

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

REPORT ON THE ACTIVITY 2002 – 2003

The Medical Commission of the Czech Mountaineering Federation

The commission informs regularly all mountaineering clubs in the Czech Republic as well as all physicians and mountaineering clubs in the Slovak Republic by a special Bulletin as well as by web pages of the Society for Mountain Medicine in the Czech Republic and Czech Mountaineering Federation (www.horska-medicina.cz, www.horosvaz.cz).

The Medical Commission updates lectures notes on basic knowledge in first aid, high altitude medicine and accident prevention for the courses of mountaineering instructors. The yearbook – "Bulletin of the Medical Commission and Society for Mountain Medicine 2002 – Health Problems in Mountaineering" with detailed medical expedition reports, report on the 4th World Congress of Mountain Medicine and Physiology in Barcelona 2002, review of the excellent Thomas Hochholzer's and Volker Schöffl's book "So weit die Hände greifen," meetings of the UIAA and ICAR Medical Commissions in 2002 and their "Recommendations", news on mountain medicine and other reports is available on the web site and in a limited printed edition.



Society for Mountain Medicine in the Czech Republic

In 2002 the Society had 10-years' anniversary since its foundation in 1992, more exactly since its transformation from the Section for Mountain Medicine of the Czech Society of Sports Medicine founded in 1990. At the present there are 95 members in the Society. The 13th Jiří Pelikán's Memorial Mountain Medicine Seminar on "Contemporary Problems of Mountain Medicine" took place on 8.11. – 10.11.2002 in Vysoké nad Jizerou in mountains Jizerské hory in the North Bohemia. The main topics were first and foremost:

- First aid education in Czech Mountaineering Federation and co-operation possibilities with mountain rescue organizations,
- Monitoring and prevention of accidents in Czech Mountaineering Federation,
- Medical reports of the mountaineering and wilderness expeditions in 2002 (Dr. Chrástil: Cho-Oyu and Pik Lenin, Dr. Holub: Ecuador, Dr. Vrbka: Problems of acclimatization during expeditions 1995-2002, Dr. Vrbka: High altitude pulmonary edema – case report, Mgr. Štouračová: Cordillera Blanca – safety aspects, Dr. Říhová and Dr. Herrmann: Experience from Chile)

The Society has own web homepage – www.horska-medicina.cz (Webmaster Dr. Petr Machold) and operating web site www.volny.cz/i.rotman.

The president of the Commission and of the Society attended the UIAA Medical Commission Meeting and Congress in Barcelona in 2002 and Mountain Medicine Conference in Graz in November 2002.

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REPORT ON THE 13TH JIŘÍ PELIKÁN'S CONFERENCE ON CONTEMPORARY TOPICS ON MOUNTAIN MEDICINE

The Medical Commission of the Czech Mountaineering Federation with the Czech Society for Mountain Medicine have organized the 13th Jiří Pelikán's Conference on Contemporary Topics on Mountain Medicine on the 8th – 10th November 2002 in the snow-covered mountain village Vysoké nad Jizerou 700 m above sea level. Compared with previous years we have enjoyed much greater participation, particularly of younger people – 36 members and in mountain medicine interested persons have come despite of bad weather. The president of the Czech Mountaineering Federation Jiří Novák has also taken part in the meeting.

The first main topic paid attention to the activities of the medical commission in education of instructors of the federation and to the closer collaboration with other commissions.

MUDr. Jaroslava Říhová has informed about the situation in the Czech Society for Sports Medicine in connection with possibilities of the medical care for sportsmen, competition climbers and members of high altitude expeditions.

MUDr. Jana Kubalová described the history of instructor courses in 2003, particularly the methodology of the education in the first aid and management of pathological conditions in a mountain environment. In this context MUDr. Filip Kvapil stressed the importance of the simulated rescue action in order to obtain real experience and practice in emergency situations. Not only mountaineering instructors but each climber and mountaineer can be placed into an emergency situation in the mountains and is obligated and must be able to help. Colleagues dealing with emergency medicine and mountain rescue - MUDr. Roman Vrbka, MUDr. Alexandra Kracíková, Libor Masařík, Martin Honzík, Paul Neumann, David Veselý, Peter Nový, and Robert Bednařík (present virtually by means of a GSM phone, his excellent work "Mountain Rescue" is available on his web site), created a panel discussion on the organization of mountain rescue in the Czech republic.

In 2002, ten years elapsed since the Czech Society for Mountain Medicine was founded by the Medical Commission of the Czech Mountaineering Federation as the successional organization of the Mountain Medicine Section of the Czech Society of Sports Medicine. This Mountain Medicine Section was established in 1990 on the occasion of the 1st Jiří Pelikán's Conference on Mountain Medicine with international participation. Significant publication activity can be dated from the review work "Frostbite and Hypothermia in Mountaineering" (Prague, 1982) with important chapters on high altitude physiology and acclimatization. Since 1985, the Medical Commission of the Czech Mountaineering Federation published a bulletin on health problems of mountaineering each year. It was a great and important event and an honour to welcome the annual meeting of the UIAA Medical Commission and to organize an international mountain medicine conference in 1988 in Prague. Since 1984 in Chamonix it was important for activities of the Czech Society for Mountain Medicine to take part in most UIAA MedCom meetings and many international and world congresses on mountain medicine in the Europe and especially in Austria (often with aid of resident organizations).

For the present, unfortunately, it is not realistic to organize mountain medicine courses in Czechia to obtain an international diploma of mountain medicine. The Czech Society for Mountain Medicine has a representative web page www.horska-medicina.cz.

The future development of the Society and further activities were the subject of the reflection presented by MUDr. Pavel Veselý: improvement of knowledge and skill in the first-aid and rescue technique in extreme and inaccessible mountain environment.

MUDr. Ivan Rotman reported on the 5th World Congress of Mountain Medicine and High Altitude physiology in April 2002 in Barcelona. Very detailed information was published in Bulletin 2002 (available on the web pages of the Society). He has also presented a project of the Czech bibliography on a compact disk.

In the past, before 1989, Czech Mountaineering Federation analyzed every all accidents of the membership. We dispose of detailed statistics in periods 1980 – 1984 and 1985 – 1990 when the number of accidents was above 100 per year. Since that time Medical Commission receives only few accident records so that it becomes impossible to perform a real accident statistic. MUDr. Lucie Bloudková analyzed 47 accident reports in the period 1998 – 2002 and proposed a simplified system of accident reports in the federation.

In the next lectures we could "visit" the highest world mountains: with MUDr. Libor Chrástil Cho-Oyu in 2000 and Pamir in 2002, with MUDr. Jana Kubalová on Khan Tengri in 2001. MUDr. Roman Vrbka reported on acclimatization problems during 7 expeditions to Himalayas in 1995 - 2002 with a case report of high altitude pulmonary oedema. Members of the Society visited also other mountains, wilderness and exotic parts of the Earth: Mgr. Renata Štouračová evaluated the security situation and mountaineering tactic in Cordillera Blanca, MUDr. Jaroslava Říhová and MUDr. Igor Herrmann reported on their trek from Arica to Patagonia in 2002 and MUDr. Ladislav Holub visited Ecuador, but the highest mountain was not reached and the men-eaters were not found.

Report: MUDr. Ivan Rotman, November 2002