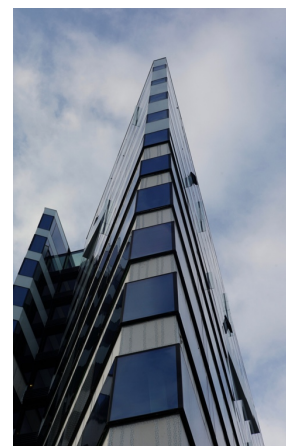


ICAR Medcom Spring Meeting Tromsø, Norway 25-28th April 2018

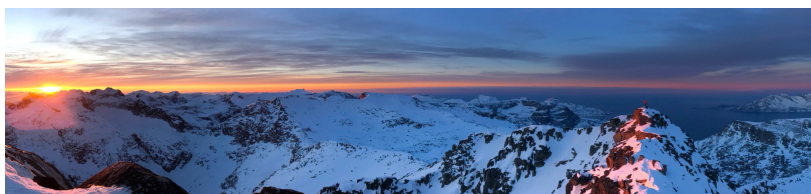
Organised by Julia Fieler & Alex Kottmann
Thanks to Norwegian Red Cross and the University of Tromsø for financial support

Agenda

Obituary to Manuel Cauchy (Walpoth)
Congratulations to Natalie and Markus for the birth of Xaver
Commiserations to Mathius Jacob for his quadriceps rupture!



6th International Symposium on Accidental Hypothermia



Tromsø 26th April 2018

Organizers: J. Fieler, T. Næsheim, K. Fredriksen, B.H.Walpoth

Contact: julia.fieler@unn.no

The hypothermia day was viewed as a successful day with a balance of science and practical aspects. It was great to see how the Norwegians organised their services in response to the long transport times and low population density. In 50% of potential HEMS operations the weather was not suitable for flying. An ECMO website gave information to a target hospital as to what was required when the team was sent out from Tromsø. It had received over 4000 hits. Could we produce a 3-minute video for avalanche/hypothermia patients that the receiving hospital could watch if they wished when we notified them of an incoming casualty? (English, French, German etc; hosted on our public web site) Perhaps Beat Walpoth would do an introduction, the film would concentrate on prognostic factors and an encouragement to consider following through on Avalanche guidelines. In the future, an avalanche summary would have been good. Perhaps video recording could be considered in future.



See Appendix for program

Members attending – 28 members

Gege Agazzi Italy, Fabien Argenone France, Marc Blancher France, Monika Brodmann Switzerland, Hermann Brugger Italy, Naomi Dodds UK, Lana Donlagic, Croatia, John Ellerton UK, Fidel Elsensohn Austria, Luigi Festi Italy, Julia Fieler, Norway, Les Gordon UK, Mike Greene UK, Alex Kottmann Switzerland, Viktor Lugnet (Sweden), Marie Nordgren Sweden, Peter Paal Austria, Mathieu Pasquier Switzerland, Dick Price New Zealand, Oliver Reisten Switzerland, Corinna Schön Switzerland, Alison Sheets USA, Sven Christain Skiaa Norway, Giacomo Strapazzon Italy, Günther Sumann Austria, Iztok Tomazin Slovenia, Dale Wang USA, Jon White UK. *Invited – Beat Walpoth Switzerland*

Apologies

Iñigo Soteras, Mario Milani, Volker Lischke, Rik De Decker, Haris Sinifakoulis, Maria Antonia Nerin, Natalie Hölzl, Matthias Haselbacher, Kazue Oshiro, Ken Zafren, Greg ZenRuffinen, Xavier Ledoux, Mathius Jacob

Minutes of 2017 Andorra Fall meeting

69 members. No comments on minutes.

Non-agenda items: Body position in avalanche Brugger – not published yet – perhaps by the autumn

Skype meeting 1st Feb 2018 notes

9 participants (4 from North America); try a specific meeting App from UNM in June 2018. Main discussion was developing 'review of recommendations' to produce an up to date set of recommendations going forward.

President's report

ICAR Medcom vision – I have been working on the work streams outline in my vision with some success.

Research

Develop a network to help ICAR members in formulating and executing primary research. Advise on MR research projects

Lead – Peter Paal, Giacomo Strapazzon, Matthias Jacob, Mathieu Pasquier

Priorities

Prioritize review of guidelines. Complete current projects

Ensure the ICAR and ICAR Medcom meetings fulfil the participants needs. Lead – Matthias Jacob, Mathieu Pasquier, Rik de Decker

Educational support

Assist in MEM book. Review DiMM administration group and DiMM regulation with UIAA & ISMM. Develop an independent MEM database. Develop MSK material. Lead – Natalie Hölzl, Bruce Brink, Rik de Decker. DiMM lead – Jason Williams, Bruce Brink/Oli Reistein/Dave Watson

Reaching Out

To mountain rescue organisations. To allied specialities. To conferences. Lead – John Ellerton, Dick Price, All

DiMM Administrative Lead transfer - this is completed with Jason Williams taking the lead. A review of regulations ahead of the World Congress is in progress. A new basic course in Athens, Greece has applied.

ICAR Medcom budget - this has been transferred to ICAR and is accepted as a 'restricted fund' that ICAR Medcom can use. It is up to ICAR Medcom delegates to approve the President's spending suggestions at an Annual Congress meeting.

Executive meeting Jan 2018 - Volker welcomed as an assessor; Finances are sound with a small surplus in 2017; No issues have been raised after 'membership type changes' though this may change as the new fees are sent out for 2018; No ICAR solution to web-based communication platforms for the commissions - free to do our own thing using our budget; Statistic's collection would not restart but a list of contacts in member organisations would be drawn up; ICAR Medcom regulations 2004 are to reviewed and harmonized - a workflow that should start soon and include budget management, statements/recommendations/endorsement criteria - any Medcom delegate interested contact JE – Alison S volunteered; Practical day



trainers' waiver is up to the local organisers - no consensus; European centred Congresses and 100% male Executive commented on - members encouraged to apply to run future Congresses

1st Salzburg Symposium for Alpine and High Altitude Medicine

Co-organised by Peter P - John E attended as well as Lana, Hermann and Sven. This will become an annual event.

President's commission budget 2018 (€3000)

This is available to spend at the discretion of President. Expenditure to date – MCI paper open access contribution €700, support for Prof Walpoth (€650) and President's expenses to attend Tromsø (~ €500) and intended support for web system (€100)

MEM course in Argentina in Nov 2018

Ramon Chioconi, Argentina had asked if ICAR Medcom could run a MEM course in November 2018. This clashed with the ISMM World Congress and so was not possible. If any one of our members not in Kathmandu was interested, contact Ramon please (r.chioconi@gmail.com)

Inhalational analgesia - pharma presentation at ICAR Medcom meeting in Chamonix or internal presentation? The issues were discussed and it was decided that an internal presentation would be appropriate with perhaps Volker presenting some theory, Les Gordon some caution, Mike Greene some training input and hopefully an Australian member giving some user input. (Marie N would ask). It was felt appropriate to condense a presentation for the Congress. (John Ellerton declared his financial interest during the application for the UK Licence of Pentrox® but no ongoing financial benefit.)

Other reports

Priorities: Review of recommendations

John E gave a shortened version of Mathius's presentation. ICAR Medcom has produced half of the ICAR recommendations and more than any other commission.

Relevance to MR	Strategy & Education	On-site Treatment
UNIQUE CORE	12	10
SHARED CORE	1	13
SURVEY	2	

The oldest recommendation is now 22 years old. 17% (6/36) are < 5 years!!

We all agreed that action was required. The recommendations are to be reviewed (5 yrs appropriate – aligned with resuscitation guidelines if practical), condensed and written to a standard format with responsible person, review date, evidence level tag, and focussed on providing the Health Care Professional and appropriate rescuers with the essential information. These would then be open to all via the ICAR website and our standalone web site possibly with a podcast. Mathius would be joined by Lana, Fidel, Hermann and Oli in the process of developing a standard format and a couple of examples for the meeting in Chamonix. If accepted, then the rest of the current recommendations would be updated with the help of many other members to provide 'ICAR up-to-date' in the following 12 months! The working group could continue to monitor/add and improve the recommendations.

Research: Both primary and secondary research were to be seen as equally important as recommendations. “Endorsement” of papers with important MR information was to continue. Definitions were to be described in the re-written internal regulations of ICAR Medcom.

Reaching out: Dr Rowena Christiansen, Australian Ski Patrol Association had contacted us. She had been put in contact with the relevant persons.

Papers in preparation

ICAR Medcom recommendation: Medical quality improvement for avalanche rescue missions Kottmann/Pasquier. The process of determining the indicators was outlined and it was planned to have a consensus meeting in Chamonix. Ideally 4 hrs is thought to be needed. From this meeting a paper would be produced and recommendations would stem from that publication.

Multiple trauma management in alpine environments. Paal,
19 persons were involved in this paper; continued authorship would be determined by contribution. An update would be given in Chamonix of progress (1 hr)

ICAR Medcom recommendations on suspension syndrome Brugger/Strapozzon,
The recommendation was delayed awaiting publication of the primary research from Bolzano and New Mexico.

Psychosocial health of ski patrollers and mountain rescuers. Nordgren
A group had been established and the first stage was heading towards a qualitative survey of current practice and size of the problem. An update in Chamonix would be given (2 hrs)

ICAR Medcom recommendation: Determination of death Schön
A group was formed and the aim agreed to develop a practical guide for Health Care Professionals and rescuers. An update was to be given in Chamonix (1 hr).

Lazarus phenomenon in MR Gordon/Paal
Work on this subject was encouraged and an endorsement for its importance from ICAR Medcom could be appropriate if the authors wished. Many felt it complimented the preceding work stream.

Medical Resource Website/ closed platform John

Discussion was hampered by Natalie’s absence. The proboards site was looked at in superficial way. Members wondered why ‘Google groups’ had been rejected and whether we could have a public information web site and closed discussion platform together. The amount of expenditure envisaged was considered appropriate.

MEM book Luigi/Hermann

An update on the current status was given. Time issues and a disconnect/communication confusion was aired. Quality and completeness over deadlines and quantity were discussed. There was an urgency to send the sample chapter out to the authors and co-authors as a stimulus and goal-setting mark. The project remains a priority within ICAR Medcom.

Mountain Safety Knowledge Base John

No further correspondence had been received by any Executive Board member in Jan 2018; since then there seems some bad feeling between ICAR Avalanche commission and Manuel Genswein. No action required at the moment.

Major Incident scenario (Mads Gilbert) – We observed a medical student scenario with all the Emergency Services. It was the end of the students ‘disaster’ section of teaching and very realistic. Turning the Med school into the front end of the hospital was innovative and had great potential when thought through. A Heliport & Hospital visit and a social event showed the close relationships that make the systems work so well despite the challenges of the weather and distance.

Events

2018

October 17-20: ICAR General Assembly; Chamonix, France

Practical Day Suggestions were made on the topics appropriate to our two Medical Stations. We strongly supported Marc's stance that the workshops should be an international perspective on a subject relevant to mountain rescuers. In conclusion, Volker Lischke could lead a mechanical CPR device demonstration incorporating an intermittent CPR phase. Monika Brodmann could lead a trauma related scenario asking the question what to do when waiting for the helicopter. It would be hoped that many – at least 8 ICAR Medcom members would help in the 2 stations to allow some rotation and opportunities to see other stations taking into account the complex choreography of the day.

<i>Short reports</i>	Advanced Airway Mx in Longline rescue (Lischke/ Pietsch) MR Pilot in Asia (Agazzi) Inhalational Analgesia (Lischke, Gordon, Greene, Australian) Snow submersion asphyxia (Van Tilburg) Medicalization of rescue teams (Nerín/Soteras) Heat-related illness (Pimm, UK)
<i>Papers</i>	Medical QI in Avalanche (4 hrs) Multi-Trauma (1 hr) Psychosocial paper (2 hrs) Determination of Death (1 hr)
<i>Congress</i>	Inhalational analgesia for the general audience (Lischke etc) HOPE study (Pasquier) EURAC X-Cube (Brugger) Psychological make-up of extreme sport participants (Tomazin)

November 21-24: ISMM World Congress of Mountain Medicine; Kathmandu, Nepal.

Updated list of indicated participants from ICAR Medcom further corrections to John asap:
McIntosh Scott, Ellerton John, De Decker Rik, Paal Peter, Price Richard, Strapazon Giacomo, Paterson Ryan, Ken Zafren, Orlandini Andreas, Elsensohn Fidel, Oshiro Kazue, Lischke Volker, Gege, Monika, Hermann, Dodds Naomi, Greene Mike and Karen, Kongstrad Poul, Nordgren Marie, McLaughlin Kyle, Macias Darryl, Tomasin Iztok, Soteras Inigo, Roy Steve, Sheets Alison, Williams Jason, Sumann Günther, Skiaa Sven Christjar.

Chairman and co-chairman had to plan their session in the next few weeks and can perhaps tap into the persons that have indicated they are attending. Hermann indicated that there would be some financial help for invited lecturers and this could perhaps be done through ICAR Medcom.

November 19-20: Pre-conference DiMM development day programme was presented by Monika with its structure on developing the DiMM course instructors (max 20 persons) in educational techniques and then educating largely Nepalese Doctors (max 40 persons) on the 2nd day. The cost was set at USD 400. Jason and Monika would work on the details and the invitations.

2019

Spring: ICAR Medcom meeting; Bolzano, Italy Brugger/Strapazon

October 9 – 13th: ICAR General Assembly; Zakopane, Poland

2020

April: ICAR Medcom meeting; Christchurch, New Zealand Dick Price
Focus on polar medicine and research. Possible format outlined. Ideas/wishes to Dick please

October: ICAR General Assembly; Thessaloniki, Greece

2021

Spring: ICAR Medcom meeting; possibly Belgium or USA

Focus on ultrasound applications in MR practical study with pre-hospital equipment

October: ICAR General Assembly; Austria

Minutes written by John Ellerton 27/04/18

Appendix: 6th International Symposium on Accidental Hypothermia.

Venue –University of North Norway

Agenda:

07:55 – 08:00: Welcome on behalf of the university (Knut Fredriksen)

08:00 – 08:15: Opening of the 6th International Symposium on Accidental Hypothermia (Beat Walpoth)

08:15 – 08:45: Introduction to the Norwegian rescue service. Long distances, air rescue service, the university hospital of Northern Norway, coordination and the volunteers. (Julia Fieler and Bård Rannestad)

08:45 – 09:15: Regional guideline for treatment of hypothermic patients in Northern Norway (Ole Magnus Filseth)

09:15 – 09:45: ECMO treatment in the Swiss context - Are there differences between treatment in Northern parts of Norway and Bern? What are the differences and why? (Monika Brodmann)

09:45 – 10:15: Should we do rewarming on heart lung machine or ECMO (Torvind Næsheim)

--- Pause ---

10:40 – 11:20: Case report: A young hypothermic man in cardiac arrest after a sea rescue in Spitsbergen 2017. (Kathrine Nergård Aas)

11:20 – 11:40: ECMO and transport (Torvind and Kathrine)

11:40 – 12:00: Prehospital UL as part of diagnostics of traumatology (Anna Bagenholm)

12:00 – 12:30 Post mortem findings. Information, sensitivity, specificity and accuracy.

Signs and findings in the dead hypothermic patient. (Corinna Schöen)

12:30 – 13:00: The HOPE score (Mathieu Pasquier)?

--- Lunch --- (sponsored by the university)

14:00 - 14:30: The first 100 cases on the International hypothermia registry. Information, insights and future development (Beat Walpoth)

14:30 – 15:15: Basal hypothermia research at the university hospital of Northern Norway, presentations from the anesthesiological research group (Torkjel Tveita and co-workers)

15:15 – 15:45: Experimental assessment of rewarming speed after deep hypothermic cardiac arrest in the rat, study group of Verona. (D.Linardi)

--- Pause ---

16:00 – 16:30: Seminar on mild hypothermia – review of published literature, gaps in knowledge. Research priorities and solutions. Interactive lecture (Les Gordon)

16:30 – 17:00: Stage III or IV hypothermia? Witnessed and unwitnessed CA – the difference between avalanche and hypothermia and the prognosis of the CA avalanche victim. (Peter Paal)

17:00 – 17:20: Information about the terraXube and EURAC, possibilities for future studies (Hermann Brugger)

17:20 – 17:45 Discussion about the IHR, common future research, questions and international collaborations in accidental hypothermic (John Ellerton)