



ICAR MEDCOM Bolzano, Italy

2nd - 6th April 2019

Dear All

Here is the information and draft programme of our Spring meeting. As you can see there are a number of options that you can consider including a workshop day on Wednesday and the exciting scientific opening of EURAC's terraXcube on Friday to which we are all invited. As is our tradition, I suspect there will be a mountain activity on Saturday. Once in Bolzano, we will move to the terraXcube via car (10 min), walk and bus (20 min).

Our accommodation: has been provisionally booked from the **2nd to 6th April** at Kolpinghaus Hotel in Bolzano <https://www.kolpingbozen.it/en/> This little Hotel is in the town centre, near to the train station (10 minutes on foot) and to the bus station to get to the meeting venue (10 minutes on foot).

The prices are the following:

Single room with breakfast: **65 euro** (per person/per night)

Double room used by one person, with breakfast: **80 euro** (per person/per night)

Twin room for two persons with breakfast: **50 euro** (per person/per night)

(On top of all the above prices is **0,85 euro** local tax (per person/per night))

The Hotel will keep 12 single rooms and 8 twin rooms for us until **28 February 2019** – with possible cancellation without charge. Payment will be done by yourself at check-out.

Miriam and Diane from EURAC will collect all our reservations and inform the hotel. So do not delay! Look at the programme and make your decision. Please email our organisers before the 26th February to secure your room and place at the workshops.

Their emails are: miriam.Gottardi@eurac.edu and diane.martinelli@eurac.edu

Please fill in the template below to help us and paste it into your email.

Name:

Date of arrival:

Date of departure:

Would you like to attend the workshop day? Yes or No and POCUS, Simulations or Both?

What is your experience with Point of Care Ultrasound (POCUS)?

Will you be around for the Saturday mountain activity? Yes or No

Any special requirements?

Working Agenda

Workshop Day (09:00- 18:30; 3rd April 2019)

Venue: TerraXcube, in via Ipazia 1, NOI TechPark, 39100 Bolzano

Welcome and Administration

Sponsors/Conflict of Interest declarations

A) POCUS

This session will focus on transferring POCUS from the ED department to the austere environment of mountain emergency medicine (MEM). It will not be a basic course on ultrasound. Our instructors are all very experienced practitioners.

Aims: To understand the purpose of POCUS and how might it help in MEM. To see what the equipment looks like. To look at the pitfalls and limitations. To receive expert tips on getting the best out of prehospital POCUS.

Instructors: Andrea Orlandini, Didier Moens, Lorenza Pratali, Marc Kaufmann?

Coordinator: Simon Rauch - simon.rauch@eurac.edu

B) TerraXcube simulations – Simulation in the simulator:

During three different medical simulation scenarios, participants will experience the challenges of emergencies in the environment of a climate chamber. They will manage different medical emergencies, which can happen during a simulation or study. The scenarios will be videotaped and are the basis for the debriefing after the scenarios. The simulations will be a chance for the TerraXcube team to test the setting in the chamber and specific emergency protocols that have been developed for TerraXcube.

Coordinator: Monika Brodmann and Anna Vögele, EURAC

ICAR Medcom Discussion and Development Day (08:30 - 17:30, 4th April)

Venue: TerraXcube, in via Ipazia 1, NOI TechPark, 39100 Bolzano

Introductions and register - circulate

Apologies: Volker.Lischke, Marc Blancher, Haris Sinifakoulis, Rowena Christensen, Naomi Dodds (in Greenland)

Sponsors/Conflict of Interest declarations:

Secretary to take minutes:

Minutes

Chamonix 2018 meeting, and notes from the informal Kathmandu 2018 meeting (both on discussion area)

Corrections:

Points from the ICAR Executive meeting Jan 2019 (JE, VL)

Non-Agenda items from minutes:

Body position in avalanche Brugger – published?

Archive project– recent update on Michael Swangard

On Jan 24, 2019, at 19:07, KATE SWANGARD <kateswangard@shaw.ca> wrote:

Michael spent 4.5 months in hospital in 2018, including two weeks beginning of Christmas Day. He has had a long list of issues, from spiking potassium (very close to cardiac arrest), congestive heart failure/pneumonia/UTI all related to fluid retention, and 2 more UTIs. Because he is so ‘complex care’ with the Parkinson’s, he has been going into delusions and has had to be hospitalized for the UTIs – where you and I would just be given some antibiotic pills and sent home. So this has not been a fun year.

I have not spoken to Michael about your idea of him taking on the ‘history’ of the IKAR MedCom. He is just not up to it.

Warm regards

Kathy

President’s Report (on discussion area)

Kilimanjaro SAR and 4 other contacts, DiMM regulations, Chamonix feedback given
ICAR Commission President’s proposed budget: Open access contribution €700, Intended support for web system (potentially ~€100), President’s non-reimbursed expenses to Bolzano (potentially ~ €500), Non-ICAR instructors travel/accommodation (up to €500).

Progress reports on active projects

Review of Recommendations (Jacob et al.)

Psychosocial health of ski patrollers and mountain rescuers (Nordgren et al)

ICAR Medcom recommendation: Determination of death (Schön)

ICAR Recommendation: Multiple trauma management in alpine environments (Paal)

Proposal to form a registry of rescuer deaths (Ellerton/Tomazin)

Avalanche/Hypothermia hospital preparedness video (Kottmann Ellerton Hölzl)

ICAR Medcom recommendation: Medical quality improvement for avalanche rescue missions (Kottmann/Pasquier)

Proposed projects:

Rescuer first aid competence document (Oshiro/Greene)

Management of PTSD (Milani, 20 min)

Suspension Trauma

Presentation of 2 cases (Roger Mortimer, USA. 15 min)

Proposed ICAR Medcom Recommendation: Medical Management of Suspension Trauma (Strapazzon/Raunch)

Research suggestions

Blood products in MR (Sven), Pentrox® at different environmental temps (John), psychological study (Marie/Iztok) Defibrillation of a hypothermic patient-Peter to develop.

Future Events

ICAR Congress/General Assembly

2019: 9-13th Oct; Zakopane, Poland (Tatra Mountains)

8th Oct; Pre-conference meeting at the Hypothermia Centre, Krackov

Post-conference EUSEMM? Prague

Practical Day: "Stop the bleeding/ maintain intravascular volume". Jacob

Congress presentation: "Simulation in Mountain Rescue 2.0: the future has begun". Jacob, Bergwacht Bayern

2020: 14-18th Oct; Thessaloniki

Greece

2021: Reichenau an der Rax

Austria (near Vienna)



2022: ARS

Swiss

2023:

?BRD-AVS South Tyrol, Italy/Norway

ICAR Medcom 'May' meeting

2020: 16-19th April; Christchurch

NZ

2021:

?UK

2022:

?North America

Scientific opening of the terraXcube (Friday, 5 April 2019) NOI Techpark, Seminar room 1

Innovation in mountain medicine research - from simulation to real-life application
Burning questions and new possibilities

Preliminary programme	
08.00 - 08.45	Registration
08.45 - 09.00	Welcome notes
09.00 - 09.20	Introduction: Facility's functions
09.20 - 10.00	Keynote: Reproducibility crisis
10.00 - 10.30	Coffee break
Mountain Emergency Medicine	
10.30 - 11.30	Cold injuries
11.30 - 12.30	SAR and HEMS in challenging environments
12.30 - 13.30	Education, training & performance
13.30 - 14.30	Lunch Break
High Altitude Medicine	
14.30 - 15.30	Hypoxia and climate combinations
15.30 - 16.30	Clinical perspectives of hypoxia
16.30 - 17.00	Human physiology in hypoxia and future opportunities
17.00 - 17.30	Climber's speech
17.30 - open ended	Aperitivo terraXcube

Mountain Activity Event (Saturday, 6 April 2019)

Coordinator: Giacomo Strapazzon

A ski-tour day on the Dolomites (Sassolungo in Val Gardena), with also a trekking option for those that would like to walk or go with snowshoes.



- When: departure early morning on Saturday 6th April, return in the afternoon on the same day. Lunch will be with all participants together around 1:30/2 pm
- Where: Gruppo del Sella/Sellagruppe and Alpe di Siusi/Seiser Alm (*destination may change according to weather and snow conditions*)
- What: ski tour / hike / snowshoes / cross country ski
- Who: ICAR MEDCOM delegates and speakers/attendees of the terraXcube scientific opening

Some more practical information:

- The sport equipment (ski, snowshoes, etc.) can be rented either on site (i.e. on the day) or in advance in Bolzano (see: <https://www.alpin-sports.com/winter/ski-rental-p62.html> or <https://www.mountainspirit.com/>)
- Please bring with you winter mountain clothing (including sunglasses and sun cream)
- For those that would like to join the ski tour, please bring with you the standard rescue equipment (transceiver, probe and shovel). Skis, ski poles, skins and ski-crampons will be needed.

Questions? Ask Miriam or Diane at: miriam.gottardi@eurac.edu / diane.martinelli@eurac.edu

<i>Name</i>	<i>Surname</i>	<i>Arrival</i>	<i>Departure</i>
Giancelso	Agazzi	02.04.19	06.04.19
Corinna	Schön	03.04.19	07.04.19
Steve	Roy	03.04.19	07.04.19
Natalie	Hölzl	02.04.19	06.04.19
Matthias	Jacob	03.04.19	06.04.19
Lorenza	Pratali	02.04.19	06.04.19
Günther	Sumann	03.04.19	06.04.19
John	Ellerton	02.04.19	07.04.19
Fidel	Elsensohn	04.04.19	07.04.19
Didier	Moens	02.04.19	05.04.19
Mario	Milani	03.04.19	05.04.19
Ken	Zafren	02.04.19	06.04.19
Andrea	Orlandini	02.04.19	05.04.19
Dick	Price	01.04.19	07.04.19
Hermann	Brugger	02.04.06	06.04.19
Giacomo	Strapazzon		
Alison	Sheets	03.04.19	06.04.19
Dale	Wang	03.04.19	06.04.19