



International Commission
for Mountain Emergency Medicine
ICAR MEDCOM

SPRING MEETING 2008
Piani Resinelli, LECCO, ITALY
April 24-26, 2008

Minutes

1. WELCOME

Thanks to the Mario Milani & CNSAS for organising the meeting.

2. MEMBERS PRESENT

Giancelso Agazzi (I), Jeff Boyd (CA); Hermann Brugger (President) (I); Tore Dahlberg (N); John Ellerton (GB); Fidel Elsensohn (Vice President) (A); Xavier Ledoux (F); Gianluca Marconi (I); Mario Milani (I); Peter Paal (I); Oliver Reisten (CH); Theoharis Sinifakoulis (GR); Inigo Soteris (E); Oleg Tcholakov (BG); Steve Teale (Scotland); Iztok Tomazin (SLO)

Apologies: Jan Beaufort (CZ), Elezovic Tigran (BIH), Peter Mair (A), Maria Antonia Nerin (E), Günther Sumann (A), Ken Zafren (USA)

All send many greetings to the commission.

3. MINUTES OF THE LAST MEETING

Minutes approved.

4. PROGRAMME OUTLINE

Mario outlined the CNSAS rescue system (7000 incidents/yr) particularly in the Lombardy region. Lecco area – 300 rescues with 20 deaths. Around 2/3rd HEMS; workload and sports described. State-run with virtually no private organisations, so capture most activity in the mountains. Team members do 120 hrs training with additional training for HEMS.

5. PRESIDENT'S REPORT

From 18 to 20 October 2007 we met in Pontresina in Switzerland. The Swiss Alpine Rescue has arranged this excellent venue. The meeting was very well organised and we were very grateful for the invitation. The attendance was the highest ever reached with 37 members from 19 countries present at the meeting.

Paper work

In the three days we did some good paper work and went ahead with a series of recommendations. The short recommendation on "The use of extrication devices in crevasse accidents" has been accepted for publication in the Wilderness Environmental Medicine Journal. Günther completed the paper on Fluid management in traumatic shock – practical implications for mountain rescue, but so far this recommendation has not been submitted for publication. Fidel's Medical Training in Mountain Rescue has been discussed, results of the inquiry presented and the questionnaire been refined. Iztok's "Statement on an 'ideal' air rescue service" was also reviewed.

Short communications

On behalf of Beat Walpoth I have presented the European hypothermia registry with a new questionnaire that has been refined. I have given a short report on the big rock fall on Mount Einser in the Dolomites. Meanwhile we tested all exposed rescue people for pulmonary diseases following dust exposure and analysed rocks and dust in the area of the accident. Fortunately silicate level in the dust was lower than 1% that is considered the limit of harmless exposure. All rescuers were tested by spirometry and showed normal values; no one had late complications. We would like to write a short report about this rare case with practical recommendations for similar future accidents.

Yan Berchten presented the Snowpulse Airbag, that is similar to Aschauer's avalanche airbag, that should provide protection from trauma to head and chest, and additionally, an air pocket, if complete burial in an avalanche occurs.

Barcellona Fabio from Diemme International showed the new re-warming technique and core temperature reading in the pre-hospital management of hypothermic patients.

Rammlmair Georg, former fellow member of ICAR MEDCOM and the President of the White Cross in South Tyrol presented a free programme by cellphone to encourage persons to give first aid. It is available in German & Italian only and includes emergency number for countries. We discussed to add first aid information for mountaineers and climbers in English language.

The International Diploma and relations to UIAA MEDCOM

Currently 5 approved organisers provide speciality rescue modules: ICAR Medcom; Air Zermatt in Switzerland (Oliver Reisten) – German course running & English language starting in September; the Helicopter Emergency Medical System Christophorus in Austria (Günther Sumann) – delayed start re changed job; the Transfrontier hospital in Spain (Inigo Soteras) – starting in November and recently the Chieti, University in Italy that recently started a European master module in Mountain Emergency Medicine. In addition, ICAR Medcom has been asked to do a rescue module in Nepal and Peru.

ILCOR recommendations 2010

As you probably know, ILCOR, the International Liaison Committee of Resuscitation is going to elaborate the revision of the resuscitation guidelines to be published in 2010. Again, there are a significant number of new clinical questions since 2005. For each clinical question the Evidence Evaluation Process has to be made by using standardised worksheets. These worksheets are managed by a couple of worksheet authors who usually come from the European and American Continent. Jeff Boyd and I have been engaged by ILCOR to elaborate a worksheet on the prognostic factors of avalanche victims and Jeff has established the clinical questions on the prognostic value of the air pocket, the serum potassium level and core temperature. Presently we are working on a preliminary version and by May we will propose a final worksheet that will be reviewed by the ILCOR Evidence Experts and finally approved. The worksheet will then be published on the Internet where the whole ILCOR community and public can comment the worksheet for a year. The comments have to be incorporated in the worksheet and discussed. Then, as one of the last steps the results will be presented at a big Conference in 2010, reviewed by the Editorial Board and finally approved for publication on Resuscitation and Circulation. So this will be a unique challenge for us and for ICAR MEDCOM and I hope very much that we will be able to clear this hurdle.

News from IKAR Executive Committee

As already announced in Pontresina the fall meeting will be held in Chamonix in France from 08 to 12 October 2008. At the last executive committee meeting in Rankweil in Austria in January, I have made the following proposal: Thursday and Friday should be reserved for the commission's work. On Saturday we arrange an official one-day ICAR Congress where the commissions present the results of their work. I have taken over the task of organising this joint meeting on Saturday morning. I would like to start with an inaugural lecture of a well-known personality who does not necessarily come from IKAR itself. After this speech we have four hours of lectures, one hour for each commission, moderated by the chairmen and co-chair of the commissions.

I have also officially announced that we will have a change of the leader of ICAR MEDCOM in 2009 as already agreed. The old chairman will finally step back and be replaced by our President elect, Fidel Elsensohn. This will also happen at the General Assembly in Zermatt, in October 2009. I would like to ask you, Fidel, if you still agree with this procedure and, I would also like to ask all fellow members, if you would still agree in opinion or if you would like to make any comment or if you would like to discuss this issue again. Support given for this to proceed. Consider vice- president nominations.

Nepal 2009

The rescue module in Kathmandu is going to become a real project. At this meeting we must determine the week and allocate the responsibilities of organisation. Maria Antonia has sent an Email showing interest.

6. FINANCIAL REPORT

10,052 euros are in bank account with some outstanding debtors. 5000 euros allocated for expenses to Nepal. A similar amount was provisionally allocated for Peru. Explore reprinting 300 'Consensus' books but really need to start on a new edition.

7. INTERNET

New restricted area on IKAR website with alterable address list is now working. Forum on restricted area but have to log in directly; list server quiet but still more functional.

8. UIAA-ICAR-ISMM DIPLOMA IN MOUNTAIN MEDICINE

Diploma certificate for candidates shown; control of courses discussed – a reporting system perhaps a summary of candidate feedback, register of successful candidate and failure rate. Regulations should state that honorary Diplomas are the exception particularly for Rescue modules; possible to discuss accelerated courses for those with practical experience. Practical examination should be required (especially for Rescue) incorporating Bruno Jelk's minimum requirements for Rescue module (enclosed – for discussion). Standardised form for reapplication including above & the 3 requirements to hold Diploma. Try to get vector logos. Try to attend UIAA Medcom meeting in Oct (**Ellerton**).

9. PAPERS & PUBLICATIONS SUBMITTED OR IN PRESS

- Jacomet H, Zen Ruffinen G, Winterberger E, Syme D, Ledoux X, Jelk B. The use of Extrinsic Devices in crevasse accidents. Wild Environm Med (submitted)

Eveline has submitted this paper jointly with Gregoire Zen Ruffinen, Hans Jacomet, Dave Syme and Bruno Jelk. The article has been accepted for publication but has not appeared on the journal yet.

- Sumann G, Zenruffinen G, Brugger H, Ellerton J, Paal P, Dahlberg T, Zafren K. Traumatic shock: pre-hospital management In mountain rescue – practical recommendation and short review of the literature (ready for submission)

Gunther **Sumann** has prepared a final version, but he has not yet submitted for publication in HAMB. He promised to do this within May 2008.

- 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)

At our last meeting John **Ellerton** has taken on the burden of finishing and submission of the paper. Igor Zuljan told Hermann that he had no time anymore to work on the paper because he has changed his job and moved from a General Hospital to a private Clinic. Igor agreed that John continued working with the paper.

10. PAPERS IN PREPARATION

- **Elsensohn** F, Niederklapfer T, Ellerton J, Swanguard M, Brugger H, Paal P. Current Status of Medical Training in Mountain Rescue (co-operation with other ICAR commissions), final

A detailed review of the paper was carried out. For final round with authors before submission to HAMB.

- **Tomazin** I, Soterias I, Reisten O, Teale S, Ellerton J. Recommended Standards in Helicopter Emergency Medical Services (HEMS) in Mountain Rescue (co-operation with other ICAR commissions), draft

Standard setting in Europe is *in flux* but not finalised. For example, EURAMI (European Aero-Medical Institute) standards introduced. Introduction to describe the primary aim of the standard to increase safety by intergration. Use aviation terms and include glossary. Job focus rather than personnel. Air commission link through Oliver Reisten. Joint meeting in Chamonix to be arranged by Hermann Brugger.

- Ellerton J, Elsensohn F, Demetz F, Brugger H, Svajda D, Tomazin I, Paal P. Immobilization and Splintage in Organized Mountain Rescue draft

Discussed and modified; reduce, then to authors, then commission; target to HAMB.

- Elsensohn F, Zenruffinen G, Ellerton J, Sumann G, Zafren K, Nerin MA, Brugger H. Initial assessment of casualties in the mountains (frame).

The focus of the paper was discussed and the topics agreed.

- Reisten O, Soterasl, Wiget U. A Modular First Aid Kit for Alpinists, Mountain Guides and Alpinist Physicians (update)

Agreed that the list (Recommendation 4) needs updating and that this is an ICAR MEDCOM responsibility. Must be a joint paper with the UIAA MEDCOM. Hermann Brugger will discuss with Buddha to formulate a plan for update and what we recommend for our rescue doctors.

11. SHORT COMMUNICATIONS

The European hypothermia registry. (Brugger H, Walpoth B) Update given on questionnaire. ?Bergamo also. Email registry to Tore. Haris and Steve to explore their countries.

Core temperature reading. Update on developments.

12. NEW PAPERS

- (Unclear) Ledoux X, Zenruffinen G, Kosinski S, Nerin MA, Brugger H. Medical assistance at mass events in the mountains.
- (Unclear) Elsensohn F, Demetz F, Chioconni R, Tomazin I, Brugger H. Post-traumatic stress disorders in mountain rescue. Focus on rescuers – Austrian contacts
- (Unclear) Milani M, Watson D. Airway management and intubation including alternative devices in mountain rescue.
- (Unclear) Steve Teale. Diagnosis of death in Mountain Rescue focusing on avoiding unnecessary inventions/resuscitation.
- (Unclear) Ledoux X, Zenruffinen G, Kosinski S, Nerin MA, Brugger H. Medical assistance at mass events in the mountains.
- (Unclear) Zafren K, Mair P, Ledoux X, Dahlberg T. Prevention and on-site treatment of the “suspension syndrome”.
- (Unclear) Sumann G, Dahlberg T, Swangard M, Zafren K, Brugger H. Medical aspects of search for missing persons in mountainous and remote areas (co-operation with other ICAR commissions).

13. FORTHCOMING EVENTS

ICAR

- 2008 October 08 – 12 ICAR MEDCOM fall meeting & general assembly (France, Chamonix)

General Assembly presentation - 1 hour: Medical training – Fidel Elsensohn, ask Günther Sumann - Volume paper, Case report – Oliver Reisten, Case report – Xavier Ledoux. Perhaps Eye paper – John.

Papers – Helicopter 2 hrs (final); Immobilisation 2hr (final); Assessment 4 hrs (draft).

Short communication on rucksac contents. Jt meeting with French colleagues 2hrs (Xavier Ledoux)

- 2009 March 25 - 29 ICAR MEDCOM spring meeting (Bulgaria) - date to be confirmed with Oleg
- 2009 Specialty Course Mountain Emergency Medicine (Nepal)

Ken Zafren is in charge. No information on date: April maybe possible but June preferred; possible persons – Hermann, Fidel, Tore, John, Iztok, Marie-Antonie, Xavier & Steve (if absolutely necessary). Enquiry for other members on list server. (*Subsequent email gives possible dates of late May or late November/early Dec 2009*) **Date will be 25-30 May 2009 (information provided by Ken after the meeting)**

- 2009 23-27 Sept. ICAR MEDCOM fall meeting & general assembly (Switzerland, Zermatt)
- 2010 March-April ICAR MEDCOM spring meeting (Norway/Spitzbergen)
- 2010 Sept.-October ICAR MEDCOM Speciality Rescue course (Peru)

OTHER EVENTS

- 2010 Sept.-October ISMM VIII World Congress on Mountain Medicine (Arequipa, Peru)

Minutes taken by John Ellerton. Thank you very much!

Lecco, Italy, April 26th 2008