



Kilimanjaro Medic - Role Description

Role	Kilimanjaro Medic
Job type	Short-term volunteer (subsidised international travel & paid expenses)
Location	Moshi, Tanzania
Volunteering dates	Annual - 10-18 days during mid-August – early-September depending on group allocation and personal availability.
Benefits	<p>Experience in expedition medicine as part of climb support crew during a 6-day Kilimanjaro charity challenge along the Machame route.</p> <p>International triage and first aid experience ensuring the health of a large number of young people.</p>
Hours	Available for call outs 24 hours a day from start date to end date aside from allocated rest days.
Contact	Simon Franklin, Finance and Operations Director - simon@digdeep.org.uk / 07775 037839



Dig Deep (Africa) Registered Charity no. 1148745

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Background – Dig Deep’s Kilimanjaro Climbs

Dig Deep is a charity based in Kenya and the UK which helps communities in Kenya to get access to clean drinking water and sanitation. To find out more about the charity see please our [website](#).

One of the ways in which we raise funds for our water and sanitation projects is by offering students from the UK the opportunity to undertake a sponsored climb of Kilimanjaro. Since 2011 we have supported over 2000 climbers in taking on the mountain. In doing this we are committed to ensuring our ground staff receive fair wages and treatment, and this approach has led to us being awarded ‘Partner for Responsible Travel’ status by the Kilimanjaro Responsible Trekking Organisation (KRTO). Find out more about KRTO [here](#).

In August each year we have approx. 250 people travelling to Tanzania to climb Kilimanjaro, the majority of whom are between the ages of 18 and 25. They are split into climb dates separated by ~4 days with approx 20 climbers in each climb group. All of the climbs are organised and run by our local Tanzanian climb partners who are KRTO approved.

To ensure the safety of these climbers we require an experienced doctor/paramedic to accompany each group on their Kilimanjaro climb, working in combination with the Head Guide and their extensive climb support crew.

In addition, we also require medical support from the base in Moshi. They would be responsible for medical assessments and basic first aid treatment at the hotel accommodation in Moshi (the town which is closest to Kilimanjaro) and/or at the Mountain Gates in the event of a medical incident and someone needs to descend early. We would consider this position to be filled by one doctor who doesn’t complete the climb or through a number of the expedition medics to extend their stay to serve as the base doctor before/after their own climb.

Examples of injuries/illnesses you may be required to treat or diagnose are strains/sprains, blisters, cuts/abrasions, insect bites, diarrhoea/upset stomach, dehydration/heat stroke and altitude sickness.

Should climbers require further specialist treatment they will be referred to the local Kilimanjaro Christian Medical Centre (KCMC) hospital following yours and/or the Head Guide’s advice and be accompanied by the base doctor.

We will also ask you to provide supplementary medical advice regarding altitude to climbers before they undertake the climb as part of the Head Guide’s health and safety briefing.

Primary requirements of the role

Accompanying groups on the mountain offering medical support as required

You will be joining the experienced climb support crew of our partner climb company acting as an expedition medic. The Head Guide(s) will have the ultimate responsibility for each member of the climb group but you will be there to assist and support from a medical standpoint including; assessing and treating any medical complaints or incidents from members of the climb group;



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administering/prescribing any medication from your fully stocked responder bag; offering first aid to members of the climb group where required.

You will be provided with your own private tent at camp so all climbers are able to discuss/report any medical illness/injury to you in private if required.

During the trek you will have a dedicated “medic porter” accompanying you who will be carrying the medical kit. You will be provided with a radio so you can be in constant communication with the Head Guide and assist with any medical incident.

Offering medical support to individuals/groups off the mountain

Aside from having an experienced doctor accompanying each group on the mountain, we also require qualified doctors to be present at the base in Moshi at all times to assist with any students who descend earlier than the rest of their group.

We therefore require the majority of our expedition medics to be present in Moshi for a minimum of 3-4 days before or after your group’s Kilimanjaro climb in order to cover when other groups are on the mountain. Alternatively we may have one or two doctors who don’t complete the Kilimanjaro climb but will act as the base doctor(s) for the duration of the climb period.

During these days the base doctor(s) will be required to treat climbers as and when:

- One or more climbers have a medical complaint that means they have to descend from the mountain before the rest of the group. In this case you will be required to meet them at the appropriate mountain gate to assess and treat. More complex/serious medical cases will be evacuated directly to the KCMC hospital at the discretion of the Head Guide and/or Expedition Medic for their climb group and you will not be responsible for their treatment.
- One or more students have a medical complaint when at their hotel. In this case you will be required to travel to meet them at their Moshi accommodation.

Your role will be to examine any injuries or medical complaints that they have, to assess whether treatment is required, provide treatment immediately at the accommodation or gate if possible, or if necessary refer them to the KCMC hospital for further treatment.

If any of the students have to visit the KCMC hospital for treatment you will be required to accompany them to be checked in. This is the case either if they are attending the hospital on your recommendation or have been sent there before being examined by you. Your role will be primarily pastoral support due to the unfamiliar environment, assist in helping them get the most appropriate treatment but not be responsible for their treatment.

Pre climb medical screening and briefings

Prior to all participants travelling to Tanzania to take on the mountain we request that everyone completes a pre-departure medical form to declare any pre-existing medical conditions. We will require you to assess these medical forms and discuss any relevant pre-existing medical conditions with these individuals to ensure that a) they are fit to climb and b) that you and/or the climb support crew are aware of how best to support/treat each individual when on the challenge. We may also ask you to join our pre-departure webinar to help to clarify pre-trip preparations from a medical standpoint including types of medications to bring, the use of Diamox and the importance of malaria tablets.

On the evening before each group begins climbing you will give a 10 minute presentation primarily on the causes and symptoms of altitude sickness and how best to manage. This will form part of and complement the pre-climb health and safety briefing given by the Head Guide. The purpose will be to



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prepare the climbers for the symptoms they will feel and to reiterate the importance of relaying these symptoms to you and the guides.



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Qualifications and experience required

- You must be a fully qualified doctor or paramedic from the UK or equivalent country.
- Have completed ALS/ATLS/PHTLS within the last 4 years.
- Experience of practising medicine in remote/challenging environments whilst experience/qualifications at altitude or in altitude medicine is preferred.
- Experience working internationally is preferred.
- You must have an excellent manner with patients. The majority of the students are young adults who have never left the UK or Western Europe before and so are often suffering from a degree of culture shock. In addition, many of them are new to mountaineering, and so climbing Kilimanjaro is often the biggest physical challenge that they have ever taken on. Due to these factors, it is common for them to suffer from anxiety. A key part of this role is therefore reassuring them during assessment and treatment.

Expenses – what is and is not covered for this role

Dig Deep will cover:

- Your Kilimanjaro climb costs
- Subsidised international flights to the value of £600 (we offer this subsidy rather than booking your flights directly to allow you to be flexible in choosing where to fly from, whether to extend your stay in Tanzania etc.)
- Your Tanzanian visa
- All food, accommodation and travel when in country
- Medical kit and supplies

What you will need to cover:

- You need to arrange and pay for your own indemnity insurance for practising in East Africa
- Your personal travel insurance
- Any additional travel or excursions you wish to undertake whilst in Tanzania (we would be happy to help negotiate a good price with our partner companies for e.g. a Safari and/or Zanzibar break)

Who you will be working with in country

- One member of Dig Deep management team
- At least one other member of Dig Deep UK staff team
- Fellow Doctors accompanying other climb groups and base doctor(s).
- Our local climb operator(s) – they have extensive experience of delivering high quality, safe Kilimanjaro climbs with highly trained and experienced mountain guides and are fully certified by KRTO (explained above).
- Kilimanjaro Christian Medical Centre (explained above).

How to apply

Please submit your CV along with a cover letter (max 1 page) explaining why you would be good for this role and highlighting any relevant experiences. Send these documents to simon@digdeep.org.uk

We are an Equal Opportunities employer.



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