

MEDICAL COMMISSION of the CZECH MOUNTAINEERING FEDERATION  
SOCIETY FOR MOUNTAIN MEDICINE, Czech Republic

REPORT ON THE ACTIVITY 1997-1998

The Medical Commission of the Czech Mountaineering Federation

The commission continues its activity and informs regularly more than 250 mountaineering clubs in the Czech Republic as well as all physicians and mountaineering clubs in the Slovak Republic by means of special newsletters as well as Internet home page of the Federation (<http://horolezectvi.cstv.cz>). In 1998 four renewing courses for more than 300 mountaineering instructors of the Federation were arranged: short lectures on basic knowledge in first aid, high altitude medicine and accident prevention were repeated. Since last UIAA Medical Commission Meeting following Information Sheets and reports on Health Problems in Mountaineering have been distributed:

- Report on the UIAA Medical Commission Meetings in 1997
- Report on the Mountain Rescue Medicine Conference in Innsbruck 1997
- Report on the 8th Jiří Pelikán Memorial Mountain Medicine Seminar on "Contemporary Problems of Mountain Medicine"
- Acclimatization to great heights (by I. Rotman)
- Short guidelines on the application of portable pressure bags
- First aid kit – according to the IKAR and UIAA model

Society for Mountain Medicine in the Czech Republic

At the present there are 70 members in the Society. Members have attended some important international meetings: Congress in Interlaken 1997, Innsbruck 1997, Symposium on the sport climbing medicine in Salzburg 1998, Consensus Symposium on the Treatment of mountain medicine in Kaprun 1998. Close co-operation exists with the Slovak Web page of the mountain medicine (<http://www.hagy.sk>).

The Eighth and the Ninth Jiří Pelikán Memorial Mountain Medicine Seminar

on "Contemporary Problems of Mountain Medicine - Diagnostic and Therapeutic Methods in the Mountains. This workshop was held on 10.-12. October 1997 in sand stone area of Bohemia Paradise at Hrubá Skála. The main topic was Dr. Švancara lecture on traumatic sequelae of a free fall from the height. Dr. Ehler and Dr. Rotman gave reports on the International Mountain Medicine Congress in Interlaken in August 1997.

The main topic of the Ninth Jiří Pelikán Memorial Seminar on September 18th-20th this year were the medical reports from two successful mountaineering expeditions (without using artificial oxygen) on Mount Everest and Makalu this year. The North Face Everest expedition, eight members, two physicians inclusively (Dr. Nosek, Dr. Kozák), had also scientific program, namely observation on the water content changes in tissues by the means of BodyStat 100 for low frequency bio-impedance measurements. Of course, progressive dehydration is developing, but this method could help to follow up subclinc changes preceding altitude diseases. Dr. Vrbka reported about the expedition to Makalu. Significant positive experience was made during the treatment of the high altitude pulmonary edema. Dr. Holub, Dr. Herrmann and Dr. Říhová dealt with medical problems of the trekking to the South and Middle America. Dr. Veselý initiated discussion on Mountaineering and Wholeness of the personality. Dr. Švancara gave a lecture on the Use of the Anti-Shock Trousers in the Treatment of Injuries on the Spot. The composition of the first-aid kit for a mountaineer was discussed with the respect to local situation. Dr. Machold informed about some nutritional aspects in high altitude conditions. Dr. Sedláčko has sent his lecture on Extraordinary Problems of Rescue in High Mountain Environment.

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