



International Commission for Alpine Rescue

International Commission for Mountain Emergency Medicine (ICAR MEDCOM)

2015 Annual Report of the International Commission for Mountain Emergency Medicine (ICAR MEDCOM)

ICAR MEDCOM is meeting twice a year:

The 2015 **Spring meeting** was organized by our Swiss friends Oliver Reisten, Alex Kottmann and Gregoire Zen-Ruffinen in Cresciano, a small town in Ticino, the Italian speaking province of Switzerland from May 28-30.

The main topics for this meeting were an update on our new “Avalanche Resuscitation Checklist” which is going to be introduced in many Mountain Rescue Organizations, the recommendation on „Multi Casualty Incidents in the Mountains“ and the „Evidence based recommendations for Canyoning Rescue“.

The Spring meeting is usually attended by European colleagues and is designated for exhausting basic discussions on our papers. However, one day we usually have one practical day of outdoor work. Ticino is famous for canyoning and an excellent canyon was very close to our hostel. We enjoyed very much this experience in a this wonderful environment. Thanks to our Swiss friends who were providing all necessary equipment. (Pict1)

The annual ICAR Convention and Meeting of Delegates were organized by our Irish friends in Killarney on October 15-18.

The Fall Meeting is our main meeting and we were happy to welcome an 56 attendants. With this number of people we are slowly reaching a limit in both, infrastructure and way of working.

Topics: Update and finalizing of the **Avalanche Resuscitation Checklist**: Hermann Brugger and Peter Paal were in the group of authors of the 2015 European Resuscitation Committee (ERC) Guidelines and we implemented the new recommendations into the Checklist. The checklist will be distributed by download from the ICAR web site. Users (organizations) will be encouraged to laminate the copies and use special pens that write on the laminated cards. We will also require or encourage anybody downloading the checklist to download the teaching materials.

Multi-Casualty Incidents in the Mountains: We discussed the definition, the target audience, when do we change from care to triage, cooperation with other organizations, medical leadership human factors and crew resource management. We will collect statistics regarding mass casualty incidents in membership countries during the last 10 years. We decided to focus on avalanche incidents, on lightning accidents involving a group of people and lost or trapped groups of people in hazardous terrain. A draft will be established for the next spring meeting.

The **Evidence-based recommendations for on-site management and transport of patients in canyoning incidents** was finalized and will be published in a peer reviewed journal.

Short presentations: during the last meetings we received an increasing number of interesting case reports, studies and new developments in member organizations. We heard reports from the disaster in Nepal, technical and logistical developments and case reports.

The Nepal Mountain Rescue Development Project, conducted by EURAC and ICAR MEDCOM with financial support from the Province of South Tyrol and technical report from Mountain Rescue South Tyrol is finished. The last training course, an course for instructors, was held in Kathmandu in August and all participants passed the final exams. These experts are now able to continue the training and are keen to set up a sustainable rescue system in Nepal.

2016 will be another intensive year regarding the work on our recommendations and organizing the 2016 ISMM, WMS, UIAA and ICAR World Congress on High Altitude Medicine and Mountain Emergency Medicine in Telluride, Colorado.

Our Spring Meeting will be in Cape Town on invitation of the “Mountain Club of South Africa” on the occasion of their 25th Anniversary.

Fidel Elsensohn, MD

President of the International Commission for Mountain Emergency Medicine (ICAR MEDCOM)