

Dear Delegates

I hope you are aware already that registration for the ICAR practical day, meetings of the commissions and Congress is open and that you have reserved your place. If not, go to <https://www.icarsuedtirol2023.org/en/> as soon as possible and register.

MedCom sponsored research event Bolzano 16th or 17th.Oct 2023

I am very excited that the Institute of Mountain Medicine at EURAC is planning to do some research using appropriately-trained ICAR members on the 16th and 17th of October at the TerraXcube, Bolzano - a couple of hours by train to the west of Toblach where the ICAR events take place.

The plan is to do simulation training in the TerraXcube - 20 people per day. The detailed program still needs to be defined, but it is plan to do a mountain rescue scenario inside the large chamber with a patient finally going into hypothermic cardiac arrest and we will use a high fidelity manikin on which we will do VA ECMO cannulation with the lightest ECMO machine currently available. Moreover, in the small chambers we plan to do advanced medical procedures such as (difficult) intubation with videolaryngoscopy, scalpel-finger-bougie cricothyroidotomy and insertion of a chest drainage. It is planned that each participant will do these procedures twice, once in normal environmental conditions and once in cold, and data on the differences in time needed, success rates etc. will be collected.

The lead at EURAC is Simon Rauch and the MedCom coordinator is Natalie Hölzl. More information is posted on the MedCom forum (<https://icarmedcom.boards.net/thread/155/convention-training-terra-cube-2023>) Note registration closes on the 20th of August 2023. Registration is done at registration@icar-med.com. Please note this event is for suitably trained mountain rescue practitioners.

MedCom Practical Day Toblach 18.10.23

ATTENTION - There will be some changes on the practical day this year:

On Practical Day the MedCom will offer two different workshops, each of which will take up to 3 hours. There is one in the morning and one in the afternoon. Natalie Hölzl (+49 172 8423674; docnat@gmx.net) has kindly offered to take overall charge of our input. Here is the draft plan:



Workshop 1:

Management of the multiply injured patient in the mountains (2.5 hrs) Target Group: MedCom delegates and medically advanced mountain rescuers (Paramedics or medically trained rescuers) There will be 3 stations of approximately 45 mins each (incl. rotation). Each participant will rotate through all stations

Introduction to the topic (All): V.Lischke / N. Hölzl

First Station: Assessment xABCDE and Vital Data Monitoring: Volker Lischke
(Group A followed by Group B then Group C)

Second Station: A hands-on-simulation around airway management in the field & DCSR - Damage Control Surgery and Resuscitation: Matthias Jacob/Oli Reisten
(Group B followed by Group C then Group A)

Third Station: Packaging and patient transfer with limited means , improvised techniques and organised rescue systems: Dick Price/Alison Sheets
(Group C followed by Group A then Group B)

Summary (All)

Lunch with Demonstration at Langer Alm Hut Area (all practical day participants)

Workshop 2:

Complex cases in Mountain Rescue: Drowning, Suspension and Hypothermia (2.5 hrs) Target Group: MedCom delegates and medically advanced mountain rescuers (Paramedics or medically trained rescuers) There will be 3 stations of approximately 45 mins each (incl. rotation). Each participant will rotate through all stations

Introduction to the topic (N. Hölzl)

First Station: Drowning Accidents: Inigo Soteras
(Group A followed by Group B then Group C)

Second Station: Suspension: Roger Mortimer
(Group B followed by Group C then Group A)

Third Station: Hypothermic CA / iCPR: Peter Paal
(Group C followed by Group A then Group B)

Summary (All)

Please contact Natalie if you wish to volunteer to help in either of the workshops. The rest of the practical day's programme from the other commissions will be published shortly and at that stage you will have to identify which workshops you would like to attend whether as a delegate or a teacher. Of course, during Congress registration you must have indicated that you are attending the practical day and paid the extra. **Not registered - you're not getting on the bus!**

MedCom meeting, Toblach 19-20.10.23

If anyone has a presentation that would be interesting to the MedCom, please let me (mountain.medicine@alpine-rescue.org) know by the 7th of August and I will construct a programme for Thursday and Friday. The draft content looks like this:

- President’s report and review (1 hr)
- ICAR recommendation development sessions (5 hr):
 - Operational Stress Injury guideline. We hope to have a draft for the MedCom to discuss and approve. If possible an ICAR recommendation (a simplified version aimed at all ICAR)
- ICAR MedCom recommendation development sessions:
 - Spinal Protection and Splinting in Mountain Rescue - an update of previous recommendations
 - Rescue at Very High Altitude - a new paper
 - POCUS
- Presentations - current proposed talks are included below (5 hr)

Current proposed talks

UKSAR Guiding Principles for Volunteer Wellbeing & Prevention of psychological stress in SAR organisations	Jon White, MRE&W
Psychological First Aid for Wilderness Trauma: Interventions for Expedition or Search and Rescue Team Members	Roger/Amanda Mortimer
South Tyrolian mountain rescue Peer Support group	Willi Fiechter BRD Innichen
ICAR MedCom Guidelines on Stress Injury - see ICAR recommendation	Alison Sheets, MRA
Utilizing ketamine intramuscular as primary pain medication	Christopher van Tilberg, Crag Rats Mountain Rescue, Portland Mountain Rescue,
Death in the alp: experiences in utilising the ICAR Determination of Death guidelines	Christopher van Tilberg, Crag Rats Mountain Rescue, Portland Mountain Rescue,
The life of Oskar Bernard	Gege Agazzi

- Future plans (30 min)

ICAR Congress, Toblach 21.10.23

The main topic for this year’s Congress is “Mountain Rescue: Mobility, Location, Links and Liaisons”. For more informations please look here: <https://www.alpine-rescue.org/articles/903--main-topic-for-our-congress-2023-in-toblach-south-tyrol> The joint session on Saturday will be on “Climate Change and the Impact on Mountain Rescue”. For this day we are looking for good presentations about accidents and rescue operations whose causes can be seen in climate change. Please send us your presentation proposals with the attached abstract form by August 7 at the latest! We will review the submitted proposals for presentations and select the most suitable ones. We will inform the selected speakers by the beginning of September.

I am really looking forward to the Congress. Let’s make it fun and productive.
Best wishes

John Ellerton, ICAR MedCom president