu Medical Expedition which is fantastic. The research programme is looking excellent with a mixture of physiology, psychology and social science. There is a major collaboration with a French team of physiologists and I am delighted to welcome their team of 4 to our Expedition. As usual we will have members joining us from California and Holland as well. Jamie MacDonald has done a wonderful job of developing the Research Programme and we are very much looking forward to a successful and fruitful Expedition. We are aiming for 50 people in total to be with us in Nepal as this gives the research a very good statistical base so if you have not yet registered and would like to come, please do so as soon as possible.

Unfortunately not all those planning to come with us have paid their deposits yet which makes it very difficult for us to allocate expedition members into trekking groups. There is now a pressing need to do this as members need to be booking their flights to make sure that they are in the right place at the right time to meet up with their group. If you are planning to participate then PLEASE MAKE SURE YOU PAY YOUR DEPOSITS AS SOON AS POSSIBLE. Having groups formed early so that members can get to know each other really is very important so please now commit. All the instructions for joining are at <http://www.medex.org.uk/expeditions/Manaslu%202015.php>. In addition the full research proposals are there as well as lay summaries.

Flights

We have opened a spreadsheet to capture the flight information which will be used by our trekking agent to arrange airport transport and trace lost luggage. It will also be used by us to ensure that we allocate you to an appropriate trekking group. Please don't hesitate to contact us if you are unsure of the dates for which you should book flights given the current uncertainty over group allocation. Please also ensure, when booking flights, that you allow sufficient time to make international connections as too short a time can cause difficulties due to the sometimes tenuous internal connections in Nepal.

As soon as you have booked your flight then please follow the link below and enter your flight information. [Please click this link to register your flight details as soon as you have booked your flights.](#)

If you want to see what flights others have booked before you book your own then you can do so by [clicking this link](#).

Medical Officers

We were very lucky early on in the organisation of the expedition in appointing two excellent Expedition Medical Officers (Isla Wormald and Suzi Hale) who have done wonderful work in developing Risk Assessments and Evacuation plans as well as comprehensive questionnaires and information for members. Unfortunately both have been unable to negotiate time out to come on the Expedition but, despite that, they have both volunteered their continuing support from the UK. I am really sad that they can't come but this does mean that there is an exciting new vacancy for a Chief Expedition Medical Officer. Though this post may sound daunting it is a wonderful opportunity to have a key role in a high profile medical expedition whilst enjoying the support of the members themselves some of whom will have had decades of experience of medicine in the mountains. If you would like to explore this role then please discuss it in the first instance with Isla Wormald, islawormald@doctors.org.uk who is co-ordinating the quest for her replacement. She will be at the Old Dungeon Ghyll meeting in November.

Kit lists for the Expedition

We will shortly be putting a kit list on the Manaslu section of the Medex web site for those coming with us in 2015. We do have a discount deal with Cotswold Camping and will list the code number for this on the web site. The two essential pieces of equipment are a very good down sleeping bag and a down jacket. If you haven't been trekking in Nepal before, The Old Dungeon Ghyll meet is a great time to exchange ideas and information on kit. The tragic events that unfolded in the Annapurna region a couple of weeks ago are a poignant reminder of how important it is to ensure that our equipment is appropriate.

Porters' Progress UK

Once again we will be collaborating with Porters' Progress UK (PPUK) on our next Expedition. Our Porter Welfare Project was first run in 2010 and was published in the High Altitude Medicine & Biology Journal. It was organised in a partnership between Medex and PPUK. Prof Mary Morrell who led the 2010 project is heading up this follow-up study in 2015. PPUK and the Mount Everest Foundation have a fund raising lecture at the Royal Geographical Society in London on Thursday 6 November. If you are in London it should be a great evening as the lecture is being given by Andy Cave. Details are on: www.portersprogressuk.org.

British Mountain Medicine Society Suzy Stokes and others have set up this fledgling society to represent all the various educational and research factions in the UK. If you would like to know more about this then please or join their Google group thebmms@googlegroups.com.

Does anyone know anything about training as a midwife in the UK or need an Au Pair? Nausicaa Pakloglou (poupee.grecATwanadoo.fr), the daughter of Michel Pakloglou whom many will remember from early Medex trips, is looking to move from Lyon in France to the UK to train as a midwife and work as an Au Pair. Ideally she would like to train in Scotland. If anyone can help her then please contact her directly. Please note I have removed the @ from her email address to prevent her from being spammed.

Please remember that the Expedition Data Collection Weekends will be 14/15th February and 21/22nd February 2015 at Bangor University, North Wales. Whilst these weekends are crucial for Expedition Members any Medex Member is very welcome to show up and lend a hand. Jamie will be sending out more information about these in due course and this will be published on the [The Manaslu section of the Medex website](#)

The Next 6 Months

So with the ODG just around the corner and all of the action building for the next Medex Expedition it is going to be an exciting and hectic 6 months. We are very much looking forward to meeting old friends making new ones in the coming months.

Simon & Sally