

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

REPORT ON THE ACTIVITY 2005 – 2006

The Medical Commission of the Czech Mountaineering Association

The commission informs regularly about own activity to 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 lectures notes of basic knowledge in the first aid, high altitude medicine and accident prevention for the courses of mountaineering instructors are regularly updated. The yearbook – "Bulletin of the Medical Commission and Society for Mountain Medicine 2005 – Health Problems in Mountaineering" with lectures held on the 15th Jiří Pelikán's Memorial Mountain Medicine Conference in 2004 is available on the web site and is prepared for a limited printed edition (there is the content of the Bulletin 2005 in English on last pages). The CD-ROM "Society for Mountain Medicine 2005" includes not only the lectures mentioned above, but also PowerPoint presentations of these lectures and some other free available recent bibliography concerned with mountain medicine. Some lectures presented on the 16th Jiří Pelikán's Memorial Mountain Medicine Conference in 2005 are published on this CD also.

Dr. Jana Kubalová, Mr. Martin Honzík and Mr. Pavel Neumann continue in teaching and giving the lectures for the climbing and mountaineering instructors (Rock Climbing Instructor – RCI, High Alpine Leader – HAL) and for the members of Czech Mountaineering Association. They also prepare device and produce materials for the first aid education, including the cards with the algorithms for the management of hypothermia, frostbite, acute mountain sickness, etc. They work on the headscarf with the first aid symbols for a management of fractures during outdoor activities nowadays.

Society for Mountain Medicine in Czech Republic

The Society for Mountain Medicine in Czech Republic has ninety active members nowadays.

The 16th Jiří Pelikán's Memorial Mountain Medicine Conference – "Contemporary Problems of Mountain Medicine" organized by Society for Mountain Medicine in close cooperation with Medical Commission of Czech Mountaineering Association took place in Seč-Ústupky in the Eastern Bohemia on 21st – 23rd October 2005.

General Assembly of the Society proceeded on this occasion. Dr. Ivan Rotman has been elected for the president; Dr. Jana Kubalová and Dr. Igor Herrmann for the vice-presidents, Dr. Jaroslava Říhová for the secretary, other members and auditors are Dr. Andrea Pelikánová (treasurer), Dr. Pavel Veselý, Dr. Petr Machold (webmaster, click on: www.horska-medicina.cz), and Ing. Ladislav Sieger and Mr. Martin Honzík (auditors).

The main topics of the conference with twenty-four participants were foremost:

- Report about the UIAA MedCom Meeting and Mountain Medicine Conference on 8th - 11th September 2005 in Aachen (Germany) that was excellent organized by Dr.med. Thomas Küpper. The participants received two CD-ROMs with presented lectures in PowerPoint presentations and many wonderful pictures illustrating this professional and social event. Thank you Thomas very much!
- The medical reports of the mountaineering and wilderness expeditions in the last period were the most important lectures: Dr. Alexander Vatlak presented his experience on Mount McKinley and Dr. Kristina Höschlová talked about her practice, experiences and theoretical conclusions from Mount Everest Expedition. Dr. Libor Chrástil showed the film about the ski-alpinist expedition that attempted the first ski descent of Peak 38 Nepal Himalaya in 2003.
- Mrs. Alena Čepelková, president of the Czech Mountaineering Association, who is an active member of high altitude expeditions, evaluated the importance of the workshop with advanced first aid in conditions where the medical care is unattainable. Dr. Jana Kubalová organized this workshop in 2004.
- Dr. Jaroslava Říhová gave report on cases of frostbite, which she managed in last years.
- Ing. Ladislav Sieger informed about his experiment, when he cooled down his own body during his stay in water with temperature 4°C. His second lecture was about a review on the body heater currently available on the market, evaluated their principles and practical usability.

- Dr. Tomáš Frank concerned with the statistics in Czech mountaineering. Problems of self-rescue, coordination with the rescue organizations, danger of the free hanging position on the rope after a fall (orthostatic intolerance – suspension trauma) were analysed on the accident from High Tatras Area.
- Education and training in first aid and rescue represent the specific role of the Medical Commission among the members of Czech Mountaineering Organisation. Dr. Jana Kubalová and Mr. Martin Honzík informed about courses for the climbing and mountaineering instructors and about plans to organize similar courses for an ordinary members of Czech Mountaineering Organisation.
- Mr. Martin Honzík and Dr. David Tuček, both professionals from Air Rescue of the town Hradec Králové informed about the rescue in sandstone towns in Eastern Bohemia and described few cases with injured rock climbers. They also described and analyzed the rescue action of the avalanche accident on 8th February 2005 on the Polish side of Giant Mountains (Krkonoše).
- Mr. Tomáš Obtulovič presented regular pages about first aid and mountain medicine intended to climbers, mountaineers and skiers in Montana climbing magazine (www.montana.cz) under the name of “First Aid on the Rope – Treat and Rescue on the Rock, Ice and Snow”.

We discuss the possibilities to launch the education of the Mountain Medicine Diploma in the Czech Republic nowadays or perhaps to organize more practicable courses of mountain and expedition medicine for physicians and mountaineers going to high mountains. We also work on the recommendation of the usage of medicaments by non-physicians.

Ivan Rotman attended the UIAA MedCom Meeting and the Conference on Mountain Medicine in Aachen in September 2005 and the 19th Congress of mountain rescue physicians in Innsbruck on 5th November 2005. Tomáš Obtulovič took part in the course “Medical Aspects of Sports Climbing“ (Sportklettern – Sportmedizinische Aspekte) on 8th-11th June 2006 in Obertrubach (Frankische Schweiz, Germany) under Dr.med. Volker Schoffl’s management.

I am very sorry to have to excuse myself that I cannot take part in this year's meeting. Colleague Dr. Jana Kubalová (member of the MedCom of the CMA and vice-president of the Czech Society for mountain medicine, jvobor@quick.cz) will attend the annual meeting instead of me. She is not only very experienced physician in rescue medicine but also active mountaineer, has practice in high mountains and she is very active in education of mountaineering instructors in first aid, rescue and mountain medicine in our association.

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(LK-UIAA-rpt06)

Scarf-dressing with First-Aid algorithms (Mr. Martin Honzík, lector of the Medical Commission of the CMA

Czech Mountaineering Association
Medical Commission
www.horosvaz.cz

and

Society for Mountain Medicine
www.horska-medicina.cz

Bulletin of Medical Commission and Society for Mountain Medicine

Medical Commission and Society for Mountain Medicine 2004 – 2005

15th Jiří Pelikán's Memorial Mountain Medicine Conference – “Contemporary Problems of Mountain Medicine”

Editor:

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Publisher:

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September 2005

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"First Aid on the Rope – Treat and Rescue on the Rock, Ice and Snow"

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Montana Climbing Magazine, Brno, Czech Republic
www.montana.cz



2006

1. *Rescue and First Aid after Avalanche Burying.*
2. *Hanging on the Rope and Trauma from Hanging.*
3. *Fall and its Consequences, Focus on the Spine I.*
4. *Fall and its Consequences, Focus on the Spine II.*
5. *Altitude Illness III – Children at Altitude* (coming out in October).
6. *Storm and Lightning Stroke* (coming out in December).

2005

1. *Hypothermia.*
2. *Frostbites.*
3. *Solar Radiation associated Problems.*
4. *Resuscitation.*
5. *Altitude Illness I – Basic Information.*
6. *Altitude Illness II – High Altitude Cerebral Oedema and Pulmonary Oedema, Usage of the Portable Hyperbaric Chamber and Prophylaxis of the Altitude Illness.*

2007 – Plans:

Themes in the years 2005 and 2006 were mostly intended to mountaineers and skiers. I would like to focus on the rock climbers in the year 2007, which create the biggest group of Czech Mountaineering Association members. So the column will be about medical aspects of Sports climbing, as are Anatomy, Injuries, Prevention, Treatment, Taping, Training, etc. I would like to join on the work and studies of Dr. Ivan Rotman and cooperate with Dr.med. Volker Schöffl.



Scarf-dressing with First-Aid algorithms (Mr. Martin Honzík, lector of the Medical Commission of the CMA)