



Outdoor Medicine proudly presents the 3rd edition of

Medicine in Extremes: Extreme Cold

13th of January, 08:30 – 19:00

Venue: KIT (Royal Tropical Institute), Amsterdam

08:30 Sign in

09:00 Opening and Welcome

09:10 – 09:45 Accidental hypothermia

Anna Bågenholm, No one is dead until warm and dead, Anna is a very low temperature survivor and will tell about hypothermia from a first person perspective

09:45 – 10:30 Cold injury and hypothermia: Treatment & prevention

Professor Hein Daanen is a very well published researcher on thermal physiology with a special interest in hypothermia. He will talk on human adaption to cold temperatures.

S P A C E ◀ L I F E

INNOventa

MOUNTAIN
HARD
WEAR



10:30 – 11:00 Coffee Break

11:00 – 11:40 Accidental hypothermia – Cold is Cool

Herman Brugger has a thorough scientific background on how humans survive extreme cold as head of the EURAC-Institute of Mountain Emergency Medicine

11:45-12:25 Accidents in the Ski field

Tash Burley will talk about her extensive experience in prehospital and retrieval medicine working as a ski field doctor in New Zealand and expedition doctor at Mount Everest Basecamp

12:30-13:30 Lunch

12:15-13:05 Cold water immersion

Sean Hudson is one of the co-founders of Expedition & Wilderness Medicine UK and has been on several expeditions. He will talk about the challenges of cold water immersion.



14:14- 14:55 Frostbite management

Professor Chris Imray is not your common vascular surgeon, apart from summiting Mount Everest he is an internationally recognised consultant on the latest treatment of frostbite injuries.

15:00-15:30 Coffee Break

15:30-16:10 First response in cold weather

Will Smith has extensive experience in delivering prehospital care from a ground level perspective as well as from a management perspective with his unique background as a paramedic and Emergency Physician.

16:15-16:45 Surviving Antarctica

Floris van de Berg is an experienced GP and expedition doctor and is currently working for ESA spending a full winter at Concordia station Antarctica performing research on psychological and physiological effects of chronic hypoxia, hypobaric pressure and isolation.

16:50-17:00 Final Remarks

17:00-19:00 Reception

