



ANNUAL REPORT 2019 – 2020 **of the UIAA Medical Commission** **full member MUDr. Lenka Horakova and** **corresponding member MUDr. Ivan Rotman,** **Czech Society for Mountain Medicine and** **Methodical Commission Czech** **Mountaineering Association**

In October 2019 Dr. Lenka Horakova became the President of the Czech Society for Mountain Medicine and took over from her merited predecessor Dr. Ivan Rotman. However, Dr. Rotman stayed very active in the Society. Dr. Jana Kubalova was elected as the Vice-President again.

During the year 2019 the first aid workshops for mountaineering instructors were organized by the Medical Commission of the Czech Mountaineering Association (CMA), led by Dr. Jana Kubalova.

Nevertheless, due to the re-organization of some of the commissions of the CMA, the Medical Commission was disbanded in February 2020, the members and the agenda was taken over by the Methodical Commission CMA, the leader for the medical matters is Dr. Jana Kubalova. The first aid workshops were organized in the year 2020 only partially due to Covid-19 epidemiological restrictions. The postponed workshops are planned for the year 2021.

In September 2020, the Third [International Mountain Medicine Course](#), approved by the UIAA and ICAR Medical Commission and certified with the diploma “DiMM”, organized by Dr. Kristina Höschlova, was launched. This time the course was also attended by a limited number of mountaineers and that opened a unique concept of education, both healthcare professionals (physicians, paramedics) and experienced mountaineers learnt together and from each other. The winter part of the course is planned for March 2021.

The annual symposium called Pelikan's seminar had to be unfortunately cancelled due to epidemiological restrictions. There is a small almanac in preparation which will be published at the occasion of this cancelled ~~seminar~~ ^{seminar} in order to share at least in this way some news from the mountain medicine field.

Dr. Jana Kubalova presented a lecture on mountain medicine topic during a national congress Akutne.cz: on 3 October 2020 she presented [Specifics of acute medicine in the mountains](#).

In 2019, members of our Society attended several medical conferences and meetings, national and international, in 2020 mainly the online versions.

Dr. Lenka Horakova attended the UIAA MedComm meeting in 2019 in Bolzano instead of Dr. Rotman and became a corresponding member of the commission. Following a nomination by the Czech Mountaineering Association in January 2021 she became a full member. She prepared a Czech translation of the UIAA MedCom recommendations on Eye problems in the mountains and also translated the basic information from these recommendations into a short article for lay mountaineers,

published on the web site of the CMA. The rest of the revised recommendations will be translated soon.

Dr. Jaroslava Rihova was involved in the treatment of a young woman who suffered frostbites in January 2020 following a winter mountaineering trip in the Austrian Alps. Dr. Rihova assisted with the repatriation of the patient and took over the management of the frostbite treatment. This interesting case report was published in a national journal Causa Subita, which is intended for broad spectrum of medical readers, mainly general practitioners. Dr. Rotman and Dr. Lenka Horakova translated this article to [English](#), so it is available for more readers. Dr. Ivan Rotman updated a special section of our website designated to [frostbites and hypothermia](#). This section does not contain only basic information regarding first aid and treatment, but also contact details on Dr. Rihova, who is the leading consultant for frostbites in the Czech Republic.

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