WELCOME TO ANTARCTICA
MCMURDO STATION
FROM THE
WINTER OVER MEDICAL TEAM 2012
McMurdo Station

Why is it located here?

Ross Island, at 77° latitude, is the closest natural harbor for access to the pole.

Scott’s Discovery and Terra Nova expeditions, Shackleton’s Nimrod, etc.
NOW THE REAL JOURNEY BEGINS

After arriving to Christ Church you will then experience the CDC and deploy to the ICE via the USAP Terminal in Christchurch.
ENTER HERE FOR YOUR ECW GEAR
LET THE FUN BEGIN!!!
NOW YOU GET TO TRY IT ALL ON
ANXIETY IS HIGH
AS YOUR TIME NEARS
FOR DEPLOYING TO THE ICE
THE LAST STOP!
WEIGH IN HERE,
YOU AND YOUR GEAR
WHERE YOUR C-17 ICE FLIGHT IS WAITING
Τζέρσεϊ Γιλλιλάντ NP
πάγκος το αεροπλάνο,
Δρ. Τζον Μπεργρέν στα σκάλες και θα είναι θερμό!!!
FIRST CLASS SEATS
C-17 ICE FLIGHT
02/4/2012
WINTER OVER TEAM

DR. JOHN BERGREN
JOE SMITH, PT
AFTER FLYING FOR 6 HOURS, TOUCH DOWN, AT LAST

WELCOME TO THE ICE
THERESA GILLILAND
NP
WAY TOO EXCITED!!!
ON THE ICE FOR
THE FIRST TIME
WOW!!!!!
I AM ACTUALLY IN
ANTARCTICA!!!
I CAN’T BELIEVE
IT!!!
FEBRUARY 4, 2012
WEDDELL SEAL SUNBATHING
YOUR NEW HOME

MCMURDO STATION
ANTARCTICA
1ST STOP: THE CHALET
2ND STOP: GET YOUR GEAR & FIND YOUR ROOM
3RD AND/OR 4TH STOP: MEDICAL OR GALLEY
MOLTING ADELIE PENGUINS ENCOUNTRED ON A WALK BY THE SKIER STATUE
WELCOME TO MCMURDO HOSPITAL
MCMURDO GENERAL HOSPITAL
WINTER MEDICAL RESPONSIBILITIES

- MCI TRAINING
- BLOOD WORK
- FOOD INSPECTION
- RADIOLOGY
- PHARMACY

Submit INSPIRATIONAL TV SCROLLS

- WALKING BLOOD BANK
- BASIC DENTISTRY
- PHYSICAL THERAPY & CPR TRAINING
- ADMINISTRATIVE DUTIES & HOUSE MOUSE DUTIES
COMMON MEDICAL ISSUE SEEN IN THE CLINIC ARE:
URI-MC MURDO CRUD
ORTHOPEDIC: STRAINS, SPRAINS, CONTUSIONS, FRACTURES
GASTROINTESTINAL ISSUES
SLEEP DISTURBANCES
SAD
<table>
<thead>
<tr>
<th>Season</th>
<th>Average Patient Visits per Day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Winfly (Aug-Sep 2011)</td>
<td>8.6</td>
</tr>
<tr>
<td>Summer (Oct-Feb 2011-12)</td>
<td>19.4</td>
</tr>
<tr>
<td>Winter (Mar-Jul 2012)</td>
<td>2.7</td>
</tr>
</tbody>
</table>
ARE YOU SAD?

SEASONAL AFFECTIVE DISORDER

DIFFICULTY CONCENTRATING
DECREASED ENERGY
CARBOHYDRATE CRAVING
INCREASED APPETITE
INCREASED SLEEP
DIFFICULTY WAKING
WEIGHT GAIN
DEPRESSION
ANXIETY
IRRITABILITY
ISOLATION

Contact McMURDO Medical if you want to know more about SAD. Ext: 2555
STOP THE CRUD!!
GEL IN GEL OUT

CLIENTS FRIENDS AND MEDICAL STAFF
RESPECT YOUR COMMUNITY.
Please Gel hands prior to completing forms and gel again before leaving the clinic
McMurdo Lab Capability

- **Chemistry**
  - iStat®: ABG, lactate, troponin I, ACT (like PTT)
  - Piccolo®: glucose, lytes, LFT’s & liver enzymes, CRP, CK, amylase, urate

- **CBC analyzer**: limited indices (lab tech available in summer for manual diff)

- **Protime**

- **U/A**: dipstick and spun urine

- **Immunoassays**: hCG, UTOX, Rapid A, mono, influenza, HIV, chlamydia
McMurdo Lab Capability

- Limited micro: gram stain only, no cultures
- EKG
- Christchurch has full clinical lab (Canterbury), available for send outs in Summer season only
PORTABLE X-RAY UNIT

CONTROL PANEL FOR STATIONARY X-RAY
STATIONARY X-RAY UNIT
WARMER & STERILIZATION ROOM
ONE OF THE FIVE HOSPITAL BEDS IN THE HOSPITAL SECTION OF THE CLINIC. THE FD IS ON THE OTHER SIDE OF THE WALL
TWO OF THE HOSPITAL BEDS IN THE HOSPITALS SECTION OF THE CLINIC

TWO PROVIDERS STATIONS

TWO OF THE HOSPITAL BEDS IN THE HOSPITALS SECTION OF THE CLINIC RADIOLGY IS ON THE OTHER SIDE OF THE WALL
PT IS BEHIND THIS WALL

BEHIND THE WALL ON THE RIGHT IS THE HYPERBARIC CHAMBER ROOM
THE US MACHINE IS LOCATED IN THE HOSPITAL SECTION OF THE CLINIC
WE HAVE TWO BEAR HUGGERS ONE IS IN THE HOSPITAL SECTION OF THE CLINIC THE OTHER IS TRIAGE SECTION OF THE CLINIC
VIEW DOWN THE HALL WAY FROM HOSPITAL WING TO THE KITCHEN
KITCHEN AND VIDEO CONFERENCE ROOM
HALLWAY LOOKING AT ENTRY DOOR, PT AND RADIOLOGY ARE ON THE LEFT, THE LAB, A BATHROOM AND PROVIDER OFFICE ARE ON THE RIGHT.
FILE CABINETS FOR CHARTS DENTIST OFFICE ON THE LEFT AT THE END OF THE HALLWAY
SUPPLY ROOM OFF HALLWAY LEADING TO PT OFFICE
PROVIDER OFFICE
OFF ENTRY HALLWAY
FIELD BOXES
ON SHELF
HYPERBARIC CHAMBER ROOM
MCI DRILL IN THE FIREHOUSE
THERESA & JOE READY FOR THEIR TOUR
What we do for fun during the winter over period

Sunday evening Theresa is the Baristas at the Coffee House
THE LAST SUN SET APRIL 24 2012

OTHER ACTIVITIES FOR THE WINTER OVER SEASON

THE MIDWINTER DINNER
THE MASQUERADE DANCE
THE POLAR PLUNGE

CONSTRUCTION OF THE ICE PIER
WORKING IN THE GREEN HOUSE
CLIMBING OBSERVATION HILL

ROAD TRIP TO THE PEGASUS CRASH SITE

BUILDING & SLEEPING IN AN IGLOO

WORKING OUT IN THE GERBIL GYM
ROCK CLIMBING

JULY 4 TH PARTY FEATURING THE HUMAN JENGA
VOLLEY BALL
UNICYCLING
LAUGHTER ABOUNDS AT THE MIDWINTER WINTER DINNER
BUILDING THE ICE PIER
4 INCHES AT A TIME
GREEN HOUSE VOLUNTEERS
BERNIE, THERESA, JOHN,
ZACH, ERNIE, RAY, PETER,
AMANDA, JOAQUIN
SUMMIT OF OBSERVATION HILL
EXPECT THE UNEXPECTED IN ANTARCTICA
AURORA AUSTRALIS July 15 2012
ENJOY ANTARCTICA