



Irish Underwater Council Dive Medical Course, Cavan General Hospital January 19 2019.

Start Time: 10am

Location: Conference Hall, CGH.

Suggested Accommodation for those wishing to stay overnight,

- Farnham Estate Hotel (previously Farnham Radisson) 5 minutes from CGH. Nice resort hotel with Spa facilities. Good woodland walks and 18 hole golf. Has a good restaurant.
- Cavan Crystal Hotel, Dublin Rd., Cavan. Has a pool and gym.
- Kilmore Hotel, Dublin Rd., Cavan. Very popular wedding venue. Good carvery lunches. Popular country music venue.

CME has been applied for this course, 6 CME points for course and 4 CME points for pre-course reading.

There will be web access for all participants for the duration of this course, please bring your laptop/tablet.

There will be an open book course assessment at the end of this course and a certificate of attendance / achievement will be issued to course participants. All participants can have their name included on the IUC medical examiners list.

Course will be delivered by,

Prof James Hayes, Clinical Director CGH and Respiratory Physician with an interest in Occupational Respiratory Disorders.

Mr Ray Yeates, National Diving Officer, IUC.

Mr Dermott Moynihan, Former National Diving Officer, IUC.

Dr Richard O 'Regan, Medical Advisor, IUC.

Ms Bernie Walsh, Clinical Nurse Specialist (Respiratory), CGH.

## Preliminary Timetable

- Introduction
- Dive physics , gas laws and the hyperbaric environment
- Dive Physiology and what happens when you descend underwater.
- Dive Equipment, weight and ergonomics.
- The IUC Fitness to Dive system.
- The UKDMC fitness to dive medical requirements.
- Other Fitness to Dive Medical Standards.
- Diving with asthma.
- Diving with Diabetes Mellitus Type 2.
- Other Medical issues, drugs / medications and diving.
- Any other issues, questions and answers

There will be a practical session in the Pulmonary Function/Respiratory Lab.

There will be an opportunity for a try dive in a local heated pool, please indicate if you are interested. All equipment will be supplied, just bring your togs/ shorty wetsuit.

There is no charge for this course. Lunch will be provided to all participants.

Suggested pre-course reading, all can be downloaded from their respective websites.

- UKDMC Guidelines\*
- Wikipedia , Dive Physics , Dive Physiology.\*
- UK Health & Safety Executive Diver Medical Guidelines.
- PADI / Undersea & Hyperbaric Medical Society (UHMS) Diver Medical Guidelines.
- DAN Europe Medical Guidelines.
- South Pacific Underwater Medical Society (SPUMS) Medical guidelines.

Please read these two at least \*.