**Advanced Marine Life Support Course Program**

**by Outdoor Medicine**

Estimated dates depending on flight schedule: **23-30 september 2017**

**Instructeurs: Mattijn Buwalda, Mark Frederikse, Maybritt Kuijpers, Wouter Jetten**

**Day 1** Zaterdag 23

Arrival and welcome

Amsterdam – Bonaire

Welcome drinks in Buddy dive resort

Check-in + equipment fit

**Day 2 Zondag 24**

09:00-09:30 Introduction and welcome briefing

09.00-10:00 Lecture - Patient assessment in dive & marine medicine

10:00-11:00 Lecture – Drowning, hypothermia & exhaustion

12.00-14.00 **Dive 1** refresher dive (or PADI intro) – incl. take away lunch

14.00-15.00 Lecture - Seasickness

15.00-16.00 Practical Signaling aids

16.00-16.15 Break

16.15-17:00 Lecture On board emergencies

17:00-18:00 Dive 2 (optional)

**Day 3 Maandag 25-9**

9:00 - 10:00Lecture Medical planning/DAN/Radio medical services

10:00- 17:00 Practical marine medicine (Boat trip – 4hr workshops)

Practical teaching session on board

*-Marine communications*

*-Man overboard practice*

*-Life raft/vest skills*

*-Medical kit*

**Evening: PADI OW continue or optional dive between 17:00-19:00**

20:00 Cruise ship medicine

**Day 4 Dinsdag**

09:00-10:00 Lecture – Physics & physiology of diving

10:00-11:00 Lecture - DCS

11.00-12.30 Carousel: 5 min neuro exam, O2 provider, marine BLS, Trauma

12:30-13:30 Lunch

13:30-15:00 Carousel 2: part 2

15.00-17.00 **Dive 3**

20:00-21:00 Evening program (optional): Technical diving

Day 5 Woensdag

09:00-10:00 Lecture – AGE + Pulmanry barotrauma

10:00-11:00 Lecture O2/N2

11.00-12.00 Lecture ENT

12:00-13:00 Lunch

13:00-15:00 Dive 4

15.00-16.00 Lecture Marine envenomations

16:00-18:00 Dive 5 (optional)

19:00-21:00 Night dive (optional)

Day 6 Donderdag

09:00-12:00 Scenario training Marine life support (carousel diver, kite surfer, sailor)

12:00-13:00 Lunch (Kustwacht lecture SAR)

13.00-15.00 Dive 6

15:00-16:00 Lecture - Update in travel medicine

16:00-17:00 Break out session medical & Infectious diseases on board

17:00-18:00 Dive 7 (optional)

20:00-21:00 Evening program (optional) Physiology of diving mammals

Day 7

09:00-10:00 Lecture hyperbaric chamber

10:00-12:00 Excursion hyperbaric chamber

12:00-13:00 Lunch

13.00-16.00 Scenarios

17:00-18:00 Closure & borrel!

Day 8 Zaterdag

Check out

Bonaire-AMS