

# International Commission for Mountain Emergency Medicine ICAR MEDCOM

FALL MEETING 2010  
STARI SMOKOVEC, SLOVAKI  
6-10<sup>th</sup> October 2010

## OPENING AND WELCOME (Elsensohn)

First of all I would like to thank you all for your attendance at this meeting. Moreover, let me say thanks to the Slovakian Rescue Service that arranged this meeting.

## MEMBERS AND ADDRESSES

Please pass round the address list for updating. Please check all telephone, and fax numbers, e-mail addresses and make sure that they are correct. This ensures that you receive all electronic information of the Medical Commission. You are responsible to keep yourself in contact with the MEDCOM.

## Apologies:

Herbert Forster (D), Peter Mair (A), Inigo Soteras (E), Gunther Sumann (A), Urs Wiget (CH), Eveline Winterberger (CH), Xavier Ledoux (F), Tim Kovacs (USA), Scott McIntosh (USA), Jan Beaufort (CZ), Tigran Elezovic (BIH).

## Present:

Armin Berner (D), Jeff Boyd (CA), Bruce Brink (CA), Hermann Brugger (I), Tore Dahlberg (Norway), Lana Donlagic (Croatia), Jaroslav Edlman (Czech), John Ellerton, Vice President (E&W), Fidel Elsensohn, President (A), Pawel Jonek (Poland), Stanislaw Krzeptowski-Sabazt (Poland), Jana Kubalová (Czech, UIAA Medcom), Christophe Laniece (F), Marija Mijuskovic (Montenegro), Mario Milani (I), Marie Nordgren (Sweden), Noriyoshi Ohashi (Japan), Peter Paul (A), Marek Pohanka (Slovakia), Oliver Reisten (CH), Erik Sandstrom (Sweden), Sven Christjan Skiaa (N), Haris Sinifakoulis (GR), Giacomo Strapazzon (I), Michael Swangard (CA), Iztok Tomazin (SLO), Karen Wanger (CA), David Watson (CA), Ken Zaffren, Vice President (USA). Miroslav Kovac (Slovakia), Greg Zen-Ruffinen (CH), Jan Korienok (CZ) - 33 members

On Friday 8<sup>th</sup> Oct: Nicole Vogt (Liechtenstein), Gege Agazzi (I), Oleg Tcholakov (BG), **Martin Ivanov (BG)**,

## MINUTES OF THE LAST MEETING Comments & approval (Ellerton)

There were no comments and the minutes were approved.

## OUTLINE OF THE MEETING'S PROGRAMME (Elsensohn)

Programme as in the delegate's pack.

## PRESIDENT'S REPORT

A rather small group met in Austria, in a remote place above the Rhein valley, named Laterns (now it is famous). Instead of enjoying the enchanting landscape in Spitsbergen, this was a great step down in location. The volcanic ash-cloud grounded all flights in Europe so we had to cancel the trip. I was very happy to find a nice hostel with all needed facilities and good food. 8 members of our commission were able to make their way; some were still not able to get any sort of transportation.

However, we finished the "helicopter paper" and did a good part of work on the paper "Diagnosis of death". We prepared the program for the world congress and discussed Olli's proposal of the "first aid kit paper".

### *Relationship ISMM-UIAA-ICAR-WMS*

At the "world congress for Mountain Medicine" in Arequipa Peru ISMM-UIAA MEDCOM and ICAR MEDCOM discussed some important topics.

IKAR & UIAA guidelines and Publications: Conclusion is for Web Based after copyright permission from any involved journals on IKAR & UIAA sites with links between sites. No book

planned. If anybody wants to use these guidelines to produce booklet and is willing got fund and organise the offer would be considered.

UIAA & IKAR Link person

Suggest one observer be invited from sister organisation to meetings, normally being person who is geographically close to report back to their parent organisation.

Diploma Admin & Review Working Party:

Agree that membership is presidents of UIAA, IKAR, ISMM two other members of UIAA (currently David Hillebrandt & Urs Hefti) & IKAR (John Ellerton & Bruce Brink) and one member of ISMM (Martijn Groenendyk).

Support for Proposed Nepali Diploma

Outline of progress so far. Concept aired. Dr Suzi Stokes (UK) feasibility visit in Oct/Nov with report in December outlined. Policy of IKAR helping for rescue section of common course and UIAA helping for other sections of common course aired. Involvement of UIAGM guides from within Nepal acknowledged.

Long Line rescue in Nepal

Concept of foreign rapid deployment teams by Local teams aired. IKAR are striving to work out best development policy for practical rescue training (not medical training).

Commercial aspects discussed. Needs of Nepali local population mentioned with ethical implications.

Review of Approved Diploma Courses

Currently 10 common courses approved, four speciality Rescue modules, two speciality expedition modules approved.

Trans Alp course still outstanding for approval. Minimal changes to application to be discussed after meeting. Proposals for minor changes in application to be sorted and then E mail discussion within 6 weeks.

Future Joint Meetings

2012 Taiwan with ISMM or Amsterdam both October or Whistler (Canada) with WMS Aug.

2014 EURAC Bolzano

#### *News from the EC*

We had two meetings near Zurich in Switzerland. The budgets for the commission were raised to € 3000.-/y

There is still an ongoing discussion between IKAR and EHAC - REGA (more or less a commission between REGA/CFV/ADAC) if IKAR is the board to work on and publish papers on helicopter topics. It ended with the result, that ARS does not work in the medical and air rescue commission. This is very sad as Swiss mountain rescue organizations were among the founders of IKAR. At the moment, there are only delegates from Air Zermatt, Air Glacier and KWRO in these two commissions.

We also discussed the procedure for B-membership. This will be a topic for discussion in our commission and will be decided at the GA.

This is the last meeting for Toni Grab as President of IKAR. Gerold Biner will follow. Toni opened IKAR as an international platform, raised the number of members, and was always open to new ideas. His presidency was a great step forward for IKAR and I think he was the man who let some fresh air into this body which created a new spirit.

New Members application:

Dr David Tingay MB BS DCH FRACP PhD

SGGM contacted IKAR to become member, which is a great step to integrate the Swiss Society for Mountain Medicine within IKAR and our commission.

FINANCIAL REPORT & BANK ACCOUNT (Vogt)

The account is now in Liechtenstein Current balance €9446.90

REPORT FROM WORLD CONGRESS FOR MOUNTAIN MEDICINE (PERU) (Ellerton)

The report was discussed and some additional points were made. It was thought that linking the workshops to the practical day more closely would have been helpful. The observation that there is very little overlap between the Congress participants and rescuers was emphasized and a better model might be (as in Barcelona) two separate sequential events.

#### PAPERS & PUBLICATIONS SUBMITTED OR IN PRESS

- Elsensohn F, Soterias I, Reisten O, Ellerton J, Brugger H. Contents of mountain rescue doctor's rucksack – *submitted HAMB*
- Elsensohn F, Zenruffinen G, Ellerton J, Sumann G, Zafren K, Nerin MA, Brugger H. Assessment of casualties in the mountains – *not yet submitted*
- Tomazin I, Ellerton J, Reisten O, Avbelj M. Medical Standards for Mountain Rescue Operations using Helicopters – *failed submission to Resuscitation; revise and submit to HAMB or possibly an air medical journal*

Members are encouraged to translate and propagate the papers – permission from publisher is usually straightforward.

#### PAPERS IN PREPARATION

- Reisten O, Soterias I, Wiget U. A Modular First Aid Kit for Alpinists, Mountain Guides and Alpinist Physicians  
A draft was discussed in detail. Bruce Brink and David Watson added to the list of authors. Goal is to finish the paper in Sweden. Title changed to 'Personal first aid kits in the mountains' for ... For discussion in Spitzbergen with consideration of live internet communication to authors. The group in Spitzbergen will be the 'peer reviewers'.
- Teale S, Milani M, Paal P, Forster H. Diagnosis of death in a mountain rescue situation by medical and non-medical personnel  
A detailed review of the paper was carried out and a revision is to be circulated on the list server before final approval.

#### SHORT COMMUNICATIONS

- Strapazon G. Trauma registry  
*The registry was presented and the pilot discussed. Other EURAC projects outlined*
- Sinifakoulis H. Survey on mountain rescue in Greece: questionnaire for mountaineers.  
*Haris presented a proposal to survey mountaineers to ask about their views on mountain rescue with the aim of using the results to develop organised mountain rescue in Greece. Members suggested consideration of ethical review and statistical evaluation if wishes to publish. There was support to do this as an ICAR MEDCOM project, which could be used in a number of countries. List server distribution and agreement.*
- ICAR Home page  
Should we be using the ICAR closed section for working papers etc. ICAR Medcom list server has not been working well but it is better for discussion. Could mountainmedicine.org be used for the Diploma? Agreed to continue paying for the site.
- Use of ICAR MEDCOM logo  
To be discussed on list server
- Donlagic L. Experiences on Croatian Mountain Rescue Everest expedition  
*There was a quick response to an avalanche accident with the formation of an organised rescue attempt using an adhoc team but with pre-arranged communication and rescue equipment. Positive and negative lessons learnt. Also, treating methanol poisoning over 3 days and an acute abdomen in base camp described.*
- Kubalová J, Elsensohn F. Proposals from joint meeting of the UIAA and ICAR Medcoms and ISMM – future co-operation, congresses/meetings, link persons, publications  
*Fidel discussed the alignment of meetings, guideline production, etc. Scott McIntosh's input about WMS guidelines reported. Proposed reactivation of mountainmedicine.org with EURAC up dating; using share point using WMS site. Ken provided some details from the WMS point of view. Peter Paal, Jeff Boyd and Hermann Brugger offered to join hypothermia-working group. Maintaining identity and focus (organised rescue in our case), avoiding contradictions by aligning is important. Jana expressed her thanks for the invitation; she outlined the prevention focus of the UIAA Medcom.*

#### NEW PAPERS

- Ellerton J. Epidemiology of rescuer injury and death  
*The concept was discussed and a questionnaire is to be circulated to identify ability to obtain the data, which would be exclusive in geography. Injury may be a second stage.*
- Boyd J, Brugger H. Statement on the process in developing papers (frame).  
*Statement was discussed - template to be placed in an accessible position on the web*
- Boyd J, Brugger H. Update of ICAR Medcom recommendation: Hypothermia and Avalanche  
*Process described in the development of the ILCOR guidelines. See if it is necessary to do a review for fall meeting.*

#### FORTHCOMING EVENTS

##### ICAR

- 2011 1-8<sup>th</sup> May ICAR MEDCOM spring meeting (Spitzbergen, Norway) - *see below*
- 2011 18-23<sup>rd</sup> Oct ICAR General Assembly fall meeting (Are, Sweden)
- 2012 ICAR MEDCOM spring meeting (Spain)
- 2012 ICAR General Assembly fall meeting (Grnica, Poland)
- 2013 ICAR MEDCOM spring meeting (? Germany)

##### OTHERS

- 2010 Nov IMS (Bolzano, Italy)
- 2011 21-24<sup>th</sup> March CAA First North American Avalanche Field Session (Revelstoke, BC, Canada)
- 2011 April Japan (FIPS Ski patrol)
- 2011 UIAA Medcom (Sweden)
- 2012 ISMM World Congress (Taiwan)
- 2014 ISMM World Congress (Bolzano, Italy)

##### Details for participants going to the Spring 2011 meeting

MUST register with Tore by 31<sup>st</sup> October 2010. The best flight will probably be Sunday, May 1st from Gardermoen Oslo at 20.40 PM, arriving at Longyearbyen at 23.30 PM (Latest Wednesday, May 4th to join the ICAR Medcom meeting) Return on Sunday, May 8th at 8:00 AM, arriving Oslo 10.55

Flight costs	€ 600-700
Hotel/room 7 days	
double room	€ 1750 (250/day)
single room	€ 600 (85/day)
Dinner	€ 100
Snowmobile trip	€ 200
Dog sledge	€ 100
or dog sledge <i>with</i> canyoning	€ 180
Estimation	€ 1700?

Minutes taken by John Ellerton, thank you very much.  
STARI SMOKOVEC, SLOVAKI, Oct 7, 2010