

# Selected Resume

## Wilderness Medicine

### Henrik Hedelin

Born dec 9 1975

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#### Academic qualifications

Registered M.D July 2007. Specialist Orthopedic Surgery 2013.

M.Sc Biology 2005

#### Professional Medical experience

Specialist doctor, Department of Pediatric Orthopedic Surgery, Sahlgrenska University Hospital, Gothenburg 2013- ongoing.

Expedition doctor, Antactica, Magic-DML expedition 20017, 2 months.  
Swedish polar research secretariat.

Residency, Department of Orthopedic Surgery, Sahlgrenska University Hospital, Gothenburg 200802-201305.

Orthopaedic surgeon, MSF/Doctors without borders February 15-Mars 15 2014 Aden, Yemen.  
Treating victims of local violence and war.

Resident orthopedic surgeon, HEALF Hospital Managua, Nicaragua 20110801-20110901  
Visiting resident doctor participating in surgery and general trauma care.

General practitioner, Tjörn Primary Care part time 2007.

General practitioner, Olskroken Primary Care, Gothenburg 2005

Internship, Kungälv's hospital/Tjörn Primary Care 2005-2007.

Ambulance paramedic, Lysekil 2003, 2 months.

General and orthopaedic surgery, Garissa hospital Kenya 20010, 6 weeks.  
Volunteer work for Scandinavian doctors bank.

## **Teaching and instructor experience**

**Instructor Scandinavian Diploma of Mountain Medicine (ScanDimm) 2014-ongoing**

Member of the board and responsible for the introduction course

**Instructor AWLS september 2011 - Ongoing**

Advanced Wilderness Life Support. Part of the group introducing the course concept to Scandinavia and co-founder of AWLS Sweden.

**Guest Instructor Nepal Diploma of Mountain Medicine november 2012**

Namche Bazaar, Nepal

**ATLS instructor, ATLS Sweden Gothenburg faculty 2010-ongoing.**

Advanced Trauma Life Support.

**Instructor, Swedish Mountaineering Association 2007-ongoing.**

“First aid for climbers”, Several 1-day courses for climbing instructors.

## **Selected experience of outdoor environments**

**Alpine experience from Sweden, Norway, Nepal, Venezuela**

**Climbing experience also from, Scotland, Canada, USA, Australia, France, Germany, Spain, China**

**Sea kayak paddling experience from Sweden, Greenland, Canada and central America**

**General hiking/Easy climbing from Iceland, Faroe Islands, Tanzania, Austria, Switzerland**

**Desert experience from Morocco, USA, Kenya, Afghanistan, Yemen**

**Jungle experience from many countries e.g Nicaragua, Costa Rica, Guatemala**

## **Further medical education relevant for wilderness medicine**

•Wilderness Medical Society, Whistler Canada **6th world congress on Wilderness Medicine.** 4 days, July 2012

- Including pre-conference in Disaster and Humanitarian Medicine

-Swedish representative for UIAA-medical committee meeting Whistler, Canada

•Norsk Fjellmedisinsk Selskap, Lofoten Norway **Scandinavian Diploma of Mountain Medicine (ScanDiMM)**

-Over 3 years. Further information at <http://fjellmedisin.org>.

•Prehospitalt och katastrofmedicinskt centrum, Bjertorp **Generic Instructor Course ALSG,** 3 days, 2011

-Instructor course for ALSG's courses like APLS, MIMMS, Hospital MIMMS and Medic-ALS

- Åre IKAR-CISA Conference, 3 days, 2011
  - Alpine search and rescue and prehospital care
  - Also annual meeting for UIAA medcom och Swedish MedCom
- Centre for Teaching and Research in Disaster Medicine and Traumatology, Linköping Course **FAST**, 2 days, 2011
  - Sonography in Trauma
- Wilderness Medical Society (WMS), Park City Utah, USA **WMS Annual Winter Conference**, 4 days, 2011
  - Improvised Splinting, Packaging and Litters Workshop
  - Four days of lectures, workshops and panel discussions on wilderness medicine
- AWLS, Park City Utah, USA **Course, AWLS**, 2 days, 2011
  - Advanced Wilderness Life Support.
  - 100% on written exam. Invited to become an instructor.
- Expedition & Wilderness Medicine Ltd, Keswick, England **Expedition medicine**, 4 days, 2010
  - Many aspects of expedition medicine, including desert-, jungle-, polar- and diving medicine. Practical prehospital treatment skills.
- Fellow of the Wilderness Medical Society (FAWM) **2012**
  - A fellowship over two years including all aspects of wilderness medicine. Further information at [www.wms.org](http://www.wms.org).
- AO-trauma, Davos, Switzerland **Principles in Operative Fracture Management**, 3 days, 2009
- Centre for Teaching and Research in Disaster Medicine and Traumatology, Linköping **Instructor course , ATLS**, 3 days, 2009
  - Advanced Trauma Life Support instructor course.
- Centre for Teaching and Research in Disaster Medicine and Traumatology, Linköping **Course, ATLS**, 3 days, 2008
  - Advanced Trauma Life Support. 100% on written exam.
- Idrottsmedicin väst, Billdal **Course, Sports Medicine Step 1**, 5 days, 2007
- SLAO Åre **Prehospital course for doctors**, 3 days, 2006.
  - Prehospital treatment of injuries in alpine environment.
- SLAO Åre **Ski patrol course**, 2006.
  - Prehospital treatment of injuries in alpine environment, 2 weeks.
- PKMC (Prehospital and Catastrophe Medical Centre) Gothenburg **Course, Medic-ALS**, 2006.
  - Medic Advanced Life Support, 3 days
- The Swedish Society of Cardiology, Malmö **Course, CPR instructor**, 1 day, 2003.
  - Instructor course, Cardiopulmonary resuscitation
- Beredskapsenheten Göteborg **Course, MIMMS**, 2001.
  - "Major Incident Medical Management and Support", course three days.

- The National Board of Health and Welfare, Umeå **Course, Hypothermia-cold injuries**, 3 days, 1998.

- Gothenburg gymnastic institute **Swedish massage**, 60h, 1997.

## **Education and courses- wilderness skills**

- Malung Folk High School

**Mountain and wilderness guide, 1 year full time, 2000-2001.**

- Including winter and summer outdoor skills. Survival skills in multiple environments. Alpine and telemark skiing including teaching practise. Expedition planning and execution. Sea kayaking. White water paddling. Leadership and group psychology.

- Avalanche safety level I and II

- Rock climbing basic and advanced courses

- Ice climbing course

- Rock and Ice rescue course I and II

- Swedish mountaineering association(SKF), Kebnekaise/ Tarfaladalen- **SKF's course in alpine climbing** ("kebursen"), one week 2002

- Svenska turstföreningen, Kebnekaise- "Kebnekaiseodyseen"

- One week course/guiding of classic alpine climbs in the Kebnekaise area, one week 2001

- **PADI rescue diver.**

- Appx 75 logged dives from 4 continents

- PADI speciality courses including drysuit speciality

- Swedish Hunter's licence

## **Higher education**

- University of Lund, Malmö **Medical Faculty.**

**Medical degree 2005. Licence to Practise July 2007.**

- Research project; **Third world medicine in Afghanistan 1998.**

- Research project; **Prehospital trauma care in Iraq 2004.**

- University of Gothenburg **Biology M.D. 2005.**- Field studies in Costa Rica 2001 and 2005.

- Master's thesis in zoological morphology on the evolution of defence mechanisms in neotropical butterflies

- University of Lund **Human ecology**, one semester, pass with honors 1998.

- University of Gothenburg **Philosophy**, one semester, pass with honors 1996.

## **Guiding experience**

**Sea kayak guide, Äventyrsresor, Stockholm 2002.**

Archipelago of Stockholm.

## **Other information and experience**

**Language skills:** Mother tongue Swedish. English fluent. Spanish intermediate. German basic. Conversational in Norwegian and Danish.

PhD Student with scientific publications in both biology and medicine.

Medical volunteer at a various sport and adventure sport events, 2006- ongoing.

Competition doctor for the swedish swordfish fencing championships 2010- ongoing. Historic European Martial Art (HEMA).