

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

REPORT ON THE ACTIVITY 2004 – 2005

The Medical Commission of the Czech Mountaineering Association

The commission informs regularly all mountaineering clubs in the Czech Republic as well as some physicians who are engaged in mountain and rescue medicine in the mountains by a special Bulletin as well as by web pages of the Society for Mountain Medicine in the Czech Republic and Czech Mountaineering Association (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 2004 – Health Problems in Mountaineering" with detailed medical reports from expeditions (Pik Lenin 2002, Annapurna IV in 2003, Island 2003, Ethiopia 2003, National Parks in the USA 2003), news from the Czech Society for Sports Medicine, report on the UIAA Medical Commission Meeting and Mountain Medicine Conference in Copenhagen (September 2003), Congress of mountain rescue physicians in Innsbruck on 8th November 2003 and International Discussion Round Table held by the Working Group for Competition Sports of the UIAA Medical Commission on 17th April 2004 in Erlangen and statistical analysis of the accidents in CMA in last years. The Bulletin is available on the web site and in a limited printed edition.

Society for Mountain Medicine in the Czech Republic

At the present there are 103 members in the Society. The 15th Jiří Pelikán's Memorial Mountain Medicine Seminar on "Contemporary Problems of Mountain Medicine" took place on 26. - 28.11.2004 in Moninec at Sedlec – Prácheň in Middle Bohemia. The main topics were first and foremost:

- High altitude deterioration, exhaustion, hypothermia and human adaptation to cold (Prof. Dr. Zeman from the Institute for Sports Medicine of the Charles University in Plzeň [Pilsen]).
- Effects of the 5 days starvation and dehydration on the man (Ing. Sieger, Czech Technical University, Prague)
- First aid education for mountaineering instructors of the Czech Mountaineering Association according to the UIAA rules.
- Monitoring and prevention of accidents in the mountains in Czech Mountaineering Association as well as of the citizens of the Czech Republic.
- Medical reports of the mountaineering and wilderness expeditions in the last period (hypoxia and pulse oxymetry on Mount Everest 2003, AMS and HAPE on Annapurna IV in 2003, Avalanche tragedy on Chan Tengri 2004, Celebes 2004).
- Management of the advanced stages of frostbites.
- Lightning injury in mountaineers.
- Contemporary piece of knowledge in the physiology and biomechanics in sport climbing (development of the physical fitness in youth by practising sport climbing, physiology of sport climbing, kinesiological examination in sport climbers, influence of weather and load on the rope characteristics; these topics were presented by research workers of the Faculty for Sport Education and Sports of the Charles University in Prague).

The members of our commission and society have elaborated detailed recommendation on medical equipment for climbing and mountaineering activities where a physician is absent

(<http://www.horosvaz.cz/index.php?cmd=page&type=62&article=132>, <http://www.horosvaz.cz/index.php?cmd=page&type=62&article=45>, <http://www.horosvaz.cz/index.php?cmd=page&type=62&article=131>).

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

I have excused myself for UIAA MedCom Meeting in Tehran in 2004 and I have attended the Mountain Medicine Conference on 20 November 2004 in Kaprun.

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