

ANNUAL REPORT 2013 – 2014

of the UIAA Medical Commission corresponding member MUDr. Ivan Rotman, Czech Society for Mountain Medicine

In the last period my main task was to prepare detailed reports on three mountain medicine conferences which I have attended in years 2012 and 2013:

- Berg & Sport 2012, Ramsau am Dachstein, 9. – 11. 11. 2012,
- High Altitude Tolerance, Heidelberg, 25. -26. 1. 2013,
- 2nd International Congress New Advances in mountain Medicine and Emergency, Varese 18. – 19. 4. 2013.

On these congresses I gave report at the 24th. Pelikán's seminary „Current Problems of Mountain Medicine – Diagnostic and Therapeutic Methods in Mountains”. More than 70 participants took part at this conference with 25 lectures and presentations in Tatranska Lomnica in the Slovak High Tatras (report enclosed and published). A short illustrated report on the conference can be seen on the web site [Mountainski](#) and I have compiled Proceedings with PWP presentations on www.horosvaz.cz.

Also at this conference Kristina Höschlová (member of the Executive Committee of the Czech Society for Mountain Medicine) presented her just now published translation (from French into Czech) of the handbook *Vade-mecum of Mountain and Travel Medicine (Emmanuel Cauchy: Petit guide médical pour le voyage, 2009)*. This book should read every Czech (or Slovak) speaking mountaineer, see the [detailed and illustrated review by Jan Pala](#).

In November 2013 I took part in the International Congress of Mountain Rescue Doctors in Innsbruck (23. Internationale Bergrettungsärztetagung, Innsbruck ,9. 11 2013).

In December 2013 the Faculty of Physical Education and Sport at Charles University in Prague asked me to elaborate opponent assessment of an inceptor thesis PhDr. Michal Mašek *Hypercapnia and diffusion of gases in an avalanche – (Changes in functional parameters of individuals in a crisis situation)*. [Abstract](#). The aim of this study was to contribute to explanation of mechanisms allowing to survive in an avalanche. Dr. Mašek has formulated two hypotheses: First, breathing from an air pocket in the snow offers continuous oxygen supply and carbon dioxide draining, in contrast of breathing from/into a closed volume. Second, the air pocket size plays principal importance for gas exchange – this fact could not be proved clearly. A small air pocket makes greater demands on breathing effort and exhaustion with resultant hypoxia and increasing hypercapnia are the limiting factors in all probability.

I am trying to update our web site www.horska-medicina.cz regularly.

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MUDr. Ivan Rotman, President of the Czech Society for Mountain Medicine (www.horska-medicina.cz). Contact: CZ-407 13 Ludvíkovice 71, Czech Republic. E-Mail: i.rotman@volny.cz, www.rotman.cz

24th. Pelikán's seminary

„Current Problems of Mountain Medicine – Diagnostic and Therapeutic Methods in Mountains”

Czech Society for Mountain Medicine (SHM)

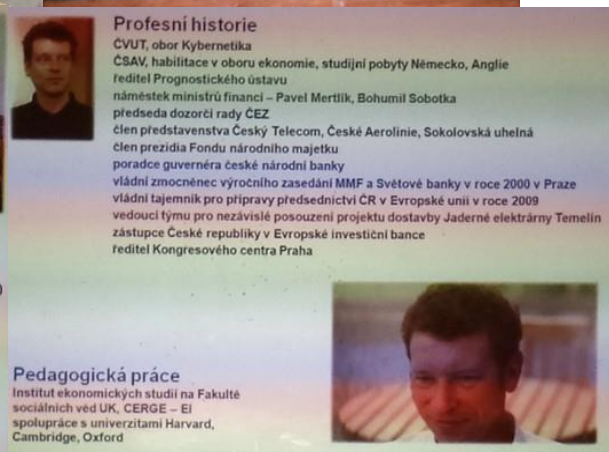
and Medical Commission of the Czech Mountaineering Federation (CMF)

Sasanka, Tatranská Lomnica, Vysoké Tatry, Slovensko, 26th. – 27 th. October 2013

Traditional annual conference on mountain medicine in year 2013 took place in wonderful sunny autumn Slovak mountains High Tatras in the Hotel “Windflower” in Tatranská Lomnica organized by members of the Medical Commission of the Slovak Mountaineering Federation.



During two days more than 70 participants have looked down and heard 25 lectures and presentations. Two practical demonstrations – rescue of a paraglider from a tree and training of dogs for avalanche rescue – were showed too (4). In the evening of the first day we reminisced deceased Slovak and Czech mountaineers. In June 2013 Anton Dobeš and Peter Šperka, members of mountain rescue service, were killed by terrorists at Nanga Parbat Base Camp (3). In August 2013 Zdeněk Hrubý (1, 2), President of Czech Mountaineering Federation, slipped and fell from a height of almost one thousand meters during the descent on Gasherbrum I.



As a rule, all presentations were at the highest level. The first great part of the conference dealt with “avalanche medicine” centred on rescue and prevention as well as exposure to cold: *Avalanche airbags and transceivers* (Marek Biskupič), *Accidental hypothermia in 100 manners* (Martin Honzík), *Accidental hypothermia and frostbite – news from the world, high altitude illness and case reports* (Kristina Höschlová), *Avalanche rescue and accident – one short inquiry* (Ivana Sikulová), *Shoveling techniques and first aid after extrication* (Ivana Sikulová), *Critical evaluation of inflatable avalanche bags – reality versus statistics* (Jan Pala), *Avalanche prevention and dangers of heli-skiing in British Columbia* (Jan Pala), *Treacherous frostbite – the treatment* (Jaroslava Říhová), *Polytrauma, bleeding and impact of cold* (Marcel Mišák).

In a short communication K. Höschlová gave information about special medical studies and training in *Contemporary education possibilities in mountain medicine* and presented her just now published translation (from French into Czech) of the handbook *Vade-mecum of Mountain and Travel Medicine* (Emmanuel Cauchy: *Petit guide médical pour le voyage*, 2009). Without overemphasis it has to be said that this book should read every mountaineer, see the [detailed and illustrated review by Jan Pala](#).



After two above mentioned practical demonstrations the program continued with the lecture on *Mountain guides in Slovakia* (Michal Gerčák), then *Collaboration of Tatra Mountain Rescue with Air Rescue* (Marek Rigda and Robert Bednařík). Karel Pazourek told with a little funny air about his *Fall into a glacier crevasse in the Alps* and attendees could see a nice film on *The first air helicopter rescue in High Tatras*.

In the evening after remembrance of deceased mountaineers we heard account on *Czech and Slovak skialpinistic trip to Kamchatka* (Jan Pala) and on event in Turkey *Ascent of Ararat* (Vladimír Vinduška).

On the second day morning the conference proceeded with following presentations: *Case report on 9m fall on climbing wall* (Robert Bednařík), Ivan Rotman’s reports on mountain medicine congresses *Mountains and Sport* (Ramsau/Dachstein 2012), *High Altitude Tolerance* (Heidelberg 2013) and *New Advances in Mountain Medicine and Emergency* (Varese 2013). Martin Honzík talked about one *Climbing accident caused by wrong rope technique* and Lucie Bloudková about *Accidents in Czech mountaineering in 2013*. After many years one special topic appeared on the agenda again – that is *Outdoor Psychology*. Martin Pospíchal concerned with *Psychology for Mountaineers: safety, fear and risk* and promised to continue doing next lectures on this subject at following meetings and to give lectures on outdoor psychology at the Charles University in Prague in 2014.

In a closing presentation with a movie *Mountain Huts in High Tatras – in the Past and in this Day and Age* Mrs-Iveta Bohušová ([Publishing House I&B Tatranská Lomnica](#)) invited participants of the conference to visit wonderful nature of local high mountains. Concurrently with the conference also her book exhibition was held. Since 1992 17 historical generously illustrated books concerning with High Tatras were published.

A short illustrated report on the conference can be seen on the web site [Mountainski](#) and [Proceedings](#) with PWP presentations on [www.horosvaz.cz](#).

MUDr. Ivan Rotman

[1](#), [2](#), [3](#) articles on the web, [4](#) video on YouTube