

International Commission for Mountain Emergency Medicine

ICAR MEDCOM

Fall Meeting, Chamonix, France.
October 8-12, 2008

1. WELCOME

The president welcomed members to the meeting and thanked the French Mountain Rescue service for organising the meeting.

2. MEMBERS AND ADDRESSES Update

Address should be up dated on the ICAR web site. A password can be obtained from G. Barbisch (ICAR web master) to the member's area.

Apologies: Sven Christain Skaiaa (N), Tore Dahlberg (N), Tigran Elezovic (B&H), Mario Milani (I), Peter Mair (A), Arthur Morgan (SA)

Present: Fabian Argewone (FR), Sara Batista (ES), Marc Blancher (FR), Jeff Boyd (CA), Bruce Brink (CA), Hermann Brugger, President (I), Vera Buchet (F), Ivana Buklijas (Croatia), Damien Cabane (FR), Ramon Chiocconi (Arg), Rik Decker (SA), Florian Dementz (D), John Ellerton (E&W), Fidel Elsensohn, Vice President (A), Yuuji Hatori (Japan), Martin Ivanov (BG), Kenji Kimura (Japan), Tim Kovacs (USA), Xavier Ledoux (F), Werner Mahrlein (D), Marko Majstorovic (Serbia), Scott McIntosh (USA), Jose Morandeira (ES), Peter Paul (A), Mato Poharka (Slovakia), Gula Przemyslaw (PL), Oliver Reisten (CH), Peter Rheinberger (LI), Jose Santos (ES), Haris Sinifakoulis (GR), Mirom Sorim (Romania), Inigo Soteras (ES), Gunther Sumann (A), Michael Swangard (CA), Oleg Tcholakov (BG), Steve Teale (SCO), Masatoshi Teshima (Japan), Iztok Tomasin (SLO), Vlahov Vitan (BG), David Watson (CA), Karen Wanger (CA), Eveline Winterberger (CH), Isla Wormalo (Eng), Ken Zaffren, Vice President (USA), Greg Zen-Ruffinen (CH), and (from 10.10.08) Gege Agazzi (I), Maria Antonia Nerin (ES), Claire Vallenet (F)

3. MINUTES OF THE LAST MEETING

Formally approved; no matters arising

4. PRESIDENT'S REPORT

Remarks on the **Spring meeting 2008** near Lecco from 24th to 26th April. Thanks to Mario Milani and his colleagues for the very constructive meeting. **Publications:** in the meantime, Eveline Winterberger "The Use of Extrication Devices in Crevasse Accidents" published (WEMJ), Günther Sumann "Fluid management in traumatic shock – a practical approach for mountain rescue" accepted (HAMB), John Ellerton "Prevention and on site treatment of eye problems in mountain and remote areas" submitted (WEMJ), congratulations. **European Hypothermia Registry** going ahead. Kind of international networking that could act as a model for future investigations. **ISMM:** Jim Milledge, the current ISMM President stepping back and Prof. Marco Maggiorini from the Department of Intensive Medicine at the University Hospital elected for next ISMM president. Proposal ISMM as umbrella organisation for national societies and the co-societies ICAR and UIAA MEDCOM. ISMM meeting in Varallo concurrently with our meeting, expressed sorry about the clash of dates that should not happen again. Important to keep the cooperation between ISMM, UIAA and ICAR as lively as possible and joint meetings to be planned. **HAMB:** Liebert publisher announced the journal available only as electronic version from January 2009, a new "Clinician's Corner" introduced, co-editor Andy Luks. A review about "Physical and medical limits of rescue operations at high altitude" proposed, but might be difficult to come up with a piece that fits the Clinician's Corner criteria. **International Specialty Diploma:** currently 5 organisers provide officially approved speciality rescue modules: 1) ICAR Medcom, 2) Air Zermatt in Switzerland (Oliver Reisten) – German course already concluded & English language started in September 2008, 3) the HEMS Christophorus in Austria (Günther Sumann) – will start in February 2009 in German language, 4) the Transfrontier Hospital in Spain (Inigo Soteras) – starting in November 2008 and 5) the Chieti University in Italy that started a European master module in Mountain Emergency Medicine in May 2008. ICAR Medcom asked to do a rescue module in Nepal and Peru. **Nepal** coordinated by Ken

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Zafren last week of May 2009. Peru (Arequipa) before or after the ISMM World Congress August 2010. Fabiola León-Levarde will be the organiser of the World Congress. ILCOR recommendations 2010: going to elaborate the revision of the resuscitation guidelines. Hermann and Jeff invited by the Evaluation Committee of ILCOR to create a worksheet about the on-site treatment of avalanche victims. ICAR Executive Committee: two meetings 2008 in Switzerland. Louis Salzmann and Bruno Fleury retired, one new EC members to be elected at the general assembly. Many thanks to John Ellerton who agreed with candidature to open the EC. Wikipedia: no search results regarding mountain medicine related problems. Proposal to submit ICAR MEDCOM recommendations for publication in the Wikipedia.

5. FINANCIAL REPORT & BANK ACCOUNT (Elsensohn)

The ICAR Medcom bank account holds approximately 12,400 euros. From this amount it has been agreed to pay for 50% of the lecturer's airfares to Nepal

6. DVD "TIME IS LIFE" sale (Brugger)

4th pressings – sale of 2500 of 3000 total now; credit card facility and new website www.time-is-life.org

7. INTERNET

ICAR website renewed

8. DIPLOMA IN MOUNTAIN MEDICINE UPDATE (Ellerton)

A discussion on the DIMM based round the report of the administrative group took place. Ramon added some input from the recent UIAA Medcom meeting. There are now links to the DIMM regulations on the UIAA website. Arrange similar link to ICAR web site. The minimum requirements for mountaineering skills for the rescue module were discussed. The helicopter requirements were discussed at length, and a resolution achieved by recognising that theory and safe practical work were appropriate but operational competence would be required as this was operator dependant and may give the candidate a false sense of proficiency. The Air commission could be involved and separating the requirements to A and B curricula would be helpful.

9. NEW PAPERS PUBLISHED, SUBMITTED OR IN PRESS

- Jacomet H, Zen Ruffinen G, Winterberger E, Syme D, Ledoux X, Jelk B. **The Use of Extrication Devices in Crevasse Accidents:** Official Statement of the International Commission for Mountain Emergency Medicine and the Terrestrial Rescue Commission of the International Commission for Alpine Rescue. *Wild Environm Med* 2008;19(2):108–110.
- Sumann G, Paal P, Mair P, Ellerton J, Dahlberg T, Zen-Ruffinen G, Zafren K, Brugger H. **Fluid management in traumatic shock –a practical approach for mountain rescue** (accepted).
- Ellerton JA, Zuljan I, Agazzi G, Svajda D, Boyd J. **Prevention and on site treatment of eye problems in mountain and remote areas.** *Wild Environm Med*, (submitted, Ken Zafren will enquiry)
- Elsensohn F, Niederklapfer T, Ellerton J, Swangard M, Brugger H, Paal P. **Current status of medical training in mountain rescue in America and Europe** (submitted to HAMB)

10. PAPERS IN PREPARATION

- Elsensohn F, Zenruffinen G, Ellerton J, Sumann G, Zafren K, Nerin MA, Brugger H. **Initial assessment of casualties in the mountains.** *The 1st draft was discussed in detail. To be continued in Bulgaria Fidel Elsensohn*
- Tomazin I, Soteras I, Reisten O, Kovacs T, Teale S, Ellerton J. **Recommended Standards in Helicopter Emergency Medical Services (HEMS) in Mountain Rescue.** (draft)-Joint meeting with air rescue commission. *The 1st draft was discussed separately and jointly in a very productive meeting. Parts of the paper were allocated to the appropriate commission. A*

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working party of both commissions would work by email and areas of debate would be brought to the ICAR Medcom Spring meeting with a proposal to complete the paper at a joint meeting in Zermatt 2009 **Iztok Tomazin**

- Ellerton J, Elsensohn F, Demetz F, Brugger H, Tomazin I, Paal P. **Immobilization and Splintage in Organized Mountain Rescue** (final). *Extensively discussed; circulate by list server for final agreement submission by* **John Ellerton**
- Reisten O, Soteras I, Wiget U. **A Modular First Aid Kit for Alpinists, Mountain Guides and Alpinist Physicians** (draft) *UIAA Medcom have not responded; ICAR Medcom to continue developing the review. Start with symptoms. Draft for Spring meeting* **Oliver Reisten**.
- Soteras I, Paal P, Reisten O, Brugger H, Elsensohn F. **Contents of mountain rescue doctor's rucksack** (frame) *A draft was discussed. Limitations section to be added. Should a drug list for doctor's organised rescue bag be a recommendation of the paper? Restrict to drug groups. Further draft for the Spring meeting* **Fidel Elsensohn**.

11. NEW PAPERS

No changes to the current list. 4 papers already listed for Bulgaria

Statement on the process in developing papers to be made by **Jeff Boyd & Hermann Brugger**

UIAA Medcom project on injury definition: ICAR Medcom should support – volunteers requested – **Ramon and Hermann**

Dispatch criteria to be revitalised via list server **Tim Kovacs**

12. SHORT COMMUNICATIONS

- **Hypothermia registry:** Beat Walpoth presented an update on the hypothermia register outlining the unknown questions. Eligibility: interested centres; <32°C with cardiac arrest, any origin. Registry components: anonymous, accident type, prehospital, hospital, post-rewarming and outcome (insisting on this – needs informed consent). Data analysis will be by a nominated international group. Jan 2009 start date. Aims: awareness, universal international guidelines, improved outcome. The survey data forms were shown. Email contact: beat.walpoth@hcuge.ch
- **Triage for avalanche victims:** Manuel Genswein presented a question – how long to do CPR before moving on to an unextricated patient?

13. FORTHCOMING EVENTS

ICAR

- 2009 March 25-29 ICAR MEDCOM spring meeting (Bansko, Bulgaria- airport-Sofia transfer arranged, others possible but need to rent a car) Need to confirm by 1.2.09. Ski season
- 2009 May 25-30 ICAR MEDCOM specialty course (Katmandu, Nepal) *6 faculty: Ken, Hermann, Fidel, John, Iztok, Gunther, (MA Nerin, Tore). Argentina course programme as starting point but develop 2 programmes for the audience, high altitude Buddha, Ken and Iztok – end of year deadline for programme; imported equipment needs to be defined. Target audience – mountain/trekking guides (sherpas should have basic level at the mountaineering school) and local doctors – about 30 persons. Accommodation OK, 50% of airfare (ICAR), based in Kathmandu at HRA H/Q;? Mustang pre-course trek 10-12th; lunch meeting tomorrow.* **Ken Zafren**
- 2009 September 23-27, ICAR MEDCOM fall meeting & general assembly (Zermatt, Switzerland) Add a hypothermia working day organised by Beat Walpoth probably on Friday
- 2010 March - April ICAR MEDCOM spring meeting (Norway)
- 2010 August ICAR MEDCOM specialty course (Arequipa, Peru)
- 2010 October ICAR MEDCOM fall meeting & general assembly (Slovakia)

OTHER

- 2008 December 03 Medical Expeditions Hypoxia Symposium, Worcester College, Oxford, UK
- 2009 March 10-14 16th International Hypoxia Symposium, Chateau Lake Louise, Alberta, Canada

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14. MISCELLANEOUS

Commercial organisations: The idea that commercial organisations could become members of ICAR was discussed. Conflict of interest would be a major concern as well as use of the membership advantages. ICAR Medcom is against this development.

15. OUT-DOOR WORKSHOP

16. ICAR CONGRESS (all commissions)

Medical presentations

- Ledoux X. Case Report (10 min)
- Elsensohn F. Current status of medical training in mountain rescue (15 min)
- Sumann G. Fluid management in traumatic shock (15 min)
- Reisten O. Case Report (10 min)

17. ICAR GENERAL ASSEMBLY

Emmanuel Schmutz elected for the EC

Minutes taken by John Ellerton. Thank you very much!
Chamonix, France, October 11th 2008