

Minutes of the Derby Medical Society 12th February 2020

Open Meeting

Apologies

Ian Black
Stuart Holloway

Notices

Collection buckets for Derby Mountain Rescue are at the meeting tonight.
AGM notice being circulated for the meeting on 11th March 2020
Council vacancies have been sent out to members.
Meetings next year on a Thursday.
The draft Terms of Reference will be circulated for comments with the AGM. Any comments in advance by 28th February 2020.

Welcome to all the guests present this evening particularly prospective medical students.

£218-80 was raised for Derby Mountain Rescue at the Open Meeting.

Speaker

Dr Greg Crowley

Derby Mountain Rescue

Greg has been a portfolio GP for over 20 years and a member of Derby Mountain rescue for the same length of time. He is an endurance fell runner.

The Derby team formed in 1964 after the Four Inns walk tragedy. The walk goes across the High Peak and 3 Venture Scouts got lost and died of hypothermia. The search at the time was disorganised so subsequent to this Derby Mountain Rescue formed from the Derby Scout group. The team has grown to 50-60 volunteers with two doctors, two paramedics and a nurse. The rest of the team are non-clinical.

The training takes two years to be fully functioning in the team. There are two training weekends per month and competencies have to be achieved.

Call outs are at the request of the Police.

Training competencies

Navigation

Search techniques in various terrain, including woods, steep ground and valleys

Crag rescue techniques, most people fall to the ground on crags in Derbyshire

Patient and stretcher handling

Radio training

Incident operation using the computers and equipment in the vans

Helicopter training . Training is in conjunction with the Coastguard

Casualty care

All need to be signed off at initial training and then every 3 years.

Casualty care involves first aid training for all the team

1/3 of the team have a MRC Casualty Care Exam qualification in clinical management of casualties. Certificate of qualification is valid for 3 years.

The limited drug formulary can be used by those holding the qualification and they are licensed by the Home Office. The drugs used are:

Morphine

Naloxone

Adrenaline

Midazolam

Entonox

Oxygen

Salbutamol nebuliser

Others: aspirin, paracetamol, Buccastem, Ibuprofen, GTN, salbutamol and Glucogel

There is a plan to use fentanyl lozenges as more control of analgesia.

The use of the medication is a privilege but used with care.

The team works in groups of 3: casualty care (with MRC qualification), head man (assume head injury until proven otherwise) and a scribe.

Greg and his colleague Kevin Corcoran then showed us a demonstration of how to manage a casualty (Dr Andy Lindop) with the equipment they brought.

Vacuum splints for arm fractures, pelvic binder, Kendrick splint for femoral fracture and a full body vacuum splint were all demonstrated with pictures to follow.

Primary Survey

This is a little different to a standard primary survey and includes:

Danger to rescuer

Response of casualty

Shout for help

Airway with cervical spine control. Use a jaw thrust to protect the spine. Use hands for inline stabilisation. Collars have been superseded by the body vacuum splint

Catastrophic bleed is more common in Mountain rescue than breathing difficulties.

Breathing

Circulation - teach assessment of blood on the floor and then four more (chest, abdo, pelvis). Haemorrhage kit has been updated

Without an auto pulse the advice is 5 minutes of CPR, 10 minutes of transportation

Disability. The team can use a shelter

Other groups in Mountain Rescue

Search dogs can be used which is particularly helpful in woodlands and in large areas. They can smell people underwater and up to 300m away on land.

Drone use is expanding to find casualties

Water section:

12 people trained for water rescue.

They were involved in the Walley Bridge reservoir damage and flooding emergency.

Mountain Rescue garages were flooded in November! There are plans for a new garage and teaching room in Brailsford.

Call-out Statistics

52 call outs in 2019. These included:

- 1 horse rider
- 2 bikers
- 31 walkers
- 2 crag rescues
- 9 missing persons
- 5 flood emergencies
- 2 community emergencies

Combined with training, fundraising and managing Derby Mountain Rescue this equated to 19110 volunteer hours!

Prime area is Hartington to Bakewell and south.

Main issue is tourists falling in Dovedale

Missing persons searches are often at night and the team do a lot of them.

Often vulnerable people (dementia or mental health) are reported as missing. Suicide is a frequent call out.

Teams can work in different areas of the country if children go missing or their is major crime.

Declaring someone as deceased is part of the job but always difficult.

They also rescue sheep and get midwives to deliveries, assist the ambulance teams.

There is no national structure to Mountain rescue teams. There are regional associations which are all an independent charity.

Advice for a bystander first responder

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| Danger: | Be alert for traffic, have gloves in the car |
| Catastrophic bleed: | Use direct or indirect pressure ++ |
| Airway / c-spine: | Use jaw thrust instead of head tilt |

Questions

The age range of casualties - wide age range at Dovedale

Indemnity insurance for people and doctors working with Mountain Rescue - covered if trained and competent by Home Office, some Medical Indemnity will cover.

How many walkers are inappropriately prepared? - Very few

Do you carry tranexamic acid? - Not at the moment

Time commitment - attend half the training and half the call outs but many are also involved in organisation. Average of 2-3 times per month. No rosta and everyone tries to go if called out

Problems with mobile phone signal in remote areas - This is an issue. App use is being developed.

Will the drones be equipped with heat seeking equipment? - Not at the moment but being looked as the next step.

Which is the best first aid training for a layperson - first aid at work training course or a wilderness medicine course

Thanks given by Sarah to Greg and Kevin Corcoran

Register

Members	18
Students	25
Guests	13
Trial member	1

Key Learning Points

Consider the amount of blood on the floor and then four more (chest, abdomen, pelvis and femur).

Search dogs can smell people under water.

Carry gloves in your car in case you come across an accident. Use direct or indirect pressure for bleeding. Use a jaw thrust open the airway to protect the cervical spine.

Wear good footwear when walking up Dovedale!

The volunteers of Derby Mountain Rescue attended 52 call outs in 2019 and accrued 19110 hours of work. Amazing people.