ICAR MEDCOM Bolzano, Italy
2nd - 6th April 2019

Dear All

Here is the information and draft programme of our Spring meeting. As you can see there are a number of options that you can consider including a workshop day on Wednesday and the exciting scientific opening of EURAC’s terraXcube on Friday to which we are all invited. As is our tradition, I suspect there will be a mountain activity on Saturday. Once in Bolzano, we will move to the terraXcube via car (10 min), walk and bus (20 min).

Our accommodation: has been provisionally booked from the **2nd to 6th April** at Kolpinghaus Hotel in Bolzano [https://www.kolpingbozen.it/en/](https://www.kolpingbozen.it/en/) This little Hotel is in the town centre, near to the train station (10 minutes on foot) and to the bus station to get to the meeting venue (10 minutes on foot).

The prices are the following:
- Single room with breakfast: **65 euro** (per person/per night)
- Double room used by one person, with breakfast: **80 euro** (per person/per night)
- Twin room for two persons with breakfast: **50 euro** (per person/per night)

(On top of all the above prices is **0,85 euro** local tax (per person/per night))

The Hotel will keep 12 single rooms and 8 twin rooms for us until **28 February 2019** – with possible cancellation without charge. Payment will be done by yourself at check-out.

Miriam and Diane from EURAC will collect all our reservations and inform the hotel. So do not delay! Look at the programme and make your decision. Please email our organisers before the 26th February to secure your room and place at the workshops.

Their emails are: miriam.Gottardi@eurac.edu and diane.martinelli@eurac.edu

Please fill in the template below to help us and paste it into your email.

Name:
Date of arrival:
Date of departure:
Would you like to attend the workshop day? Yes or No and POCUS, Simulations or Both?
What is your experience with Point of Care Ultrasound (POCUS)?
Will you be around for the Saturday mountain activity? Yes or No
Any special requirements?
Workshop Day (09:00-18:30; 3rd April 2019)

Venue: TerraXcube, in via Ipazia 1, NOI TechPark, 39100 Bolzano

Welcome and Administration
Sponsors/Conflict of Interest declarations

A) POCUS
This session will focus on transferring POCUS from the ED department to the austere environment of mountain emergency medicine (MEM). It will not be a basic course on ultrasound. Our instructors are all very experienced practitioners.
Aims: To understand the purpose of POCUS and how might it help in MEM. To see what the equipment looks like. To look at the pitfalls and limitations. To receive expert tips on getting the best out of prehospital POCUS.
Instructors: Andrea Orlandini, Didier Moens, Lorenza Pratali, Marc Kaufmann?
Coordinator: Simon Rauch - simon.rauch@eurac.edu

B) TerraXcube simulations – Simulation in the simulator:
During three different medical simulation scenarios, participants will experience the challenges of emergencies in the environment of a climate chamber. They will manage different medical emergencies, which can happen during a simulator study. The scenarios will be videotaped and are the basis for the debriefing after the scenarios. The simulations will be a chance for the TerraXcube team to test the setting in the chamber and specific emergency protocols that have been developed for TerraXcube.
Coordinator: Monika Brodmann and Anna Vögele, EURAC
ICAR Medcom Discussion and Development Day (08:30 - 17:30, 4th April)
Venue: TerraXcube, in via Ipazia 1, NOI TechPark, 39100 Bolzano

Introductions and register - circulate
Apologies: Volker Lischke, Marc Blancher, Haris Sinifakoulis, Rowena Christiansen, Naomi Dodds (in Greenland)
Sponsors/Conflict of Interest declarations:
Secretary to take minutes:

Minutes
Chamonix 2018 meeting, and notes from the informal Kathmandu 2018 meeting (both on discussion area)
Corrections:
Points from the ICAR Executive meeting Jan 2019 (JE, VL)

Non-Agenda items from minutes:
Body position in avalanche Brugger – published?
Archive project – recent update on Michael Swangard

On Jan 24, 2019, at 19:07, KATE SWANGARD <kateswangard@shaw.ca> wrote:
Michael spent 4.5 months in hospital in 2018, including two weeks beginning of Christmas Day. He has had a long list of issues, from spiking potassium (very close to cardiac arrest), congestive heart failure/pneumonia/UTI all related to fluid retention, and 2 more UTIs. Because he is so ‘complex care’ with the Parkinson’s, he has been going into delusions and has had to be hospitalized for the UTIs – where you and I would just be given some antibiotic pills and sent home. So this has not been a fun year.
I have not spoken to Michael about your idea of him taking on the ‘history’ of the IKAR MedCom. He is just not up to it.
Warm regards
Kathy

President’s Report (on discussion area)
Kilimanjaro SAR and 4 other contacts, DiMM regulations, Chamonix feedback given
ICAR Commission President’s proposed budget: Open access contribution €700, Intended support for web system (potentially ~€100), President’s non-reimbursed expenses to Bolzano (potentially ~ €500), Non-ICAR instructors travel/accommodation (up to €500).

Progress reports on active projects
Review of Recommendations (Jacob et al.)
Psychosocial health of ski patrollers and mountain rescuers (Nordgren et al)

ICAR Medcom recommendation: Determination of death (Schön)

ICAR Recommendation: Multiple trauma management in alpine environments (Paal)

Proposal to form a registry of rescuer deaths (Ellerton/Tomazin)

Avalanche/Hypothermia hospital preparedness video (Kottmann Ellerton Hölzl)

ICAR Medcom recommendation: Medical quality improvement for avalanche rescue missions (Kottmann/Pasquier)

Proposed projects:
Rescuer first aid competence document (Oshiro/Greene)

Management of PTSD (Milani, 20 min)

Suspension Trauma
Presentation of 2 cases (Roger Mortimer, USA. 15 min)
Proposed ICAR Medcom Recommendation: Medical Management of Suspension Trauma (Strapazzon/Raunch)

Research suggestions
Blood products in MR (Sven), Penthrox® at different environmental temps (John), psychological study (Marie/Iztok) Defibrillation of a hypothermic patient-Peter to develop.

Future Events
ICAR Congress/General Assembly
2019: 9-13th Oct; Zakopane, Poland (Tatra Mountains)
   8th Oct; Pre-conference meeting at the Hypothermia Centre, Krackov Post-conference EUSEMM? Prague Practical Day: “Stop the bleeding/ maintain intravascular volume”. Jacob Congress presentation: “Simulation in Mountain Rescue 2.0: the future has begun”. Jacob, Bergwacht Bayern

2020: 14-18th Oct; Thessaloniki Greece

2021: Reichenau an der Rax Austria (near Vienna)
2022: ARS Swiss
2023: ?BRD-AVS South Tyrol, Italy/Norway

ICAR Medcom ‘May’ meeting
2020: 16-19th April; Christchurch NZ
2021: ?UK
2022: ?North America
Scientific opening of the terraXcube (Friday, 5 April 2019) NOI Techpark, Seminar room 1

Innovation in mountain medicine research - from simulation to real-life application Burning questions and new possibilities

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<td>08.00 - 08.45</td>
<td>Registration</td>
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<td>08.45 - 09.00</td>
<td>Welcome notes</td>
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<td>09.00 - 09.20</td>
<td>Introduction: Facility’s functions</td>
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<td>09.20 - 10.00</td>
<td>Keynote: Reproducibility crisis</td>
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<td>Coffee break</td>
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Mountain Emergency Medicine

| 10.30 - 11.30                                      | Cold injuries                                     |
| 11.30 - 12.30                                      | SAR and HEMS in challenging environments          |
| 12.30 - 13.30                                      | Education, training & performance                 |
| 13.30 - 14.30                                      | Lunch Break                                       |

High Altitude Medicine

| 14.30 - 15.30                                      | Hypoxia and climate combinations                  |
| 15.30 - 16.30                                      | Clinical perspectives of hypoxia                  |
| 16.30 - 17.00                                      | Human physiology in hypoxia and future opportunities |
| 17.00 - 17.30                                      | Climber’s speech                                  |
| 17.30 - open ended                                 | Aperitivo terraXcube                              |
Mountain Activity Event (Saturday, 6 April 2019)
Coordinator: Giacomo Strapazzon

A ski-tour day on the Dolomites (Sassolungo in Val Gardena), with also a trekking option for those that would like to walk or go with snowshoes.

- When: departure early morning on Saturday 6th April, return in the afternoon on the same day. Lunch will be with all participants together around 1:30/2 pm
- Where: Gruppo del Sella/Sellagruppe and Alpe di Siusi/Seiser Alm (destination may change according to weather and snow conditions)
- What: ski tour / hike / snowshoes / cross country ski
- Who: ICAR MEDCOM delegates and speakers/attendees of the terraXcube scientific opening

Some more practical information:
- The sport equipment (ski, snowshoes, etc.) can be rented either on site (i.e. on the day) or in advance in Bolzano (see: https://www.alpin-sports.com/winter/ski-rental-p62.html or https://www.mountainspirit.com/)
- Please bring with you winter mountain clothing (including sunglasses and sun cream)
- For those that would like to join the ski tour, please bring with you the standard rescue equipment (transceiver, probe and shovel). Skis, ski poles, skins and ski-crampons will be needed.

Questions? Ask Miriam or Diane at: miriam.gottardi@eurac.edu / diane.martinelli@eurac.edu
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