



DISCOVER NEW HEIGHTS

AWEMS 2023 CONFERENCE PROGRAM
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#AWEMSCONFERENCE2023



THE FINER DETAILS VENUE LOCATION

MAIN CONFERENCE

Saturday 14/10 & Sunday 15/10 - 0830-1700hrs

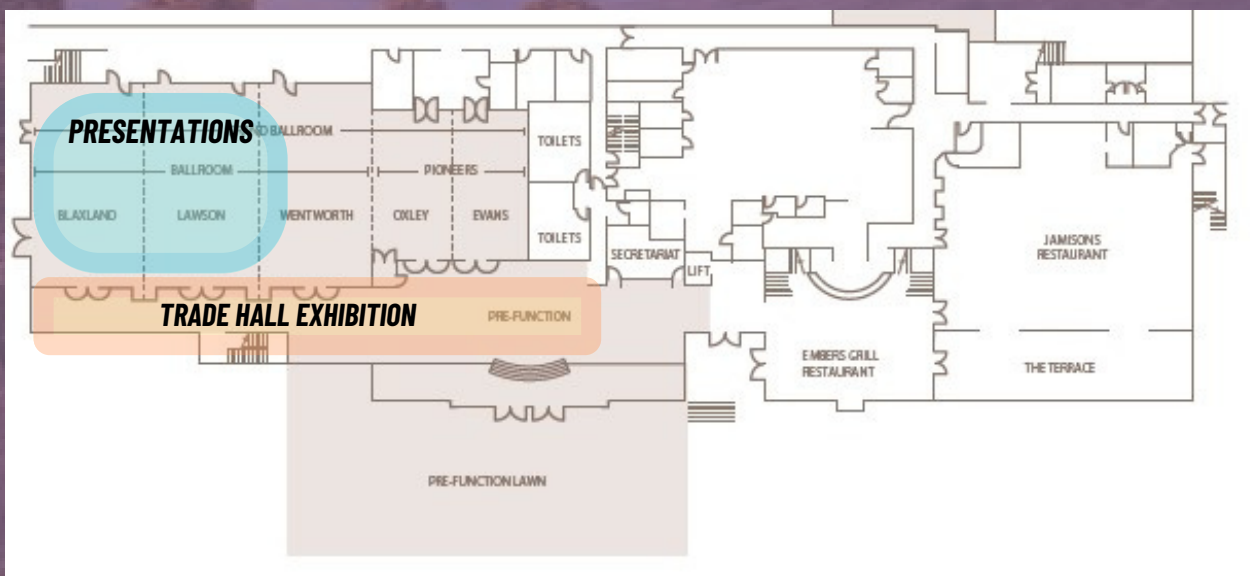
Fairmont Resort Blue Mountains

1 Sublime Point Road

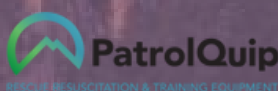
Leura, New South Wales 2780

Ph: +61 2 4785 0000

BLAXLAND ROOM and surrounds.
(lower level, to the right of dining area)



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SATURDAY 14TH OCTOBER

PROGRAM TIMES & SPEAKER DETAILS

8:30 AM	Welcome to Country <i>Kelsie King</i>
8:45 AM	Welcome & conference opening address <i>Master of Ceremonies (MC): Steve 'Sunny' Whitfield</i>
9:00 AM	Welcome to the Jungle- Daily life of a Paramedic in the Jungle <i>Andy Hughes - Expedition Medic</i>
9:30 AM	An Ecological Perspective on Extreme Sports and Implications for Wilderness and Extreme Medicine - ONLINE <i>Dr Eric Brymer - Southern Cross University</i>
10:00 AM	MORNING TEA
10:30 AM	Commercial Spaceflight: Risk and Reward - ONLINE <i>Dr Rowena Christiansen - Melbourne University</i>
11:00 AM	Ski Field Medicine: From Beginners at Perisher to Elite Athletes at the Olympic Winter Games <i>Dr Brenton Systemans - Thredbo Medical Centre & the Olympic Winter Institute of Australia</i>
11:30 AM	EMS Helicopter Operations in Remote Areas <i>Steven Lobley - Zone Manager, Southern Region Helicopters, NSW Ambulance</i>
12:00 PM	LUNCH

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SATURDAY 14TH OCTOBER

PROGRAM TIMES & SPEAKER DETAILS

12:45 PM	USAR Response to the Turkiye and Syria Earthquake <i>Scott McNamara - NSW Ambulance</i>
1:15 PM	Marine Expeditionary Medicine <i>Shamiso Rahman - Aspen Medical</i>
1:35 PM	Anaesthesia in the Dark <i>Dr. Richard Harris - KEYNOTE SPEAKER</i>
2:35 PM	AFTERNOON TEA
3:00 PM	How We Do Military Expeditionary Medicine <i>Dr Andy Grieve - SMO Gallipoli Barracks</i>
3:30 PM	Human Psychology and Extreme Environments <i>Dr Kate Baecher - Clinical and Performance Psychologist</i>
4:00 PM	Personal Preservation Training for Aeromedical Clinicians <i>Dr Ben Fisk - MICA Flight Paramedic, Ambulance Victoria</i>
4:30 PM	Close of Day 1 <i>MC: Steve 'Sunny' Whitfield</i>
6:30 - 9:30 PM	Cocktail Party, Echo Point Buses from the Fairmont to the venue will run between 5:45PM-6:30PM Returning buses will run from 9:30PM to an optional kick-on location! <i>*Note: Must be pre-booked (extra cost involved). See crew for last minute tickets</i>

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SUNDAY 15TH OCTOBER

PROGRAM TIMES & SPEAKER DETAILS

8:30 AM	Welcome to Day 2 <i>MC: Steve 'Sunny' Whitfield</i>
8:35 AM	Field Training and Rescue in Antarctica <i>Dr Chris Gallagher - Australian Antarctic Division</i>
9:05 AM	Sweet Dreams: Cliffside Trauma <i>Gavin Oliver- Special Operations Paramedic, NSW Ambulance</i>
9:35 AM	A Dive Into the Physiology and Psychology of Wilderness Medicine <i>Dr Daniel Lack</i>
10:05 AM	Mistakes, Madness and Mayhem: Networking Your Way Onto Expeditions <i>Steve 'Sunny' Whitfield - Explora Risk Medical</i>
10:35 AM	MORNING TEA
11:00 AM	Getting Started in Expedition Medicine <i>Dr Liv Grover Johnson - Adventure Medic</i>
11:30 AM	Workshop session 1
12:00 - 4:45PM	Half Day Canyon Rescue Workshop - OFFSITE <i>Tristan Reid - ROAM Adventures</i> <i>*Note: Must be pre-booked (extra cost involved). See confirmation email for joining instructions.</i>
12:30 PM	LUNCH

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SUNDAY 15TH OCTOBER

PROGRAM TIMES & SPEAKER DETAILS

1:15 PM	Workshop session 2
2:15 PM	Workshop session 3
3:15 PM	AFTERNOON TEA
3:45 PM	Workshop session 4
4:45 PM	Close of Day 1 <i>MC: Steve 'Sunny' Whitfield</i>

Workshop topics include:

- Water purification with Adam Kershaw
- Ropes and knots/shelter building with Brett Eichorn & Gavin Oliver
- Austere trauma with Andrew Bennett & Andy Hughes
- Patient packaging with Kerry Wratt
- Bush SALAD airway management with Royce Herbert



CONFERENCE FEEDBACK SURVEY

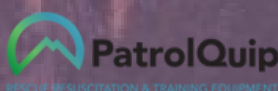
Tell us what you thought and go into the draw to win \$100 off next year's conference!



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Our client's partner with us because we have a track record of getting things done, we are certified to the highest international standards of quality and excellence, and we operate our business on a robust foundation of environmental, workforce and financial sustainability. Our competitive advantage lies with our highly qualified and experienced team of project and clinical leaders who work together to ensure we provide the level of service excellence needed by our clients.

With a broad and unique range of healthcare solutions available for your organisation we can meet any healthcare challenge, wherever you need us.

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SPEAKER DETAILS

Shamiso Rahman
Aspen Medical
Operations
Manager,
MStratSec

Every day, week and year, Shamiso (Shami) Rahman thrives on the satisfaction of rising to new challenges. As Operations Manager for Aspen Medical, Shami ensures the effective operation of the contracts we have with our clients, which can include the provision of medical personnel or logistics, such as medications, equipment or consumables.



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SPEAKER DETAILS



KEYNOTE SPEAKER:
Dr Richard Harris OAM
BMBS, DA (UK),
FANZCA, Dip DHM,
Post Grad Cert
Aeromed

Dr Richard “Harry” Harris has worked in anaesthesia, diving and aeromedical medicine around the world.

His passion for cave diving goes back to the 1980’s and has taken him to the corners of the globe in search of new adventures. An interest in accident investigation, and search and rescue activities has been a theme during his diving and caving career.

Harry and his colleagues have explored caves to 245m depth, and shipwrecks to over 150m, in dives lasting over 16 hours. He is an enthusiastic UW photographer and videographer who is now also building a career in documentary films.

Many of you will know Harry best for the crucial role he played in the Tham Luang cave rescue in Thailand in 2018. He employed his extensive experience in cave diving with his anaesthetic knowledge and skill to successfully help rescue twelve trapped children and their soccer coach.



Andy Hughes
Paramedic, Diploma
in Immediate
Medical Care,
PGCert in Healthcare
in Austere
Environments

For the last 22 years Andy has been a Commando Intensive Care Paramedic in the UK and a National Inter-agency Liaison Officer (NILO). At 17 years old he became a Royal Marines Commando followed by six operational tours of Iraq and Afghanistan, six extended trips to Borneo, has worked in six of the seven continents of the world. Andy is an Australian representative for the Faculty of Pre-hospital Care Royal College of Surgeons of Edinburgh (FPHC RCSEd) and has completed the London Air Ambulance Pre-Hospital Care Course. He is also an Editor for the Journal of High Threat and Austere Medicine, a casual instructor with Tacmed Australia and Faculty for the World Extreme Medicine (WEM) jungle medicine course run out of Costa Rica.

He now lives in the Blue Mountains (arguably the most beautiful place in the world) spending all his spare time with his family, climbing, canyoning and trail running, with regular escapes to the snow and the jungle.



Dr Eric Brymer
PhD, Registered
Psychologist

Dr Eric Brymer is a psychologist, researcher and educator. Eric is interested in performance, wellbeing and learning as it relates to psychological processes and outcomes. He is particularly focused on the human-nature relationship, adventure, and extreme environments. He has performed extensive research in this area and is proud of the acceptance of his new findings into everyday contexts. Eric is a Senior Lecturer at QUT, Manchester Metropolitan and Leeds Beckett University, as well as a Course Coordinator and Scientist Practitioner at Southern Cross University. Eric enjoys white water kayaking and being in nature and a career goal of his is to work to bring the extreme into mainstream.



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SPEAKER DETAILS



Dr. Rowena Christiansen
MBBS, BA Hons, LLB,
MEmergHealth, MBA,
DCH, GradDipEd,
GradDipDisasterMed,
ACCAM,
GradCertSpaceStudies,
ISU SHSSP16,
FAsMA, Fellow
Ormond College

Dr Rowena Christiansen practises in pre-hospital emergency care and medicine in extreme and austere environments, with a focus on space health. She teaches within the University of Melbourne Medical School and has developed a new MD1 'Discovery Subject' "Human health in the space environment", and a module on 'humans in space' for Swinburne University of Technology. Her post-graduate studies include emergency and critical care, aerospace medicine, disaster management, child health, and space studies, with earlier qualifications in business, law, humanities, and education.

Rowena is a UNOOSA Space4Women Mentor, an ISU alumna and mentor, and a Fellow of Ormond College. She is the Research Director, Health Law for the Jus Ad Astra human rights in space project, and a strong human rights advocate, particularly in the area of public health and universal access to healthcare. Rowena is also a Director of Mars Society Australia, Chair of the Australian Ski Patrol Association Medical Advisory Committee, the inaugural Treasurer for the Australasian Wilderness and Expedition Medicine Society, and a representative member for the Australian Resuscitation Council.



Steven Lobley
Registered
Paramedic

Over 30 years with NSW Ambulance (NSWA). Member of the Special Casualty Access Team (Remote Area Access) based in the Blue Mountains since 1999 responding to patients in wilderness and remote area environments. This includes 10 years experience on NSW rescue medical helicopters as a flight paramedic. I am now a Zone Manager in Ambulance Aeromedical Operations where I manage three rescue helicopter bases in Southern Region NSW.



Scott McNamara
Intensive Care
Paramedic

Starting with the Australian Army at 17 he became a Special Operations Medic and was deployed to Timor Leste and Afghanistan, now working for NSW Ambulance as an Intensive Care Special Operations and Rescue Paramedic in Sydney. Scott has been with deployed internationally to Sumatra, Lombok and Türkiye for disaster assistance and is part of the USAR Paramedic Aus 2 team.



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SPEAKER DETAILS



Dr. Brenton Systemans
MBBS, BMedSci
(Hons1), MSurgSci,
DCH, DiMM

Dr Brenton Systemans is a rural generalist registrar based in NSW's Snowy Mountains where he has spent the last 3 years working as a GP in Jindabyne as well as at the Perisher and Thredbo Ski Resorts. A love of the great outdoors was instilled into Brent from a young age with trail running, road cycling, skiing and hiking fast becoming favourite activities. Brent has enjoyed a portfolio career to this point having worked in every state of Australia as well as in New Zealand, Ireland, Nepal and Antarctica. Career highlights include deploying with the Australian Army on Humanitarian Aid Missions, working with the Himalayan Rescue Association at Pheriche and Everest ER, the Australian Antarctic Division as a ships doctor and at Casey Station as well as with the Olympic Winter Institute of Australia at the 2022 Beijing Olympic Winter Games and at the 2023 FIS Freeskiing, Freestyle Skiing and Snowboarding World Championships in Georgia. Brent is also a Unit Coordinator and Lecturer in the University of Tasmania's Healthcare in Remote and Extreme Environments program. When time allows Brent also enjoys working as a guide with a number of companies including Climbing the Seven Summits. His career highlights include supporting Australia's elite winter athletes achieve their dreams on the world stage and helping mountaineers to stay well in the death zone.



Lt Col (Dr) Andy Grieve
LT COL BSc BM
BCh MRCP
FACRRM DipIMC
DMTH DipMM
FACTM, FCI FRGS

Lt Col (Dr) Andy Grieve is a Defence Medical Officer currently working in Southern Queensland, where he lives with his wife and two children. He loves the outdoors in all its forms and enjoys trail running, camping, climbing and surfing. Andy has 16 years of experience in the UK military including working with the UK Special forces and Gurkhas. He has been posted to Brunei Darusalaam (Jungle Warfare), Cyprus, MER, Africa and Central America. He graduated from Oxford with his medical degree in 2004.

Andy moved to Australia a number of years ago and has worked for the last five years as a Medical Officer for the Australian Defence Force. He has been on a number of expeditions, with highlights including a motorbike expedition in Madagascar, climbing Mt Kenya, kayaking expedition in Madagascar and visiting Lesotho as a cadet.

Andy has had a long-term interest in expeditionary, travel, rural and remote medicine. Currently he is involved in clinical leadership and administration in Queensland as a Regional Senior Medical Officer. He also has a casual academic appointment at the University of Queensland and teaches rural and remote medicine to military medics and nurses. He is currently looking to a secondment to Australian Antarctic Division in 2025 as medical officer.



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SPEAKER DETAILS



Dr. Kate Baecher
Clinical Psychologist,
MAPS, FCCLP, FEWM,
DPSYCH (Clin), MPHIL
(Psy), BPSYCH (Hons)

Dr Kate Baecher is a registered Clinical Psychologist with a Doctorate of Clinical Psychology, Master of Philosophy and Bachelor of Psychology (Honours). Kate has a love for the outdoors: climbing, hiking, mountaineering and more! She combines this love with psychology and specialises in high-performance coaching, research, and consulting on mental health risk in wilderness activities and austere settings.

Kate also provides mental health trauma care to victims of disaster and conflict, both in Australia and internationally. Kate is the former Head Psychologist at the NRL, and currently works with Fire and Rescue NSW developing and facilitating Wellness Retreats for first responders with PTSD; and well as continuing to build on her work with Psychological First Aid and Mental Health training in remote, austere and wilderness environments.



Ben Fisk
LBA, BHSc, Grad
Cert Remote Health,
Grad Cert Aeromed
Retrieval, Grad Dip
EmergHlth, MPH,
PhD

Ben Fisk is an Intensive Care Flight Paramedic. He grew up in Southwest Victoria and feels incredibly lucky to have returned to the area 20 years later to work at one of Victoria's HEMS bases. Ben enjoys all things outdoors related and particularly enjoy ocean swimming. He is currently learning all about how to manage sheep, lambs, chooks, and an energetic Kelpie.

He has an interest in research and education, previously completing a PhD and is currently an ongoing associate lecturer at Monash University. His career highlights include achieving all of the requirements to work as an Intensive Care Flight Paramedic which was the realisation of a career-long goal. And his most rewarding experience so far has been delivering BLS training for local medical staff at a remote clinic in Timor Leste. While Ben enjoyed his PhD, he is not quite ready to transition to full time academia, however he believes that research and contemporary clinical practice are complimentary. He is particularly interested in how teams work, how we make decisions, and how best to teach complex problem-solving skills.



Chris Gallagher
B.A.Sc, Masters of
Emergency
Management

Chris Gallagher is a former carpenter turned Field Support and Emergency Management Coordinator and Senior Field Training Officer with the Australian Antarctic Program, who he has worked with for 28 years. He began working for the program in his early 20s as has never looked back. Over the years Chris has seen significant change in the operational aspects of Antarctic, always with a strong focus on safety. In Antarctica he has also been a team leader, lay medic and deep field guide.

He has obtained a Masters of Emergency Management and a Applied Science degree in Parks Recreation and Heritage.



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Gavin Oliver
Special Operations
Paramedic

Before becoming a paramedic, Gavin worked in the outdoors industry for 17 years, blending his passion for climbing, exploring the wilderness, and helping people. Gavin found himself performing several on-rope rescues by the time he was 21. Over the next 30 years, while climbing through 13 countries on five continents, he was regularly finding himself as the 'right person in the right place at the right time', using his experience to assist people whose adventures were taking an unexpected turn. His first-aid kit kept expanding, though he was never using it for himself.

After a brief stint working for the U.N. in Afghanistan, he returned to Australia to focus on a long-held desire of working in wilderness rescue. He has been a paramedic with NSW Ambulance for 10 years and part of their Special Operations Team for the past four. Paramedics in this unit are trained to access and treat patients in isolated, remote, and hazardous environments. They respond in 4WD vehicles equipped for responses to patients on the cliffside, in remote bushland, floods, swift water and bushfires, along with tactical, HAZMAT and CRBN environments. He has lived in the Blue Mountains for 20 years, is still climbing first ascents and loves exploring the magic of the Blueys with his family.



Dr Daniel Lack
MBBS, PhD, FRACGP

Before entering the medical field, Dan had a 20-year career in climate change research that coincided with over a decade of working for one of the busiest mountain rescue teams in the US. During this research career he won two awards from the University of Colorado for his work on climate change, and he served on delegations to the UN International Maritime Organisation for progression of climate change policy for international shipping. In his mountain rescue career Dan responded to over 600 mountain search and rescues with the Rocky Mountain Rescue Group. He became a technical field leader, mission leader, training director and assistant group leader. He also served a term as the chairperson for the Rocky Mountain Region of the US Mountain Rescue Association. Through this work he helped coordinate a mass rescue during a flooding disaster in 2013 and received a US National Association for Search and Rescue Valour award in 2010.

This rescue experience pushed him to study medicine, and he now integrates these passions in expedition and wilderness medicine. He especially enjoys delving into psychology as a tool for being safer in the wilderness and providing care to people in wild places. He also has a keen interest in conservation, both through his previous career, and more recently through advocacy for preservation of a large tract of land in the mountains of Tasmania.

Currently Dan holds positions as the medical director of the Ben Lomond Ski Patrol, Tasmania, member of the medical advisory committee for the Australian Ski Patrol Association, lead instructor for UTAS Expedition Medicine course, medical director for a Tasmanian event medical company and an Australian based African travel company, and head medical for the takayna Trail Ultra.



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**Steve 'Sunny'
Whitfield**

Bachelor of
Paramedic Practice,
GradCertPubHlth,
GradCertULT,
GradDip Strategic
Leadership

Steve 'Sunny' Whitfield is an Australian-based paramedic, expedition leader, consultant and writer who got involved in expeditions when he realised he could escape back-to-back night shift. A former soldier with several conflict zone deployments, Sunny's first expedition was nearly his last when he nearly froze to death in the arctic. Now a veteran of over 50 expeditions including polar exploration, jungle journeys, desert crossings, mega-fauna diving, and high altitude climbing, his work and travels have taken him to almost 90 countries.

Although he struggles to spell, Sunny has authored two books and published over forty articles and during his career, he has been awarded Fellow of the Royal Geographical Society, Fellow of the Academy of Wilderness Medicine, Fellow of the Higher Education Academy, and Fellow of the Australasian College of Paramedicine. In 2020, he established Explora Risk Medical to provide medical solutions for teams from National Geographic, Discovery+ and Natural History. Explora recently launched an Australian based Expedition Medicine CPD Series and soon, it will launch Australia's first clinical fellowship in extreme environment medicine. Sunny is a father of four who now resides on the Gold Coast where he is a lecturer and course convenor at Griffith University School of Medicine and Dentistry.



**Dr Liv Grover-
Johnson**

MD, BSc., PGradCert
HREE, PostGradCert
in Antarctic Studies

Dr Liv Grover-Johnson is well known to AWEMS, being one of our committee members! She has always had an insatiable appetite for remote areas: the further away from anywhere else the better! Her university years were more of an education in the outdoors, with a bit of medical school on the side. Liv lived in a tent in Svalbard for two months, went mountaineering in NZ, rock-climbing, diving, sailing and backcountry ski-touring. It was necessary to sharpen her focus on medicine for several years as an intern and resident, but recently she has been able to start weaving these passions together. The combination of medical training and these outdoors skills has begun to open opportunities as an expedition medic in the Simpson Desert, The Great Barrier Reef, Greenland, and even Antarctica! Liv is deeply interested in supporting scientists who are working in the deep-field for research projects - whether this is to better understand and protect our planet, ecosystems and its wild creatures, or to further our knowledge of human physiology when pushed to the extremes. Recently Liv achieved a life-long dream, working as an Antarctic Doctor at Casey Research Station in the Summer 22/23 season.

Liv is also a volunteer editor and the Australasian lead for Adventure Medic. Adventure Medic is a multi award-winning, free, online magazine for students and healthcare professionals across the globe interested in wilderness, expedition and humanitarian medicine. If you're interested in contributing, she's your go-to!