

CYBERJAYA UNIVERSITY COLLEGE
of MEDICAL SCIENCES

Nurturing the Passion to Care

EXECUTIVE
CENTRE OF
LIFELONG
LEARNING
EXCELL

MOUNTAIN-OUTDOOR MEDICAL FIRST RESPONDER



In Collaboration with:



Southeast Asia
Climbing Federation



PERSEKUTUAN MENDAKI
MALAYSIA



Mountain-Outdoor Medical First Responder

About The Programme

This programme has been designed specifically for outdoor enthusiasts looking for a robust, relevant and internationally recognised emergency aid training with a rough terrain and activities in mind. Co-developed by officials from PMM and the experts from Cyberjaya University College of medical Sciences, the programme follows the American Heart Association's recommended curriculum. In addition to the AHA components the programmes also prepares you to administer emergency response and first aid in a variety of outdoor and extreme conditions.

Who Should Attend

- Mountain climbers
- Hiking enthusiasts
- Outdoor hobbyist
- Adventure seekers
- Jungle trekking enthusiasts
- Tour guides
- Mountain & Nature guides
- Outdoor trainers
- Sports participants
- Employee in Heavy Industries, Construction and other high risk sectors or activities
- other recreational organisers

Trainers

Course will be delivered by Ministry of Health / Ministry of Higher Education and AHA Certified Trainers-Lecturers alongside Southeast Asia Climbing Federation Certified Instructors.

Date

- 23 – 25 March 2017
- 18 – 20 May 2017
- 10 – 12 August 2017
- 26 – 28 October 2017
- 14 -16 December 2017

Fees

RM1300.00 per pax

Discount of 10% will be given to:

- Early Bird Registration
- A Group of 3 Participants

Venue

CUCMS, Cyberjaya

Payment Method

Bank in to CUCMS Education Sdn Bhd
(Maybank Account No: 5124 4620 4155)

Kindly email the payment slip to:
excell@cybermed.edu.my

For reservation, kindly SMS or Whatsapp your details,
<Name> <IC Number> <Phone Number> to +60111123375.

For more information, please visit our website at
www.cybermed.edu.my/excell or contact us at +603 83137000
(Annieza – Ext: 7294/ Nazri – Ext: 7312)

Course Overview

DAY 1

- Body substance isolation
- Introduction to fundamental workings of the body, in particular the heart, lungs and airway
- Medical emergencies
 - Breathing Problems
 - Allergic Reactions
 - Heart Attack
 - Fainting
 - Diabetes and Low Blood Sugar
 - Stroke
- High Altitude First Aid
- Kinetics of Trauma
- Patient Assessment
- Airway Management
- Shock
- Rope Rescue Technique (Introduction to Equipment & 13 Knots & Hitches)

DAY 2

- Spinal Trauma
- Thoracic Trauma
- Abdominal Trauma
- Head Trauma
- Musculoskeletal Trauma
- Essentials in Pre-Hospital Care
- Skill Stations
- Written Exam
- Assessment Demonstration
- Roping Rescue Technique (Belaying & Prusik Ascend & Descend)

DAY 3

- The Chain of Survival
- 2015 AHA Guidelines for CPR and ECC Science Update
- HS / CPR for Adults
- Automated External Defibrillator for Adults and Children 8 years of Age and Older
- HS / CPR for Children from 1 Year of Age to Puberty
- HS / CPR for Infants
- Relief of Chocking
- BLS Written Exam
- BLS Skills Assessment
- Evaluation / Certificates
- Rope Rescue Basic (Timed Knots Test & 10-Point Test)
- SEACF Level 1 & PMM Level 1 Certification

About Persekutuan Mendaki Malaysia

Originally founded in 1984 as an association for mountaineering enthusiasts, PMM (Malaysia Mountaineering Federation) has since transformed into a national sporting federation recognized by the Ministry of Sports and Youth Malaysia as well as the Olympic Council of Malaysia and the International Federation for Sport Climbing (IFSC) for the sporting event known as Sport Climbing derived from the technical aspect of alpine mountaineering. PMM was instrumental in mooting the adventure of mountaineering in Malaysia by a group of enthusiasts from as early as the 1960s. It has planned and successfully executed Malaysia's pioneer expedition to summit Mt. Everest in 1997 and thereby pioneering the spirit of expedition and adventure in all Malaysians till today. As a consequence of summitting Everest, PMM was also selected to host the 1997 Annual General meeting for the International Climbing and Mountaineering Federation (UIAA) in Melaka. Sport Climbing discipline has now been recognized by the International Olympic Council (IOC) as an Olympic sport event for the upcoming Tokyo Summer Olympic Games in 2020.

About CUCMS Excell

The Executive Centre for Lifelong Learning is the professional and continuing education arm of Cyberjaya University College of Medical Sciences, a Tier-5, internationally recognised university with over a decade of teaching excellence. EXCELL has championed the lifelong learning concept among professionals by developing industry relevant and career enhancing programmes in a wide range of fields.





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KPTJPS/DFTJUS/B20



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