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Contents

Volume 163 Issue 4 | **JRAMC** August 2017

From the editor

225 Highlights of this edition

J Breeze

Personal view

226 Military Anaesthesia in contingencies: what skill sets are required and how will we prepare our trainees?

S J Mercer, C L Jones, J Round, D Parkhouse

233 Towards research combat readiness: prepared, prospective and preapproved

D N Naumann, N Eisenstein, D S Burns, S A Stapley

Reviews

235 Meningococcal disease: has the battle been won?

B C Millar, P J A Moore, J E Moore

242 A systematic review of the effectiveness of alcohol brief interventions for the UK military personnel moving back to civilian life

S Wigham, A Bauer, S Robalino, J Ferguson, A Burke, D Newbury-Birch

Original papers

251 The effect of army vest design on the occurrence of stress fractures and overuse injuries in female military recruits

E Palmanovich, M Frankel, M Nyska, I Hetsroni, N Constantini, L Trejo, R Bechar, G Novak, Z Lankovsky, G Mann

255 Parental reports of serious illness and disability among children aged 3–16 years from UK military families

C K Khera, S A M Stevelink, N T Fear

259 Predictors of massive blood transfusion: a Delphi Study to examine the views of experts

J V Mdennan, K C Mackway-Jones, S T Horne, R Body

266 Informal caregiving and intimate relationships: the experiences of spouses of UK military personnel

G Thandi, S Oram, A Verey, N Greenberg, N T Fear

273 Lessons from the organisation of the UK medical services deployed in support of Operation TELIC (Iraq) and Operation HERRICK (Afghanistan)

M C M Bricknell, M Nadin

280 A 'mixed reality' simulator concept for future Medical Emergency Response Team training

R J Stone, R Guest, P Mahoney, D Lamb, C Gibson

288 Comparison of characteristics and outcomes of percutaneous coronary intervention in military and non-military men

A Joharimoghadam, S-M Ghoreyshi-Hefzabad, S Kheirkhah-Sabetghadam

Meetings and abstracts

293 Abstracts from the tri-service emergency medicine conference, 2016

J E Smith

Cover image: A simulated casualty is rushed to a rescue helicopter during a training exercise for 51 Squadron Royal Air Force Regiment at Paramali Village training area, Cyprus in 2009.

The training exercise was part of preparations for the Squadron ahead of their 6 month tour to Afghanistan in 2010.

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