



ALL INDIA INSTITUTE OF MEDICAL SCIENCES RISHIKESH

High Altitude/Trauma Emergency Training for Chardham Yatra, Uttarakhand

29th-30th April 2022

Day 1 program schedule: 29th April 2022

Time	Topic	Speaker
8:30- 9:20 AM	Registration & Pre-course test	
9:20-9:30 AM	Welcome Address	Prof Latika Mohan, AIIMS, Rishikesh
9:30-9:40 AM	Inaugural Address	Prof Arvind Rajvanshi, Director & CEO, AIIMS, Rishikesh Prof Manoj Gupta, Dean Academics, AIIMS, Rishikesh
9:40-10:00 AM	Description of terrain	Dr Mayank Badola, Department of Medical Health & Family Welfare, Uttarakhand
10:00-10:25 AM	The High Altitude Environment: Challenges to human survival & performance	Prof Latika Mohan, AIIMS, Rishikesh
10:25-11:10 AM	Acclimatization to high altitude Acclimatization protocols	Col S.P. Singh, ACMS, Delhi
11:10- 11:40 AM	Acute High Altitude illness (HAPE)	Prof Latika Mohan, AIIMS, Rishikesh
11:40 – 12:20PM	Acute High Altitude illness (AMS + HACE)	Col SP Singh, ACMS, Delhi
12:20 - 1:00 PM	Pulse Oximetry - Practical	Prof Latika Mohan, AIIMS, Rishikesh Col SP Singh, ACMS, Delhi Dr Jayanti Pant, AIIMS, Rishikesh
1:00 – 2:00 PM	LUNCH	
2:00-5:00 PM	Initial Assessment and management in Trauma in field settings Primary Wound Care- Practical	Dr Madhur Uniyal & Team, AIIMS, Rishikesh



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Day 2 program schedule: 30th April 2022

Time	Topic	Speaker
8:30-9:15 AM	Day 1 Feedback and discussion	
9:15- 9:50 AM	Air evacuation at High Altitude	Col Shailja OS Karki
9:50-10:15 AM	Oxygen Delivering systems	Col S.P. Singh, ACMS, Delhi
10:15 – 10:45 AM	Cold injuries - hypothermia	Craig Nuttall, Brigham Young University
10:45-11:15 AM	Prolonged field care	Craig Nuttall, Brigham Young University
11:15-11:45 PM	Cold injuries – Chillblains, FB	Prof Latika Mohan, AIIMS, Rishikesh
11:45- 12:25	Other ailments at HA – I (Sleep disturbance, Cognitive dysfunction, Diarrhoea, Flatulence, Gastritis, URTI, CO/CO2 poisoning, Skin)	Col S.P. Singh, ACMS, Delhi
12:25 - 01:00 PM	Other ailments at HA – II (CVD, COPD, Asthma, Diabetes, SDB, CKD, Childhood ailments)	Prof Latika Mohan, AIIMS, Rishikesh
1:00- 2:00 PM		LUNCH
2:00-2:30 PM	Eye ailments at HA	Dr Neeti Gupta, AIIMS, Rishikesh
2:30-3:00 PM	Dry nose & epistaxis	Prof Manu Malhotra, AIIMS, Rishikesh
3:00 – 3:30 PM	Using the Lake-Louise Symptom Questionnaire - Practical	Prof Latika Mohan, AIIMS, Rishikesh Col SP Singh, ACMS, Delhi Dr Jayanti Pant, AIIMS, Rishikesh
3:30-4:00 PM	Post Course-test	
4:00 – 4:15 PM	Discussion on post course test	Prof Latika Mohan, Col S P Singh
4:15 PM	Valedictory Function	