

**RURAL  
HEALTH  
WEST**



Government of Western Australia  
WA Country Health Service

## **RURAL AND REMOTE RETRIEVAL WEEKEND**

**Thursday 17 May to Sunday 20 May 2018**

**KARIJINI ECO RETREAT | KARIJINI NATIONAL PARK**



**FAMILY  
OPTIONS  
AVAILABLE  
IN 2018**

**REGISTRATION BROCHURE**

Approved Category 1 ALM and 2 day Emergency Grant – **\$4,000**



# Rural and Remote Retrieval Weekend

## Don't miss out on this unique opportunity!

Learn about the management of medical emergencies in a remote setting. Emergency care has specific challenges and solutions in environments where there are limitations in equipment, personnel and resources.

Participants will address issues they may face through simulated clinical emergencies at scenario stations located around the national park.

The skills and knowledge learned during this event will apply to dealing with particular emergencies that occur

in an isolated general practice setting and will develop practical skills and professional abilities including:

- Teaching
- Teamwork
- Leadership
- Dealing with stress and uncertainty
- Understanding mechanism of injuries sustained in these locations

Participants will network with colleagues and partners/families in a unique setting at dinner each evening.

## Who should attend?

Multidisciplinary health professionals with clinical roles or strong interest in emergency or acute health care are invited to attend the event, including:

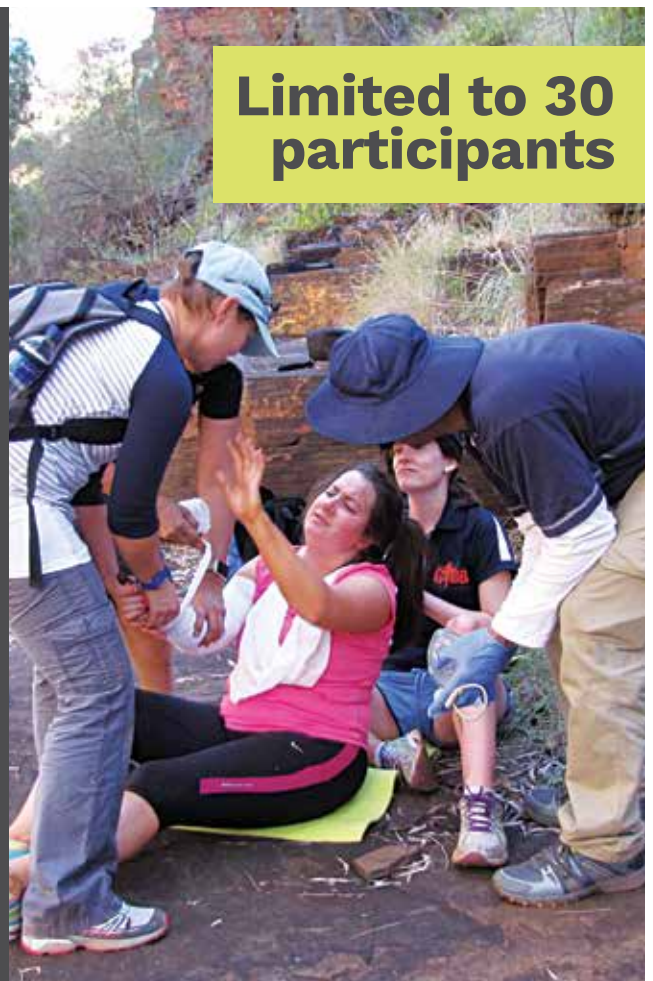
- Medical practitioners including general practitioners and doctors working in hospitals, rural clinics and Aboriginal Medical Services
- Nurse practitioners
- Emergency department and critical care nurses

The weekend will be facilitated by a team of experienced emergency physicians and general practitioners who have worked in rural and remote regions.

**“Fantastic learning experience! Brilliant teaching and great opportunities for clarification and additional learning.”**

*2016 Rural and Remote Retrieval Weekend participant*

**Limited to 30 participants**



# Educational aspects

## Learning activities

A briefing and introduction scenario will be carried out on Thursday evening. Participants will be divided between various activities involving simulated emergency scenarios on Friday, Saturday and Sunday. Groups will alternate between these activities, prior to joining together again for a final debriefing and feedback session.

## Learning objectives

By the end of this event, participants should be able to:

- assess and prioritise patients and injuries according to medical urgency using a structured approach
- manage emergency problems in a wilderness environment and generalise this to patients in other clinical situations
- understand the specific problems and limitations of practising medicine in a wilderness setting including transportation and evacuation needs
- understand working in a team and the importance of effective communication and leadership to optimise outcomes and reduce medical error

- deal with stress and uncertainty that occurs in unfamiliar environments
- appreciate the impact medical co-morbidities may have in a wilderness environment

For each scenario, specific management of the clinical condition should be addressed as well as all of these generic points:

- Scene safety, control, leadership and teamwork
- Recognising initial need for resuscitation and managing immediate life threats
- Appropriate supportive and specific therapy
- Care of basic needs of patient and group
- Extrication, stabilisation and transport planning

## Evaluation

The Rural and Remote Retrieval Weekend work and pre and post assessments are required to be completed to gain continuing professional development points. Evaluation forms will be requested during the debriefing and feedback session. This is to ensure ongoing event improvements for future participants.

## Program schedule

### Thursday 17 May 2018

- 3.15pm Transfer departs Paraburdoo Airport for Karijini Eco Retreat  
*Participants can check-in to the Resort from 2.00pm. Arrive no later than 5.00pm.*
- 5.30pm Event registration
- 6.00pm Introduction and welcome dinner (compulsory for participants)

### Friday 18 May 2018

- 7.00am Breakfast
- 7.45am Scenario stations
- 1.00pm Lunch
- 1.30pm Scenario stations
- 5.00pm Day one concludes
- 6.00pm Dinner

### Saturday 19 May 2018

- 7.00am Breakfast
- 7.45am Scenario stations
- 1.00pm Lunch
- 1.30pm Scenario stations
- 5.00pm Day two concludes
- 6.00pm Dinner and debrief

### Sunday 20 May 2018

- 7.00am Breakfast
- 7.30am Free time
- 7.45am Morning of adventure departs
- 1.00pm Farewell lunch
- 2.30pm Transfer departs Karijini Eco Retreat for Paraburdoo Airport



# Practical points



## Medical equipment

A basic wilderness medicine kit will be provided for use during the scenarios including first aid equipment and commonly available drugs. Some protective equipment will also be available to assist in the running of the scenarios.

## Fitness

Some of these walks are classified Grade 5. Participants must be able to climb 1,000 stairs plus walk 18 kilometres over the duration of one day. You will also be required to scramble over rocks and swim short distances.

## Personal information

Due to incidents that can occur in these locations, together with the potential risks for injury inherent in such an event, personal medical information including past medical history, medications and allergies is required prior to event commencement and will be kept in strictest confidentiality by the lead trainer.

This information may also be needed in order to allocate scenarios and to ensure any special equipment or medications are taken into consideration.



This activity is accredited for Category 1 points, as part of the RACGP Quality Improvement & Continuing Professional Development Program in the 2017-19 triennium. Activity number 90195.

This activity is accredited by ACRRM in the 2017-19 triennium. Activity number 10173.



# Event costs

## Event costs include the following for participants:

- Registration fee (including CPD program – facilitation and upskilling)
- Accommodation (see options below)
- All meals – three buffet breakfasts, three lunches and three two-course dinners
- Snacks during scenario stations
- On-site transport and airport transfers (if required)
- Event materials

## Prices listed in red boxes are Per Participant (PP) prices.

### Option 1 – SINGLE **\$1,600 PP**

#### *Single or family\* occupancy in king eco tent*

Includes three nights accommodation (with private ensuite) in a deluxe eco tent and all meals. If your spouse and family wish to accompany you, additional charges are listed below:

**\* Partner \$450 pp**

Includes accommodation and all meals

**\* Children \$250 pp**

Includes accommodation and all meals

King Eco Tents can accommodate a maximum of two adults and two children.

### Option 2 – TWIN SHARE **\$1,350 PP**

#### *Twin share eco tent with another participant of the same gender*

Includes three nights twin share accommodation (with private ensuite) with another event participant in a deluxe eco tent and all meals.

### Option 3 – TRIPLE SHARE **\$1,200 PP**

#### *Triple share eco tent with two other participants of the same gender*

Includes three nights triple share accommodation (with private ensuite) with two other event participants in a deluxe eco tent and all meals.

### Option 4 – QUAD SHARE **\$1,050 PP**

#### *Share a dorm eco cabin with three other participants of the same gender*

Includes three nights quad share accommodation (two sets of bunk beds) with three other event participants in a dorm eco cabin (with shared bathroom and communal seating area) and all meals.

### Option 5 – CAMPING **\$950 PP**

#### *Bring your own tent/camping equipment*

Includes three nights camping within the Savannah Campground (located at the Eco Retreat) at an unpowered campsite. Participants will be required to bring their own camping equipment/swags. Shared bathroom amenities include flushing toilets and hot showers. Includes all meals.

If your partner and/or family wish to camp with you, additional charges will apply:

**Accommodation \$60 pp** for three nights  
Children under 12 are free

**Campers' dinners** **\$55** per adult per dinner  
**\$25** per child per dinner  
(optional)

### **Morning of adventure – go over the edge with a morning of adventure \$250 pp**

For those participants who wish to traverse, paddle, slide, abseil, swim, jump and climb their way through Karijini National Park. Limited to 14 participants. Fee includes all equipment necessary to undertake this memorable journey. A high level of fitness is required. Partners are welcome to participate in the Morning of Adventure.

**Priority will be given to event participants.**

*Minimum age to participate in Canyoning is strictly 14 years old. Children 14 to 17 years old must be accompanied by a guardian. Please refer to West Oz Active website for full Canyoning tour requirements before proceeding*

**[www.westozactive.com.au/canyoning](http://www.westozactive.com.au/canyoning)**



# Travel

## Air travel and transfers

Participants and families will be responsible for arranging and paying for their own travel to Karijini National Park. However, Rural Health West will provide an airport transfer between Karijini National Park and Paraburdoo Airport (approximately one hour) to connect with these flights:

**Thursday 17 May 2018 – QF1656** – from Perth to Paraburdoo departing at 1.20pm and arriving at 3.05pm.

**Sunday 20 May 2018 – QF1809** – from Paraburdoo to Perth departing at 7.00pm and arriving at 8.45pm.

*Airport transfers by charter bus. Rural Health West advises that families who require a child car seat must arrange a private hire car.*

## Family inclusion

In 2018, we welcome the partners and families of event participants who wish to join them in Karijini National Park and experience the wonders of this remote location.

### By day

While event participants manage emergency scenarios in various gorges throughout the national park, partners and children can:

- Visit popular gorges and lookouts
- Access walking trails
- Experience the unique landscape

### By night

Partners and children can join event participants for meals, socialising and a bit of medical fun.

Staying at the Karijini Eco Retreat, participants and their families have the choice of a Deluxe Eco Tent with private ensuite or bringing personal camping equipment and setting up in an unpowered campsite within the Savannah Campground.



Links that may assist with planning your visit to Karijini National Park include:

Karijini Eco Retreat  
[www.karijiniecoretreat.com.au](http://www.karijiniecoretreat.com.au)

West Oz Active  
[www.westozactive.com.au](http://www.westozactive.com.au)

Tom Price Visitors Centre  
[www.tomprice.org.au](http://www.tomprice.org.au)

Department of Parks and Wildlife Service  
[parks.dpaw.wa.gov.au/park/karijini](http://parks.dpaw.wa.gov.au/park/karijini)

## Family activities

### Thursday 17 May 2018

- 3.15pm Transfer departs Paraburdoo Airport for Karijini Eco Retreat  
*Participants and families can check-in to the Resort from 2.00pm. Arrive no later than 5.00pm.*
- 5.30pm Event registration opens
- 6.00pm Introduction and welcome dinner for all children's activities will be provided at registration and after dinner.

### Friday 18 May 2018

- 7.00am Breakfast
- 9.00am Weano day-use area
- 12.30pm Bus departs Weano day-use area and returns to retreat for lunch
- 1.45pm Bus departs for Joffre Lookout or free time (opportunity to walk to Joffre Gorge)
- 6.00pm Dinner and quiz night. Partners and families are encouraged to join in the quiz.

### Saturday 19 May 2018

- 7.00am Breakfast
- 9.00am Dales day-use area (including lunch)
- 2.00pm Visitors Centre
- 4.00pm Return to retreat
- 6.00pm Dinner

### Sunday 20 May 2018

- 7.00am Breakfast
- 8.00am Morning of Adventure or free morning
- 12.30pm Farewell lunch at retreat
- 2.30pm Transfer departs Karijini Eco Retreat for Paraburdoo Airport

## Family considerations

Key points to consider when making a decision on whether partners and family will accompany event participants on the Rural and Remote Retrieval Weekend.

- Partners and families will not be able to partake in the day-time clinical program.
- The only transport available to accompanying partners and families within Karijini National Park will be the bus provided by Rural Health West for the family activities or your own vehicle.
- Children requiring car seats must be transported in your own vehicle.
- Parents will remain fully responsible for their children at all times while at Karijini National Park.
- Partners and families are welcome to join their participant partner at the event dinners.
- Children's activities will be provided in the evenings at the event dinners, allowing parents to socialise.

## Points to note

- Karijini National Park offers a variety of walk trails for a variety of fitness levels. Please ensure you have the necessary physical ability and appropriate attire to undertake your chosen activity.
- None of the eco tents have air-conditioning. The eco tents are designed with walls that can be unzipped and folded down to allow natural ventilation and to allow you to have a full view of your surroundings.
- There is only minimal power for low wattage applications (charging camera battery/iPod) at the Eco Retreat, including the eco tents.
- There is no internet access or mobile phone reception in Karijini National Park, including at the Eco Retreat. The Eco Retreat has a pay phone for which a phone charge card is needed. Phone cards may be purchased at the retreat or BYO from Perth.
- The only food outlet within Karijini National Park is the restaurant aligned with the Eco Retreat.

## Further information

# RURAL HEALTH WEST

### Events team

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