

“Essentials in Space Medicine” Training Program

Day 1

December 19

9:45 - 10:45 - Opening Ceremony & Remarks

Opening speeches by:

- Samaddin Asadov – Chairman of the Board, Space Agency of the Azerbaijan Republic
- Muhammad Sharif – Advisor to the DG on Science and Education, ICESCO online
- Maryam Gafarzade -Deputy Director of ISESCO office in Baku
- Geray Geraybeyli – Rector, Azerbaijan Medical University
- Speakers’ Remarks by: Dr. Kanan Yusifzada/Elshad Allahyarov

10:45 - 11:00 - Coffee Break

11:00 - 13:00 - Training Session

Introduction to Space Medicine:

Explore challenges to human health in space: microgravity, radiation exposure, isolation and limited resources.

13:00 - 14:00 - Lunch Break

14:00 - 15:00 - Training Continues

Deep dive into medical emergencies and risk mitigation in space.

15:00 - 15:15 - Coffee Break

15:15 - 17:00 - Training Continues

Day 2

December 20

10:00 - 11:30 - Focus Area: Understanding Microgravity Health Challenges

Physiological effects, including fluid shifts, bone density loss, muscle atrophy and their implications for emergency care.

11:30 - 11:45 - Coffee Break

11:45 - 13:00 - Focus Area Continues

Practical implications for emergency care.

13:00 - 14:00 - Lunch Break

14:00 - 15:00 - Discussion

Common health issues and emergency care implications.

15:00 - 15:15 - Coffee Break

15:15 - 17:00 - Focus Area Continues

Practical approaches to handling health challenges in microgravity.

Day 3

December 21

10:00 - 11:30 - Focus Area Part I : Medical Emergencies in Space

Address issues like decompression sickness, trauma, and respiratory problems.

11:30 - 11:45 - Coffee Break

11:45 - 13:00 - Focus Area Part II: First Aid in Zero Gravity

Techniques, equipment, and protocols for medical interventions in Zero Gravity.

13:00 - 13:30 - Coffee Break

13:30 - 14:00 - Closing Ceremony

Certificate distribution and group photos.