



International Commission for Mountain Emergency Medicine ICAR MEDCOM

FALL MEETING 2009
ZERMATT, SWITZERLAND
23 – 26TH SEPTEMBER

OPENING AND WELCOME (Brugger)

First of all I would like to thank you all for your attendance at this meeting. Moreover, let me say thanks to the KWRO, the Valais Mountain Rescue Service, that arranged this meeting. This will be my last meeting as President.

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. However, this list is a complementary list for internal use. You have to keep your personal data up to date on the ikar website as well. This ensures that you receive all electronic information of the Medical Commission. You are responsible to keep yourself in contact with the MEDCOM. If you have no password to log-in please ask the webmaster Barbisch for a password. Once you have correctly registered, you can be sure that you receive all correspondence.

Apologies: Herbert Forster (D), Arthur Morgan (South Africa), Karen Wanger (CA), David Tingay (Australia)

Present:

Gege Agazzi (I), Boris Aleraj (Croatia), Jan Beaufort (Czech), Jeff Boyd (CA), Bruce Brink (CA), Douglas Brown (Observer, Canada), Hermann Brugger, President (I), Tore Dahlberg (Norway), Lana Donlagic (Croatia), John Ellerton (E&W), Fidel Elsensohn, President Elect (A), Skeet Glatterer (USA, Observer), Jürgen Hein (D), Sylveriusz Kosinski (Poland), Volker Lischke, (D), Mario Milani (I), José Ramón Morandeira (Spain), Maria Antonia Nerin (Spain), Marie Nordgren (Sweden), Noriyoshi Ohashi (Japan), Peter Paul (A), Marko Petrovic (Serbia), Oliver Reisten (CH), Erik Sandstrom (Sweden), Haris Sinifakoulis (GR), Inigo Soteras (ES), Patrick O'Sullivan (Ireland), Gunther Sumann (A), Michael Swangard (CA), Oleg Tcholakov (BG), Steve Teale (SCO), Iztok Tomazin (SLO), George Vargyas (USA), Nicole Vogt (Liechtenstein), David Watson (CA), Eveline Winterberger (CH), Ken Zaffren, Vice President (USA). From 24.9.09 - Sven Christjan Skiaa (N), Miroslav Kovac (Slovakia), Corinne Laubenheimer (Fr), Fabizn Argenone (Fr), Bruno Durer (CH), Peter Mair (A), Sorin Miron (Romania), Xavier Ledoux (F), Tim Kovacs (USA). From 25.9.09 Greg Zen-Ruffinen (CH) 48 members

MINUTES OF THE LAST MEETING Comments & approval (Ellerton)

There were no comments and the minutes were approved.

OUTLINE OF THE MEETING'S PROGRAMME (Brugger)

Programme as in the delegate's pack.

PRESIDENT'S REPORT

Last meeting in Bansko

Our last Spring meeting was hosted in Bansko in Bulgaria, 150 km South from Bulgaria's capital Sofia, from 25 to 29 March, 2009. The Planinska Spasitelna Sluzba, the Bulgarian Mountain Rescue Service with Oleg Tcholakov and Vitan Vlahov and their colleagues, had organised this excellent venue. We stayed in a Hotel in Bansko, the largest and best known skiing area in Bulgaria at the bottom of the Pirin mountain chain.

15 participants attended. In the three days we did some good paper work and went ahead with a series of recommendations. We discussed, finalized and approved John Ellerton's very comprehensive paper about "Immobilization and Splintage in Organized Mountain Rescue" that has been submitted and accepted for publication in HAMB. We have also completed Fidel's "Content of mountain rescue doctor's rucksack" and discussed Fidel's "Assessment of casualties in the mountains". Furthermore, we have extensively reviewed Iztok's "Recommended Standards in Helicopter Emergency Medical Services in Mountain Rescue" and very briefly Oliver Reisten's "First Aid Kit for Alpinists, Mountain Guides and Physicians" that has been deferred to this meeting in Zermatt. We decided to start with a new paper on the "Diagnosis of death in a mountain rescue situation by medical and non-medical personnel", lead by Steve Teale.

We enjoyed the great hospitality of our Bulgarian colleagues and had some memorable meals together. On Saturday, we went out and climbed on one of the peaks in the Pirin mountains with beautiful weather. So, I would like to thank Oleg Tcholakov and Vitan Vlahov, Martin Ivanov and Krassen, the sponsors of this meeting (Balkan Holidays, the leading Bulgarian Tourist Company) and the Bulgarian Mountain Rescue Service for their exceptional hospitality and for arranging this very productive meeting.

Specialty Course in Nepal

I will give you a short review of our exciting trip to Nepal. From 24 to 28 May ICAR MEDCOM conducted the second Specialty Course in Mountain Emergency Medicine in Kathmandu, Nepal in cooperation with the Himalayan Rescue Association. We were a very compact faculty of nine instructors, eight doctors and one Austrian technician. The medical instructors were Tore Dahlberg, John Ellerton, Fidel Elsensohn, Herbert Forster, Jose Ramon Morandeira, Maria Antonia Nerin, Iztok Tomazin and myself. The technical instructor was Franz Ess. From arrival in Nepal to departure the whole course was perfectly organised by the Director of HRA Prakash Adhikari. Prakash did an excellent job.

The course was opened by Bikram Neupane (President of the HRA), in the presence of Mr. Rannchandra Man Singh (Primary State Secretary of the Nepali Government) and several authorities. The course was held in the Centre of Kathmandu at the Pasang Lhamu Mountaineering Federation with an artificial climbing wall and partly on a rock face in the Shivapuri National Park. Half a day we spent at the International airport to do air rescue training. The agenda of the course has covered all practical and theoretic topics in mountain emergency medicine in accordance with the minimum requirements of the ICAR Specialty Course Mountain Emergency Medicine except the optional air rescue module.

Nine of the 34 participants were doctors, and the remaining 25 rescuers, paramedics, mountain and trekking guides. 15 of them were high altitude climbers, 6 have reached at least once in their life the top of Everest. Among them were 3 women who joined a National Women Expedition on Everest in 2008. All participants were highly motivated and attended the course with great enthusiasm and it was really a great pleasure for us to teach. At the end of the week's course the 34 attendants took a written examination and received a certification of attendance. I think that at the end of the course about two thirds of the participants were able to act as basic or advanced instructors in order to forward the acquired knowledge and skills in Nepal; that was the main goal of this course.

With the financial support of ICAR and some private sponsors we brought a huge container by cargo from Europe to Kathmandu with about 10.000 Euro worth of didactic material, medical bags, three stretchers, rescue bags, vacuum mattresses, rescue blankets, chemical heat packs, ropes, ventilation bags, thermometers etc. All the material was donated to the HRA.

The members of the faculty members received a financial support of 800 Euro each for the flights and had to cover all expenses in Nepal by themselves.

It was not our intention to produce professional mountain rescue doctors in one week. But we could basically teach all main topics in mountain emergency medicine that was a stimulus for our Nepali friends to keep working in this field.

The non-profit organisation HRA was founded in 1973 and runs three seasonal rescue posts in Solu-Khumbu (Pheriche), at the Everest Base Camp (EBC) and in Manang in the Annapurna region for the education of the trekkers in high altitude medicine, prevention and treatment of mountain sickness, other diseases and injuries etc. American, Japanese and European doctors are volunteering in these first aid posts every year.

Large mountain areas of Nepal however are not covered by any emergency medical service. No helicopter is available for Nepali people as they cannot afford private flight expenses. HRA would be willing to enlarge their sphere of influence within the territory of Nepal, but to establish a true rescue organisation is a very distant target. Perhaps we have been able to support this idea. Anyway, the response to the course was thoroughly positive.

We have met Nepali people with a great self-confidence. Nepali people are working hard and they are very proud of their climbing capacities and performances. I am very confident that these people will be able to establish and to run an efficient rescue organisation anytime soon.

Before the course, some of us (John Ellerton, Fidel Elsensohn and Daniela, Herbert Forster, Iztok Tomazin and Mateja, Franz Ess and me) did a beautiful trekking in the marvellous Langtang Valley and to the holy Gosainkund Lakes. We had a lot of fun, climbed three trekking peaks (Tsergo Ri 4980 m, Surja Peak 5144, and Iztok and Mateja the Yala Peak, 5520 m) and were met by exceptional hospitality by the locals.

Papers

In the meantime, three papers have been published and one paper is now accepted for publication. You find a hard copy of all accepted papers in your folder. First, Günther Sumann's paper about "Fluid management in traumatic shock – a practical approach for mountain rescue" is definitely published in Resuscitation. Also Fidel's paper on "Medical training in mountain rescue in America and Europe" is published in the High Alt Med Biol and John Ellerton's paper "Prevention and on site treatment of eye problems in mountain and remote areas" will appear in the current issue of the WEMJ. John's paper "Immobilisation and splintage in organised rescue", has also been accepted for publication in High Alt Med Biol, after a very quick decision by the editor with minor comments of the reviewers. Congratulations John.

The International Specialty Diploma

ICAR Medcom has been asked to do an additional rescue module in Peru in 2010. The course will be held in Arequipa before or after the next ISMM World Congress in August 2010. Fabiola León-Levarde will be the organiser of the World Congress and Fidel will give us an update of the organisation of this course.

News from the Executive Committee

As usual we had two meetings this year in Switzerland. The first was in January the second in August.

Australia sent an application as Corresponding Member. David Tingay from Melbourne is a Neonatologist at the Royal Children's Hospital in Melbourne and will be the Australian representative for the Australian Ski Patrol Association.

EC agreed to create a Wikipedia webpage. Every commission is requested to draw up a presentation.

ISMM and UIAA

Prof. Marco Maggiorini from the Department of Intensive Medicine at the University Hospital in Zurich is the actual president of the International Society of Mountain Medicine. The ISMM annual meeting took place in Varallo in Italy concurrently with the meeting in Bansko on 27 March so we were not able to attend the ISMM meeting, unfortunately.

Anyway, it is of the utmost importance to keep the cooperation between ISMM, UIAA and ICAR as lively as possible and a joint meeting should be planned at the latest during the World Congress in Arequipa in 2010.

As already announced in Bansko, from January 2009, the High Altitude Medicine and Biology Journal has become an electronic journal only. That means that subscription is cheaper, but there is no printed journal anymore.

We have introduced a "Clinician's Corner" as a new section in the Journal where clinical papers should be considered for peer review and publication.

CoSTR 2010

The revision of ILCOR resuscitation guidelines to be published in 2010 is in its final stage. As reported at the last meetings, Jeff Boyd and I have been invited by the Evaluation Committee of ILCOR to create a worksheet about the on-site treatment of avalanche victims. Meanwhile we have finalised the worksheet that is now posted on the Internet for general discussion. It is planned that the results will be presented at the ILCOR Consensus on Science with Treatment Recommendations (CoSTR) in Dallas in 2010. Then a revised version will be reviewed by the ILCOR Editorial Board and finally approved for publication at the end of 2010. This will be a unique challenge and I hope that we will be able to go ahead. Please find a hard copy of the posted worksheet in your folder.

Hand over of the presidency

As you know, last year we agreed to nominate the "president elect" Fidel Elsensohn as the new Chairman of ICAR MEDCOM in 2010. I am very happy to hand over my chair to Fidel, well knowing that Fidel is a best-qualified person to take this job. I have announced this procedure to the Executive Committee in Benken and Fidel will be officially nominated by the General Assembly on Saturday afternoon. Fidel, we are very much looking forward to your presidency of ICAR MEDCOM and I thank you very much for your cooperation in the last 10 years.

EURAC Institute of Mountain Emergency Medicine, Bozen

Finally I would like to make a personal announcement. I am happy to announce that this year, a new Research Institute for Mountain Emergency Medicine will be established in Bozen/Bolzano in South Tyrol. Actually, I am going to change something in my life. I have been given the task of building up this unique Institute for Mountain Emergency Medicine by the European Academy, and this means that I have to give up some parts of my surgery and to move to Bozen to work part-time.

The exclusive goal of the Institute is to support, to accompany and to perform scientific projects dealing with medical emergencies in mountain and remote areas. It will be our task to act as service institution in order to promote science in mountain emergency medicine. We will closely cooperate with the Innsbruck Medical University, local rescue organisations and the National Health Service. Within the next years we have envisaged a series of clinical questions to be answered, epidemiological, clinical and experimental investigations. But, we are open to any issue that comes from outside and from abroad.

I am pleased to say that we will start a close cooperation with ICAR MEDCOM in the future. If ICAR MEDCOM poses a scientific question we will help to find a scientific answer to it. We can provide the logistics, some of the finance and the realisation of scientific studies. In this way we

can start a productive collaboration. It is a challenging task and I will try to do my very best.
The institute is looking for two scientific co-workers. If you know anybody who is interested to work as assistant or associate researcher, please let me know this.
Now I have finished, please let me know your thoughts.

FINANCIAL REPORT & BANK ACCOUNT (Elsensohn)

@9000 euros, not including some sales of DVD. Future of bank account discussed. It was agreed that Fidel cannot be treasurer and president but the bank account would remain in the name of a private individual. Nicole Vogt volunteered to take over the duties of treasurer. (Action: **Fidel and Nicole**)

DIPLOMA IN MOUNTAIN MEDICINE (Ellerton)

No new applications received. Developing the common application form and minimum mountaineering requirements are progressing – these could be adopted at the joint meeting of UIAA/ICAR medcoms and ISMM in 2010. We should develop a common web page with information on courses (most important) and certified delegates. Ask UIAA Medcom to discuss. (Action: **JE**)

PAPERS & PUBLICATIONS SUBMITTED OR IN PRESS

- 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*, in press (expected date - May 2009)
- Elsensohn F, Niederklapfer T, Ellerton J, Swangard M, Brugger H, Paal P. Current status of medical training in mountain rescue in America and Europe. *High Alt Med Biol*, 2009; 10: 195-200.
- Ellerton J, Brugger H, Tomazin I, Paal P. Immobilization and splintage in organized rescue *High Alt Med Biol*, in press
- Elsensohn F, Soteras I, Paal P, Reisten O, Ellerton J, Brugger H. Contents of mountain rescue doctor's rucksack
The paper has been completed but is not yet submitted.

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

PAPERS IN PREPARATION

- Boyd J, Brugger H. Statement on the process in developing papers (frame).
The suggestions were discussed; 3 meeting: frame(work)/topics – concepts – final manuscript. Use list server more effectively before meeting. Put worksheet on list server and ICAR website. Agreed to use this approach.
- Elsensohn F, Zenruffinen G, Ellerton J, Sumann G, Zafren K, Nerin MA, Brugger H. Assessment of casualties in the mountains
The final draft was presented and extensively reviewed. A final version will be circulated on the list server
- Reisten O, Soteras I, Wiget U. A Modular First Aid Kit for Alpinists, Mountain Guides and Alpinist Physicians
A brainstorming session was performed. Draft to Urs and for Spitzbergen. Then to UIAA Medcom and ISMM joint meeting in Peru. For final discussion in Slovaki.. Publication is an aim.
- Tomazin I, Ellerton J, Soteras I, Reisten O, Ledwidge M, Halvorsen D, Avbelj M, Biner G. Recommended Standards in Helicopter Emergency Medical Services (HEMS) in Mountain Rescue (co-operation with air rescue commission)
The paper was extensively reviewed and agreed by both commissions. A final version will be made and circulated; aim at publishing in HAMB.
- Teale S, Milani M, Paal P, Forster H. Diagnosis of death in a mountain rescue situation by medical and non-medical personnel (frame). The idea of the paper and its aims were presented

2010 8-12 AUGUST ICAR MEDCOM SPECIALTY COURSE (AREQUIPA, PERU)

Fidel outlined the current situation. Congress lectures – Fidel & John giving 2 lectures each. Rescue workshop day too organised by J-P Richalet. Ken, Hermann, Iztok, Tore, Gunther Fidel, John, Inigio, Haris & Sven expressed support. Other members invited to express an interest. Financial support from ICAR Medcom is now not possible because of the changes in programme.

SHORT COMMUNICATIONS

Mair P. Trauma registry

A good quality-control tool, as well as helping in research. Focused on seriously ill (NACA \geq IV, ISS $>$ 15, systolic $<$ 90, RR $>$ 25, etc) with only a few exclusions (cardiac arrest/burns). Simple pre-hospital (ASA, GCS, first NIBP or pulses etc) and hospital data. Ethical approval to be obtained. 4 teams, initial phase starting in a few months.

NEW PAPERS

- Other papers on hold.

FORTHCOMING EVENTS

ICAR

- 2010 April 18-25 ICAR MEDCOM spring meeting (Spitzbergen, Norway)
- An individual decision has to be made in the next 24 hrs. Hotel payment nonrefundable 500-660 euros for 7 days.
- 2010 October ICAR MEDCOM fall meeting & general assembly (Slovakia)
- 2011 ICAR MEDCOM spring meeting (? Germany – helicopter training)
- 2011 ICAR Fall meeting (? Greece)

INTERNATIONAL HYPOTHERMIA CONFERENCE (ZERMATT, SWITZERLAND)

Members attended the conference on Friday. ICAR Medcom input well received. The next meeting will be in two years in Tromsø.

Minutes taken by John Ellerton, thank you very much.
Zermatt, Switzerland, Sep 27, 2009