



To the Members of
ICAR
International Commission for Alpine Rescue

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Annual Report of the International Commission for Alpine Emergency Medicine (ICAR
MEDCOM by Fidel Elsensohn, MD

Dear friends and colleagues in ICAR!

Bruno Durrer passed away on December 5, 2016 at 63 years of age on a diving holiday in Indonesia.

Bruno was one of the leading proponents in the world of Mountain Emergency Medicine and for many years member of ICAR MEDCOM, President of UIAA MEDCOM (the medical commission of the International Climbing federation) and a founder of the International Society for Mountain Medicine (ISMM). He was the role model of a mountain rescue doctor, running his office in Lauterbrunnen, a remote village in the Bernese Alps and excellent emergency physician during thousands of rescue operations and medical director of Air Glacier. With his competence as rescue physician and mountain guide he was likely one of the best mountain rescue doctors in the world. The other side of this compassion for mountain rescue was his dedication for training of rescuers and physicians and to scientific work. His aim was to establish recommendations tailored to rescuers and mountain rescue physicians working in remote areas as general practitioners beside their regular work. Together with Hermann Brugger and the presidency of Urs Wiget he established the first algorithm of treatment of avalanche victims and on hypothermia. The "Swiss Staging of Hypothermia" is one of Bruno's famous works, still valid and in use worldwide. Bruno had a warm and friendly character, always seeking for the positive aspect and never satisfied with what he had already achieved. Bruno's death is a great loss for many friends in the world of mountain and wilderness medicine as well as mountain emergency medicine. We will sorely miss Bruno as mountain rescue doctor and scientist but most as a very close friend.

2017 ICAR MEDCOM Spring meeting, Porto Venere, Italy

On invitation of the Italian Alpine Club (CAI) and its medical commission 21 members of our commission met at the picturesque town of Porto Venere in Liguria, close to the large port of La Spezia. The meeting was perfectly organized by Luigi Festi and Mario Milani. Many thanks for a great meeting.

Current papers:

The canyon paper was further refined. Its contents had been agreed in the Fall meeting in Borovets, Bulgaria so it was agreed that the final version would be posted on the web platform with a two-week consultation period. The paper could then start the process of journal submission if no major disagreement arose. Thanks to Inigo Soteras and Giacomo Strapazzon who had taken the lead in establishing this systematic review and important recommendation.

An update on the MCI paper was given by Marc Blancher. A systematic review had been done, the tables of incidents enlarged as members had passed on details. The papers had already been agreed in Borovets. A four-week final review period on the web platform was agreed. Thanks to Marc Blancher as the lead author for this systematic review and recommendation.

New papers:

Quality indicators in Avalanche Rescue by Alex Kottmann: This Retrospective study investigates medical requirements for avalanche rescue missions. Using the REGA database of

88125 missions (2001-16) shows that avalanche missions account only for 0.5% of 1^o missions, and only 2 bases had >5 avalanche rescue operations/year. The maximum physician exposure was <20 in 15 years, and only 5% of physicians saw at least one case in a year.

patients to be received.

Management of Multiple Trauma and Shock: Peter Paal

The Shock paper needs to be updated and the title should be changed to “Management of Multiple Trauma”. A group of authors will be defined to establish a structure and timeline at the fall meeting in October.

Knowledge base project by Natalie Hölzl:

The aim was to develop an ICAR Medcom e-learning resource but it should be coordinated with MEM book and ICAR knowledge base. The project was fully supported.

Mountain Emergency Medicine (MEM) book: by Hermann Brugger and Luigi Festi:

Addressed to Health Care Professionals. A hard cover and e-book were envisaged. Its distinct features would be ‘practical but based on evidence, comprehensive yet concise, easily readable and illustrative’.

Short presentations:

Rigopiano's avalanche/earthquake 2017 by Gian Luca Facchetti

CNSAS complex emergency interventions by Simone Marcuzzi

Central Apennines Earthquake, Italy August 2016 by Mario Milani

HEMS-EURAC mountain emergency medicine course by Giacomo Strapazzon

A discussion on the Mountain Safety Knowledge Base showed concerns on copyright issues of our recommendations. Most of the medical contents will be included in the MEM Book.

We set up a draft for the fall meeting in Andorra and discussed the frame of the 2018 ISMM World Congress in Mountain Medicine in Kathmandu where Rescue Medicine will be a major focus.

The meeting ended in a day trip and hike through the wonderful villages of Cinque Terre – in pouring rain which made unplanned stops in more than one Osteria necessary. The day ended with a great dinner on the cliffs of Manarola.

After 8 years as President of the International Commission for Alpine Emergency Medicine (ICAR MEDCOM) I will resign and commit the lead to Dr. John Ellerton. Starting my ICAR career as a young mountain rescue and helicopter doctor in 1992, it seems to be appropriate to step back into the second line after 26 years. Over the years, I learned to know so many interesting people and nice friends, benefit from the meetings and shared experience, had wonderful trips to remote areas for training doctors and rescuers like in Nepal and Patagonia it feels that ICAR had a great impact to my life. Out of all friends in ICAR who supported me and showed great confidence in me as president I would like to mention Hermann Brugger who was my important mentor and close friend over all the years.

THANK YOU ICAR MEDCOM FRIENDS!

Thanks to all members of the Executive Board of ICAR for their support and all members and delegates of ICAR.

Best wishes

Fidel Elsensohn, MD