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Editorials

365 Dispatches from the Editor: Is the end of the print military medical journal inevitable?
J Breeze

Personal view

366 The non-combatant status: importance and implications for medical personnel
D Wilkins, C Dieppe

Original papers

371 The British Services Dhaulagiri Medical Research Expedition 2016: a unique military and civilian research collaboration
A Mellor, J Bakker-Dyos, M Howard, C Boos, M Cooke, E Vincent, P Scott, J O'Hara, S B Clarke, M Barlow, J Matu, K Deighton, N Hill, C Newman, R Cruttenden, D Holdsworth, D Woods

376 Relationship between 1.5-mile run time, injury risk and training outcome in British Army recruits
L J Hall

383 The prospective validation of the Modified Physiological Triage Tool (MPTT): an evidence-based approach to major incident triage
J Vassallo, S Horne, J E Smith, L A Wallis

388 Support needs and experiences of family members of wounded, injured or sick UK service personnel
A Verey, M Keeling, G Thandi, S Stevelink, N Fear

394 Women's healthcare consultations on operations: a multidisciplinary provider questionnaire
M Thiel, S Evans, R Sawdy

397 Biochemical analysis of cerebrospinal fluid in the laboratories of deployed medical treatment facilities: are Multistix 10 SG strip and iSTAT useful?
B Lefrere, J Plantamura, C Renard, F Ceppa, H Delacour

401 Group O low titre only emergency donor panels for small combat teams
H Doughty, A Maguire, G Fitchett, P Parker

405 Musculoskeletal injuries in British Army recruits: a prospective study of incidence in different Infantry Regiments
J Sharma, J Dixon, S Dalal, R Heagerty, I Spears

411 Nocturnal serum melatonin levels in sulfur mustard exposed patients with sleep disorders
S S Mousavi, E Vahedi, M Shohrati, Y Panahi, S Parvin

416 Descriptive analysis of the medical care performed in the Spanish military Role 1 Medical Treatment Facility deployed in Operation 'Inherent Resolve' (Iraq), 2015–2016
R García Cañas, R Navarro Suay

Case report

422 An unusual case of an immersion hand presentation in a military signaller operating in the jungle in Belize
K E Forbes, P Foster

Images in clinical practice

426 Retropharyngeal course of the internal carotid artery
S Ballivet de Regloix, O Maurin

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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