

BELIZE

Schedule of Activities

Day 1: Sat. November 4th, 2023

Plan arrival in Belize before 3:00pm
 Air or Water Taxi to San Pedro / Ambergris Caye
 Group Introduction & Dinner

Sat. June 4th	Afternoon Arrival Transport to Boat
7pm-8pm	Introduction to Wilderness & Expedition Medicine Ben Mattingly, MD, FAWM This lecture will review the key components of travel preparation and specifically relate it to tropical water / diving injuries and prevention. A good introduction to expedition medicine.

Day 2: Sun. Nov. 5th, 2023

Sunday	Morning: 3-Tank Diving / Fishing / or Snorkel Adventure Introduction to Dive Gear
Noon	Lunch
1:00 pm - 2:00pm	Tropical Medical Kits Ben Mattingly, MD, FAWM This lecture will review the key components of travel preparation and what makes up a good kit for Tropical Travel including diving and sea related activities.
2:00 pm - 3:00pm	Medical Kits Work-Shop Ben Mattingly, MD, FAWM & Myung Bae, DO, FAWM Work-shop to look at different kits, how to pack efficiently, review medications, different types of containers and review medications for different types of environments. We will also discuss personal kits that our clients brought. Good exercise to lay everything out explore different types of kits.
3:15 pm - 4:15pm	Dysbarisms and Barotrauma Myung Bae, DO, FAWM Discuss specific injuries and treatment of dive related barotrauma.

Day 3: Monday Nov. 6th, 2023

Monday	Conference Schedule
8:00 am	Breakfast
8:00 - noon	Free Time/Swim/ Explore
12:00pm	Lunch
1:00pm - 2:00pm	Shark Attacks & Hemorrhage Control Ben Mattingly, MD, FAWM This lecture will review specific concerns, injuries, and medical problems related to shark attacks and how to control bleeding.
2:00pm - 3:00pm	Hemorrhage Control Work-Shop Ben Mattingly, MD, FAWM & Myung Bae, DO, FAWM 1 hour hands-on workshop that will reinforce hands on application of different tourniquets, how to pack wounds, and to generally provide necessary tools to “Stop the Bleed”
3:15-4:15 pm	HEENT (Ear & Sinus Problems in Diving) Myung Bae, DO, FAWM This lecture will review proper evaluation of the HEENT injuries while diving including ear barotrauma and sinuses.
5:00pm	Free Time and Dinner

Day 4: Tuesday Nov. 7th, 2023

Tuesday	Conference Schedule
7am	Breakfast

8:00am - noon	Hoi Chan Marine Dive Recreational Diving / Snorkeling or option to Fish / Massage
2:00 - 3:00 pm	Malaria Myung Bae, DO, FAWM This lecture will provide understanding of malaria including signs and symptoms, prevalence, and concerns with prevention and treatment.
3:00 - 4:00 pm	Sea Sickness Ben Mattingly, MD, FAWM This lecture will focus on motion sickness, treatment options, prevention and how to manage while at sea.
5:00 pm	Dinner and Free Time

Day 5: Weds. Nov. 8th, 2023

Weds.	Conference Schedule
8:00-9:00am	Breakfast

9:00 - 12:00 pm	Diving & Other Activities - (Optional Blue Hole Dive / Snorkel)
5:00 - 6:00 pm	Case Scenarios in Diving Accidents Ben Mattingly, MD, FAWM The lecture will review common dive medical problems in a case discussion format covering some of the key points in diagnosis and management.

6:00 - 7:00pm	Lightning Myung Bae, DO, FAWM This lecture will discuss the risks and injuries of lightning in the tropics and while at sea.
7:30 pm	Dinner

Day 6: Thursday, Nov. 9th, 2023

Thursday	Conference Schedule
7 am	Breakfast
8:00 - noon	Recreational Diving / Snorkeling; Fishing or Massage
12:30 pm	Lunch
2:00 - 3:30 pm	Medical Emergencies at Sea Ben Mattingly, MD, FAWM Prevention, Recognition and treatment of multiple different tropical injuries: i.e. fishing, diving, surfing and other water-related injuries. Additional Scenario Training for these types of emergencies.
3:00 - 4:30 pm	Maritime Communications Myung Bae, DO, FAWM Assessing different types of communications devices, how to use them, pros and cons of different devices and cost. Also, hands on demonstration of how to use various devices.
5:00 pm	Captains Dinner

Day 7: Friday Nov. 10th, 2023

	Conference Schedule
7:00 am	Breakfast
8:00 - 12:00	Optional Day - Explore, Relax, dive, fish
3:00 - 5:00 pm	Orthopedic injuries & Work-Shop Ben Mattingly, MD, FAWM & Myung Bae, DO, FAWM Discuss most common orthopedic injuries while traveling, how to prepare your kit and work-shop on how to splint different injuries.

5:00 pm	Sunset Cruise w/ Dinner
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Day 8: Sat. Nov. 11th, 2023

Sat.	Conference Schedule
8:00 - 9:00am	Breakfast / Evaluations / Final Discussion
10am	Transport Back to Airport