

UIAA Medcom yearly reports 2014

Contents

CANADA – Yasser El-Sheikh	1
CZECH REPUBLIC – Ivan Rotman	2
GERMANY – Volker Schöffl.....	5
GERMANY – Thomas Küpper.....	7
IRAN – Hamid Mosaedian.....	10
ITALY – GS Roi.....	10
ITALY – Enrico Donegani.....	11
ITALY – Giancelso Agazzi	11
JAPAN – Shigeru Masuyama.....	12
JAPAN – Japanese Society of Mountain Medicine	13
NEPAL – Buddha Basnyat	13
NETHERLANDS – Heleen Meijer, Marieke van Vessem, Rianne van der Spek	14
NORWAY – Halvard Stave.....	15
SWEDEN – Johan Holmgren	16
SWITZERLAND – Urs Hefti	16
UK –	17
USA – George Rodway.....	17
Norway- Havard Stave.....	18

CANADA – Yasser El-Sheikh

Annual Report from UIAA Medcom Corresponding Member, Toronto, Canada:

Dr. Yasser El-Sheikh, MD FRSC(C), Plastic Surgeon, Surgery of the hand, wrist and peripheral nerve

Greeting from Toronto, Canada All!

Last June, Toronto hosted its first every Bouldering World Cup event. The weekend ran very smoothly, with competitors from North America, South America, Europe and Asia putting on a great show for the city. We look forward to hosting our second consecutive Bouldering World Cup this weekend (May 31-June 1, 2014).

We travelled to Germany last summer, where I attended Drs. Volker and Isa Schoeffl's Climbing Medicine Conference in Frankejura. Many papers on mountain medicine, sport climbing and exercise science were presented by an international panel of speakers. Having derived much inspiration from this exciting meeting, I have since been working with our national sport climbing team and climbing gyms around the country to implement safe and effective strength training practices in our competitive athletes and recreational climber alike.

Finally, we have just completed our national climbing magazine's first article on sport climbing injuries, which we hope will be the flagship article in a series of publications to come:

El-Sheikh, YE. Climber's Finger: Closed rupture of the finger flexor pulley system. Grippid: The Climbing Magazine. June/July 2014. 16 (3). *(to print this month)*

CZECH REPUBLIC – Ivan Rotman

Czech Soc Mountain Medicine

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.

9. 4. 2013

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”

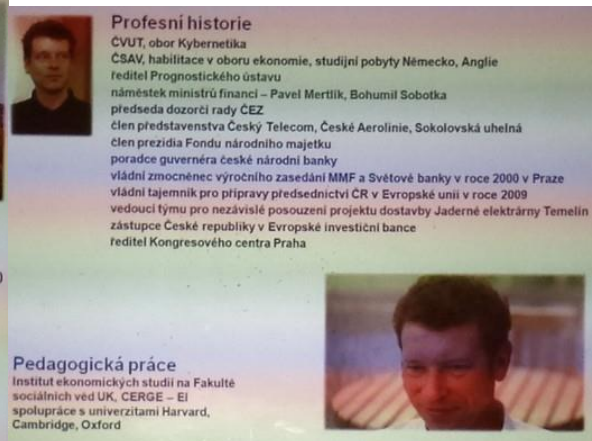
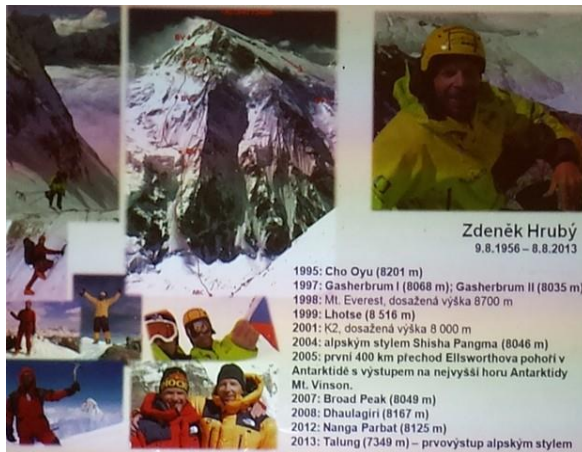
Czech Society for Mountain Medicine (SHM)
and Medical Commission of the Czech Mountaineering Federation (CMF)

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

GERMANY – Volker Schöffl

Annual Report 2014, Prof.Dr.Volker Schöffl, Germany

Dear all friends,

2013 was a busy year with our first international course of climbing medicine in Obertrubach. As we did the course in German language already 5 times, we now conducted it internationally and in English language. With more than 30 people from around the globe we had a successful meeting. We performed several scientific papers, see below, and a new edition of our book on Climbing Injuries in German language. As a member of the IFSC

MedCom we conducted a study on injuries in the Climbing World Cup and also performed BMI monitoring.
Best regards, Volker

Original research papers 2013/14

109. Donegani E, Hillebrandt D, Windsor J, Gieseler U, Rodway G, Schöffl V, Küpper T (2014)

Pre-existing cardiovascular conditions and high altitude travel
Travel Med Infect Dis, Epub 2014, March 2.

108. Heid A, Popp D, Schöffl V (2013)

Traumatic peroneal tendon dislocations in rock climbers “the climbers pulley lesion of the foot”

Med Sport 2013, 17 (4), 188-192

107. Schöffl V, Burtscher E, Coscia F (2013)

Injuries and medical incidences during the IFSC 2012 Climbing World Cup Series
Med Sport 2013, 17 (4), 168-170

106. Hochholzer T, Schöffl V (2013)

Overuse bone marrow edema of the hands in sport climbers

Überlastungsbedingte Knochenödeme der Hand bei Sportkletterern
Sport Orthop Traumatol 29, 3, 219-224

105. Bayer T, Schöffl V, Lenhart M, Herold T (2013)

Epiphyseal stress fractures of finger phalanges in adolescent climbing athletes: a 3.0-Tesla magnetic resonance imaging evaluation

Skeletal Radiol. 2013 Aug 7. [Epub ahead of print]

104. Schöffl V, Küpper T (2013)

Feet Injuries in Rock Climbers

World J Orthop 2013; 4(4): 218-228

103. Schöffl V, Hoffmann G, Küpper T (2013)

Acute Injury Risk and Severity in Indoor Climbing - a prospective Analysis of 515337 Indoor Climbing Wall Visits in 5 Years

Wild Env Med 24 (3), 187-94, Epub 19.7.2013

102. Popp D, Schöffl V (2013)

Shoulder SLAP and biceps tendon repair

Minerva Ortop Traumatol 64, 247-63

101. Küpper T, Hillebrandt D, Steffgen J, Schöffl V (2013)

Safety in Alpine Helicopter Rescue Operations – Minimal Requirements of Alpine Skills for Rescue Personnel

Ann Occup Hyg 19.6.2013 Epub, 57,9,1180-88

100. v.d.Giet S, Jansing P, Schöffl V, Küpper T (2013)

Reduzieren moderne Helikopterkonstruktionen die Lärmexposition bei Luftrettungseinsätzen?

Arbeitsmed Sozialmed Umweltmed 48(6): 330-337

99. Hochholzer T, Straub G, Schöffl V, Bayer T (2013)
Knöchel Stressreaktionen der Hand bei jugendlichen Sportkletterern
Alp Med Rundbrief 48, 20-25.

98. Küpper T; Jansing P, Schöffl V, Schröder S (2013)
Does modern helicopter construction reduce noise exposure in helicopter rescue operations?
Ann Occup Hyg, 2012, 57 (1), 34-42, Epub Sept.24.2012

GERMANY – Thomas Küpper

Country Report 2014 for UIAA MedCom

Dear all,

This year was very busy! Here is the list of the activities:

1. Courses:

- Travel medicine and Mountain Medicine for Students of RWTH Aachen University
- Sports Medicine Course for Students of RWTH Aachen University
- Emergencies in the field - Course for Students of RWTH Aachen University

2. Lectures

- 27 lectures about high altitude, mountain or travel medicine at symposia or medical trainings of physicians

3. Books

- [”Modern Aviation medicine”], Gentner, Stuttgart, 2014, pp. 696

4. Papers

Most papers of 2013 deal with occupational safety in mountain rescue:

Küpper, T.; Jansing, P.; Schöffl, V.; Schröder, S.

Does modern helicopter construction reduce noise exposure in helicopter rescue operations?

Ann Occup Hyg.57(1): 34-42 (2013) doi: 10.1093/annhyg/mes048

Scholl, C.; Lieberz, W.; Jansing, P.; Küpper, Th.

The Fukushima accident and travel medicine - analysis and recommendations

J Travel Med Inf Dis (TMAID) 11(1): 1-7 (2013)

Doi: 10.1016/j.tmaid.2013.03.011

Hardt, A.; Zimmer, B.; Conrad, G.; Jansing, P.; Küpper, Th.

Lärmexposition auf Ambulanzflügen und bei Repatriierungen

Arbeitsmed Sozialmed Umweltmed 48(6): 324-329 (2013)

van der Giet, S.; Jansing, P.; Schöffel, V.; Küpper, Th.

Reduzieren moderne Helikopterkonstruktionen die Lärmexposition bei Luftrettungseinsätzen?

Arbeitsmed Sozialmed Umweltmed 48(6): 330-337 (2013)

Schöffl, V.; Hoffmann, G.; Schöffl, I.; Küpper Th.

Acute Injury Risk and Severity in Indoor Climbing - a prospective Analysis of 515337

Indoor Climbing Wall Visits in 5 Years

DOI: 10.1016/j.wem.2013.03.020

Wilderness Environm Med 24(3): 184-197 (2013)

Küpper, Th.; Hillebrandt, D.; Steffgen, J.; Schöffl, V.

Safety in alpine helicopter rescue operations - minimal requirements of alpine skills for rescue personnel

Ann Occup Hyg 57(9): 1180–1188 (2013)

Heggie, T.; Küpper, Th.
 Sand an Touristenstränden – eine unterschätzte Gefahr
 Arbeitsmed Sozialmed Umweltmed 48(10): 612-615 (2013)
 This year some more papers have been accepted or published already this year (2014):
 Drastig, J.; Küpper, Th.
 Gibt es geschlechtsspezifische Verletzungsmuster beim Sportklettern?
 Dtsch Z Sportmed 65(3): 66-71 (2014)
 Küpper, Th.; Rieke, B.; Neppach, K.; Martin, J.
 Health Hazards and Medical Treatment of International volunteers aged 18 to 30 years
 in social projects of non-governmental organizations
 Tavel Med Infect Dis, in press
 Doi: 10.1016/j.tmaid.2013.11.004
 Küpper, Th.; Hettlich, M.; Horz, J.-P.; Lechner, K.; Scharfenberg, C.; Conrads, G.; Yekta,
 S.S.; Lampert, F.; Gore, C.
 Dental Problems and Emergencies of Trekkers—Epidemiology and Prevention.
 Results of the ADEMED Expedition 2008
 High Alt Med Biol 15(1): 39-45 (2014)
 Donegani, E.; Hillebrandt, D.; Windsor, J.; Gieseler, U.; Rodway, G.; Schöffl, V.; Küpper,
 Th.
 People with Pre-existing Cardiovascular Conditions Going to the Mountains -
 Consensus Statement of the Medical Commission of the Union Internationale des
 Associations d'Alpinisme (UIAA MedCom)
 Travel Med Inf Dis (TMAID), in press
 Küpper, Th.; Steffgen, J.; Morrison, A.; Milledge, J.; Schöffl, V.
 Who is fit for resuscitation? - Workload and minimal requirements for the
 cardiopulmonary system
 Int Arch Occup Environ Health, in press

5. Posters
 Scharfenberg, C.; Lechner, K.; v.d. Giet, S.; Hettlich, M.; Schöffl, V.; Küpper, T.
 The imperative requirement for specific first aid and emergency knowledge and
 experience whilst trekking in remote areas - Results from 1st ADEMED (Aachen
 Dental and Medical) Expedition 2008
 Jahrestagung der ARGE Alpinmedizin, der Österreichischen Gesellschaft für Alpin- &
 Höhenmedizin und der Österreichischen Gesellschaft für Sport- und Präventivmedizin,
 Ramsau / Dachstein, 9.-11.11.2012
 Abstract in: Alpinmedizinischer Rundbrief 48(1): 12 (2013)
 Lechner, K.; Scharfenberg, C.; Hettlich, M.; Schröder, S.; Küpper, T.
 Risk Management of Trekkers
 Jahrestagung der ARGE Alpinmedizin, der Österreichischen Gesellschaft für Alpin- &
 Höhenmedizin und der Österreichischen Gesellschaft für Sport- und Präventivmedizin,
 Ramsau / Dachstein, 9.-11.11.2012
 Abstract in: Alpinmedizinischer Rundbrief 48(1): 11 (2013)
 Risse, J.; Timmermann, L.; Apel, C.; Bartz, N.; Bertsch, D.; van der Giet, S.; Grass, M.;
 Gschwandtl, C.; Kühn, C.; Müller-Ost, M.; Schmitz, S.; Wernitz, K.; Küpper, T.
 Trinkwasserhygiene der Quellen in der Solo Khumbu-Region, Nepal – Ergebnisse der
 2. ADEMED-Expedition 2011
 Jahrestagung der ARGE Alpinmedizin, der Österreichischen Gesellschaft für Alpin- &
 Höhenmedizin und der Österreichischen Gesellschaft für Sport- und Präventivmedizin,
 Ramsau / Dachstein, 9.-11.11.2012
 Abstract in: Alpinmedizinischer Rundbrief 48(1): 12 (2013)
 Drastig, J.; Küpper, Th.
 Sportklettern bei Schwangerschaft

Jahrestagung der ARGE Alpinmedizin, der Österreichischen Gesellschaft für Alpin- & Höhenmedizin und der Österreichischen Gesellschaft für Sport- und Präventivmedizin, Ramsau / Dachstein, 9.-11.11.2012

Abstract in: Alpinmedizinischer Rundbrief 48(1): 8 (2013)

Drastig, J.; Küpper, Th.

Ist Sportklettern in der Schwangerschaft sicher?

Jahrestagung der ARGE Alpinmedizin, der Österreichischen Gesellschaft für Alpin- & Höhenmedizin und der Österreichischen Gesellschaft für Sport- und Präventivmedizin, Ramsau / Dachstein, 9.-11.11.2012

Abstract in: Alpinmedizinischer Rundbrief 48(1): 8 (2013)

Küpper, T.; Schöffl, V.; Basnyat, B.; Milledge, J.; Steffgen, J.; N. Heussen, N.; Meyer, B.
Borg's Scale at High Altitude

Jahrestagung der ARGE Alpinmedizin, der Österreichischen Gesellschaft für Alpin- & Höhenmedizin und der Österreichischen Gesellschaft für Sport- und Präventivmedizin, Ramsau / Dachstein, 9.-11.11.2012

Abstract in: Alpinmedizinischer Rundbrief 48(1): 10 (2013)

Küpper, T.; Lechner, K.; Scharfenberg, C.; Schröder, S.; Gore, C.; Lampert, F.; Hettlich, M.
Trekking don't have teeth? – The need for dental First Aid knowledge when travelling abroad. Data from the 1st ADEMED Expedition 2008

Jahrestagung der ARGE Alpinmedizin, der Österreichischen Gesellschaft für Alpin- & Höhenmedizin und der Österreichischen Gesellschaft für Sport- und Präventivmedizin, Ramsau / Dachstein, 9.-11.11.2012

Abstract in: Alpinmedizinischer Rundbrief 48(1): 10 (2013)

Schöffl, V.; Schöffl, I.; Schwarz, U.; Hennig, F.; Küpper, Th.

Injury risk evaluation in water ice climbing

Jahrestagung der ARGE Alpinmedizin, der Österreichischen Gesellschaft für Alpin- & Höhenmedizin und der Österreichischen Gesellschaft für Sport- und Präventivmedizin, Ramsau / Dachstein, 9.-11.11.2012

Abstract in: Alpinmedizinischer Rundbrief 48(1): 13 (2013)

Küpper, T.; Jansing, P.; Schöffl, V.; Schröder, S.

Does modern helicopter construction reduce noise exposure in helicopter rescue operations?

Jahrestagung der ARGE Alpinmedizin, der Österreichischen Gesellschaft für Alpin- & Höhenmedizin und der Österreichischen Gesellschaft für Sport- und Präventivmedizin, Ramsau / Dachstein, 9.-11.11.2012

Abstract in: Alpinmedizinischer Rundbrief 48(1): 10 (2013)

Müller-Ost, M.; Schmitz, S.; Apel, C.; Bartz, N.; Bertsch, D.; Grass, M.; Gschwandtl, C.; Kühn, C.; Risse, J.; Timmermann, L.; van der Giet, S.; Wernitz, K.; Küpper, Th.

Cardiovascular risk profiles and pre-existing conditions in trekkers - an epidemiological study in the Solo Khumbu region, Nepal. Data from the 2nd ADEMED-Expedition 2011

Jahrestagung der ARGE Alpinmedizin, der Österreichischen Gesellschaft für Alpin- & Höhenmedizin und der Österreichischen Gesellschaft für Sport- und Präventivmedizin, Ramsau / Dachstein, 9.-11.11.2012

Abstract in: Alpinmedizinischer Rundbrief 48(1): 11 (2013)

Schuppan, J.; Schröder, S.; Schöffl, V.; Schwarz, U.; Küpper, Th.

Notfälle beim Begehen von Klettersteigen und Erste-Hilfe-Kenntnisse der Akteure

Jahrestagung der ARGE Alpinmedizin, der Österreichischen Gesellschaft für Alpin- & Höhenmedizin und der Österreichischen Gesellschaft für Sport- und Präventivmedizin, Ramsau / Dachstein, 9.-11.11.2012

Abstract in: Alpinmedizinischer Rundbrief 48(1): 13 (2013)

Gindullis, M.; Netzer, N.; Küpper, Th.

Schlafphasen und Schlafarchitektur bei maximal fraktioniertem Schlaf und Körperlicher Belastung

Jahrestagung der ARGE Alpinmedizin, der Österreichischen Gesellschaft für Alpin- & Höhenmedizin und der Österreichischen Gesellschaft für Sport- und Präventivmedizin, Ramsau / Dachstein, 9.-11.11.2012

Abstract in: Alpinmedizinischer Rundbrief 48(1): 9 (2013)

Timmermann, L.; Apel, C.; Bartz, N.; Bertsch, D.; Grass, M.; Gschwandtl, C.; Kühn, C.; Müller-Ost, M.; Risse, J.; van der Giet, S.; Schmitz, S.; Wernitz, K.; Küpper, Th.

Trinkwasserdesinfektion von Reisenden im Solo Khumbu / Mt.Everest-Gebiet, Nepal – Ergebnisse der ADEMED-Expedition 2011

Jahrestagung der ARGE Alpinmedizin, der Österreichischen Gesellschaft für Alpin- & Höhenmedizin und der Österreichischen Gesellschaft für Sport- und Präventivmedizin, Ramsau / Dachstein, 9.-11.11.2012

Abstract in: Alpinmedizinischer Rundbrief 48(1): 12 (2013)

The first results of ADEMED Expedition 2011 to Solo Khumbu have been presented at several meetings. It is planned to finalize the theses this year and to publish the results. We'll report about this at the next UIAA MedCom meeting.

RWTH Aachen University / Germany

May. 21st, 2014

- Prof. Dr. Th. Küpper -

IRAN – Hamid Mosaedian

Hamid is now managing the search and rescue and Safety Committee for the Mountaineering Federation of IRAN

ITALY – GS Roi

International Skyrunning Federation

Regarding the meeting in Bolzano, I can say that the activity of the ISF (International Skyrunning Federation) is mainly dedicated to the organization of different competitions around the world and personally I am involved in two aspects: 1) the medical certification for sports participation and 2) safety and injury prevention.

One of the most debated questions is: it is dangerous to run downhill? So we are studying the prevalence of knee problems by the KOOS questionnaire (a validate questionnaire related to osteoarthritis), and I wrote a paper (630 questionnaires) that is presently submitted to a scientific journal. I'm planning to submit the same questionnaire to all the participants in an ultraskymarathon (80 km) in the Dolomites next July.

From 2012, we are also involved in a project named "How Skyrunners breathe?" in cooperation with the University of Ferrara (Prof. Annalisa Cogo), and in the Bolzano Conference we will do a free presentation on this topic.

I participated in the course of Mountain Medicine organised by University of Padua with a lesson on applied physiology and training, so I'm interested on the education of physicians because I think that training is very useful for prevention.

Waiting to meet you in Bolzano.

All the best.

GS Roi

ITALY – Enrico Donegani



CAI Centrale, Via Petrella, 19 - 20124 Milano

Tel. 02.205723.1 – Fax 02.205723.201

UIAA MEDCOM

Annual Report 2012 - 2013

Enrico Donegani

Recommendation No. 21. “PEOPLE WITH PRE-EXISTING CARDIOVASCULAR CONDITIONS GOING TO THE MOUNTAINS” (in collaboration with Thomas Küpper,

David Hillebrandt, Jim Milledge, Ulf Gieseler & Jeremy Windsor) published on TMAID.

Lectures on cardiovascular problems at high altitude held in the following congress:

2nd International Master Course in Mountain Medicine – University of Varese

(Bolzano, 25.11.2013 – Varese, 28.11.2013)

Cardiovascular Diseases & Mountain

Doping & Mountain

In-hospital Treatment of Hypothermic Patient

ITALY – Giancelso Agazzi

Annual Report 2012-2013

Giancelso Agazzi MD

Italian Alpine Club Med. Com.

Lecture on Hot Pathologies

2nd International Master Course in Mountain Medicine – University of Varese

(Mosso Hut , 3.07.2013)

"Progetto Vetta" Italian Alpine Club of Lombardia , 2011-2013 "Vademecum for elderly people in mountains"

AND

We are planning to hold the next 1015 meeting in Greece and Alexandra's provisional ideas are pasted below for consideration:

"Dear David

Some quick information (I will be back with details soon)

Kalymnos is connected directly to Athens by flight(40 min. Otherwise one can fly to Kos island and then take a boat (2 h) to Kalymnos and taxi (30-40min) to Masouri village. From Athens by boat (could take 10 h) From the airport is 5-10 min taxi drive to Masouri village and Myrties where all the climbers stay as most of the rocks are nearby even on foot.

Especially from Myrties there is a little boat(10 min sail) every hour to Telendos island (900m)from the coast (perfect with sea kayaking which you can rent either side)where you can stay and climbing as well.

Personally I prefer when with children as it is not so hot, without mosquitos, quite as it can get with no vehicles at all. It looks like a peak in the sea and it is perfect for hiking and unclimbed routes) The conference room will not be a problem as there are hotels in Masouri Accommodation approximately 40-60 euros/night.

There is a detailed climbing guide for Kalymnos and you can find routes for all levels and all time of day in order to be in shade There is a shop for climbers I will contact about hiring climbing gear I am sure we can bring basics Weekend mid does not matter Eastern time can be hard and busy best time Spring or Autumn It almost never rains even in winter you can climb in the sun Excellent sea food and wine in good prices

>

I will be back with more details

Optimum I will do family holidays in Telendos this August as I have done for some years

Best wishes to all and Sally
Alexandra"

JAPAN – Shigeru Masuyama

Activities of Medical-Scientific Committee of the Japanese Mountaineering Association in 2013.

1. Publishing "Non-Caucasian and High Altitude" by Kozo Matsubayashi & Kiyohito Okumiya, which proved specific adaptation to highland hypoxia of Non-Caucasian Highlanders.
2. Medical supporting of mountain trail runners
3. Medical supporting of young elite indoor climbers
4. Supporting DIMM course by Japanese Society of Mountain Medicine
<http://www.jsmmed.org/pg69.html>
5. Supporting Mountain First Aid course by Japanese Society of Mountain Medicine
http://www.jsmmed.org/firstaid/fa_index.html
6. Supporting NPO "Valid Utilization of Mt. Fuji Weather Station"
<http://npo.fuji3776.net/index.html>

Thank you

Shigeru MASUYAMA, M.D., Ph.D.
Director of Japanese Mountaineering Association(JMA)
President of Medical-Science Committee of JMA

Kishi Memorial Hall, 1-1-1 Jinnan Shibuyaku, Tokyo 150-8050 Japan
phone; [+81-3-3481-2396](tel:+81-3-3481-2396)
e-mail; s_masu@za2.so-net.ne.jp

JAPAN – Japanese Society of Mountain Medicine

We, Japanese Society of Mountain Medicine, have to make a presentation, because we have already started our DIMM course certified by Buddha, Fidel and Narco in 2010 and it steadily advanced as we reported at 2011 meeting in Are and at 2012 meeting in Taipei.

Our DIMM course is composed of 140 hours lecture/workshop/technical programs which was supported by the Japanese Mountaineering Association(JMA), the National Mountaineering Research Institute and the rescue organizations by local governments.

More than 130 medical doctors and 10 nurses, who were allowed to participate in 2014, interested in Mountain Medicine participated in this program and more than ten had a degree of Mountain Medicine.

We also started Mountain First Aid program for non-medical people in 2013, which got great success.

The Japanese Mountaineering Association(JMA) and the National Mountaineering Research Institute organized a lot of lecture courses of mountain rescue

NEPAL – Buddha Basnyat

UIAA Medcom: Report from Nepal, 2013-2014.

The Mountain Medicine Society of Nepal (MMSN) and the Himalaya Rescue Association(HRA) in Nepal continue to work together to enhance the understanding of mountain medicine in the Himalayas. While the HRA is primarily involved with staffing the aid posts in Manang and Pheriche and looking after the sick patients that show up in the aid posts, the MMSN has been primarily involved in educating young doctors in mountain medicine, especially with our flagship programme, the Diploma in Mountain Medicine. The third diploma programme was carried out this year in the Langtang Valley, a change from our previous venue in the Khumbu. This change was necessitated for logistic reasons, and it was also a good idea to check out a new venue for this course. Langtang Valley turned out to be very useful for us (as we did not have to wait for days for the weather to clear to fly to Lukla) and the Diploma programme went off smoothly with tremendous international collaboration including doctors and trainers from the UK, Canada, Italy, Switzerland, France, and Australia. This Nepal Diploma is unique in that it has a large number of foreign participation which makes it interesting for both the local and international participants as most diploma programmes usually only have participants from the country where it is being held. In addition the Nepali mountain guides who took part as trainers in the course were able to interact with guides from Switzerland and Italy and both groups learnt new perspectives on guiding in the Himalayas. Crucially, young Nepali doctors learnt to work with local guides and learn from them. Also this opportunity provided the young doctors to teach the local guides about specifics of altitude sickness as many guides had a “hazy” understanding of hypoxia and altitude sickness and relevant medicines. It was felt that because the guides are

the first to deal with medical problems while guiding in the Himalayas (especially on the 8000m peaks), they needed to be more knowledgeable about altitude sickness and the medicines used and also be able to administer drugs like Diamox, dexamethasone and nifedipine properly when necessary at high altitudes where a doctor may not be available. Through funding from the Farrar Foundation the Nepali doctors were also able to “make up” for their lack of practical skills (for example wearing a harness, wall and rock climbing, tying knots properly etc) so that they would be on par with the Western participants in the Diploma course. They practiced months before the actual Diploma course and the results were clear for all to see.

During the tragic avalanche this spring in the Everest region, three of the Nepali doctors that had completed the Diploma course were on hand at the Base Camp ready to help out.

A recent Newsletter about the activities of the MMSN has been published.

Finally MMSN doctors also took part in research involving indoor air pollution in the Himalayas and its pulmonary and cardiovascular effects and some articles resulting from these studies are in press. A randomized controlled trial involving paracetamol and ibuprofen in the prevention of AMS is the next research being planned.

All in all, a very fruitful year for mountain medicine enthusiasts in Nepal.

Buddha Basnyat.

NETHERLANDS – Heleen Meijer, Marieke van Vessem, Rianne van der Spek

Annual medcom activity report from the Netherlands

September 2013 - April 2014

Workshops and lectures

- On the annual ‘NKBV Mountain Sports Day’ (March 2014) medcom was present with a lecture on the Dutch Medical Research Expedition (DMRE).
- The Medcom offers yearly workshops on mountain sickness (spring) and hypothermia (autumn) for all interested NKBV members. In these workshops we explain several altitude related health problems by discussing case reports.
- On the annual meeting for NKBV climbing and hiking instructors (November 2013) the Medcom provided a lecture on altitude related problems and dietary requirements at altitude. This meeting aims to provide opportunity for all staff to keep their knowledge up to date (monitored via accreditation system).
-

Research

- The NKBV Medcom provides €1500/year to support Dutch research into mountain medicine. In 2013 we supported the Dutch Medical Research Expedition (DMRE).
Marieke van Vessem and Remco Berendsen will both present a poster at the ISMM2014 and they are looking forward to hear your remarks and discuss their results with you ☺

Publications

- In 2014 we started a column in ‘de Hoogtelijn’ (NKBV member’s magazine). Every issue we focus on a different altitude related problem.
- In February 2014 Marieke van Vessem and Remco Berendsen were interviewed by ‘de Hoogtelijn’ about their research project (DMRE) in Capanna Regina Margherita (summer 2013).

- In June 2014 Mieke Acda will publish an article in 'de Hoogtelijn' titled 'Facts and myths about food and drinks'.
- Marieke van Vessem and Remco Berendsen published a paper on prevention of AMS with acetazolamide in a Dutch Journal for general practitioners (Van Vessem ME, Kayser B, Stijnen T, Berendsen RR. Prevention of acute mountain sickness with acetazolamide. Huisarts Wet 2013;56(12): 610-5.)
- The UIAA medcom recommendations and the Medex booklet are (still ;) being translated into Dutch.

Other

- After many years of Medcom commitment and dedication Heleen Meijer decided to resign as representative for the UIAA Medcom, she will hand down the position to Marieke van Vessem and Rianne van der Spek.
- Remco Berendsen will replace Martijn Groenendijk as Dutch representative in the ISMM.
- In recent years we were lucky to welcome quite a few new members. Therefore in December 2013 we organised a teambuilding weekend to get to know each other and discuss ongoing projects. With the help of an organisational coach we identified aims and goals for the upcoming years, and Frits Vrijlandt and his family joined us for a very enjoyable dinner.
- The Medcom supervises accreditation for first aid training and continued outdoor medical education for NKBV instructors and tour leaders. In 2014 we will start developing a new programme with increased emphasis on integrating first aid training with other practical training, and on coordination of emergency situations. For example, short practice session focussing on group dynamics on hike back to the hut instead of 'dry' theoretical training indoors.
- Outdoor Medicine (a non-profit organization representing the Dutch Expedition & Wilderness Medical Society) organises a Dutch Mountain Medicine course for medics in association with the NKBV, which will take place in the Alps in the summer of 2014. Members of the Medcom will provide lectures and help develop the programme. Remco Berendsen will investigate the possibility of expanding this course into a fully accredited DiMM course.
- Marloes Bolman (September 2013) en Remco Berendsen (April 2014) participated in an AWLS course of Outdoor Medicine. Marloes was invited to become an AWLS instructor and started her training in April 2014.
- As of March 1st 2014, Edith Kortekaas and her husband work at the HRA clinic in Pheriche for a few months.

NORWAY – Halvard Stave

Country report Norway 2013/2014

The last years The Norwegian Society of Mountain Medicine (NFS, founded 2004) has been working intensely with our Diploma program. First course will finish in June 2014, and second course starts up in September this year.

Our members have also been arranging four different smaller mountain medicine courses, in addition to the yearly bigger Mountain Medicine Wintercourse at Ustaoset. We have also supervised most of the bigger Norwegian polar and high altitude expeditions in 2013.

One AWLS course is held in Norway in 2013.

On-going studies on hypothermia and frostbites will hopefully generate some papers to the next country report.

Halvard Stave, Norway

SWEDEN – Johan Holmgren

Report of activities 2013/2014 Sweden

Since last UIAAMEDCom meeting in Poland in September 2013, members of the Medical Commission from of the Swedish Climbing Federation have had first aid courses for climbers, a lecture in hypothermia and local frostbite has been held for members of “Svenska Fjällklubben”. We are also part of a research project in collaboration with the swedish skialpinists.

A new homepage for the Swedish Climbing Federation has been created and can be found under bergsport.se , press navigation, then säkerhet&medicin and you will find information of some of our activities.

Dr Erik Gustafsson is from 2014-03-29 president of our medical commission.

Johan Holmgren, Sweden.

(Member UIAA MedCom)

SWITZERLAND – Urs Hefti

Urs Hefti, MD

Swiss Alpine Club, Swiss Society of Mountain Medicine

Many activities are on the way and the work in the international group is highly appreciated. Due to the more and more professional activities, there should be a discussion in the future how to finance all the activities, Especially the time consuming work in the work groups should be more appreciated. The differentiation between MedCom, UIAA, Swiss Alpine Club and Swiss Society of Mountain Medicine is not feasible because there are many overlapping activities.

Workshops and lectures

The “Swiss Team” was again present in Nepal for the local DIMM

Course, a successful collaboration. The Medcom give input in different ongoing projects to improve the DIMM courses in Switzerland

The Medcom will support and advise the newly formed Swiss Elite Climbing Team

Research

In 2013 we supported the Himlung Himal Research Expedition 2013. There will be presentations, posters and more in Bolzano 2014.

Publications

The Swiss Book "Outdoor and Expedition Medicine" is now available in German, French, Italian and English.

UK –

It has been an active year for Mountain Medicine in the UK with an increasing profile and most editions of High Altitude Medicine and Biology and Wilderness and Environmental Medicine having at least one paper from UK based authors.

We now have over 180 holders of our UK UIAA/ICAR/ISMM Diploma of Mountain medicine with a further 150 diplomats in the pipeline. The diploma runs an active E mail discussion forum so advice can be quickly obtained and patients can now get relevant opinions in most areas of the country.

We still do not have one active unifying Mountain Medicine Society but have many independent research groups. The Birmingham groups ran a well attended one day conference in November 2013 with some excellent presentations and a student section.

Trained medical advice to commercial expedition companies is slowly becoming more accepted especially since a high profile coroner's inquest into an unnecessary altitude related death on a trek to Everest Base camp led by an unprepared company. A member of our diploma faculty was an expert witness. This acceptance has expanded so that the IFMGA British Mountain Guides now have an occupational health medical advisor and the British Mountaineering Council's medical advisors play an increasing advisory role.

One highlight has been the publication of the biography of Dr Griff Pugh by his daughter. This amazing physiologist on the 1953 Everest expedition led a fascinating life and the book makes an amazing read to anybody interested in mountain medicine or extreme physiology and research. Not a boring academic read but an exciting story.

Audrey Morrison will be organising the 3rd BMC Climbing Injury Symposium in Manchester 15/16 November 2014.

Sadly Jeremy Windsor has resigned as UK representative and we have four keen doctors to take his place so are holding a mini election.

USA – George Rodway

The Wilderness Medical Society (WMS) DiMM program continues to do very well after receiving certification renewal from the ISMM/ICAR/UIAA DiMM committee early this year. To date we have over 100 DiMM candidates and a long waiting list - since our start in 2012 - and approximately 18 of these have "graduated" (although several more have finished all requirements and are awaiting the official awarding of the Diploma). We are also now planning refresher programs that would allow DiMM graduates an opportunity to practice/refresh skills and theory in an expeditionary setting in various North American mountain areas.

I cannot comment on the health of the other two USA DiMM programs also started in 2012 (University of New Mexico and US Army) other than to say both have also received their renewal OK from the ISMM/ICAR/UIAA DiMM committee. At any rate, it is safe to say that the DiMM concept is now alive and well in the US!

Planning for the 2016 ISMM Congress in Telluride, Colorado is underway. It is likely that the WMS will be involved jointly with the ISMM in this endeavor, as 2016 would be the

time for the every-four-year WMS World Congress of Wilderness Medicine. This will be a special occasion, as the US has never hosted an ISMM Congress. Telluride is a beautiful location for such a meeting, as well.

Norway

The last years The Norwegian Society of Mountain Medicine (NFS, founded 2004) has been working intensely with our Diploma program. First course will finish in June 2014, and second course starts up in September this year.

Our members have also been arranging four different smaller mountain medicine courses, in addition to the yearly bigger Mountain Medicine Wintercourse at Ustaoset. We have also supervised most of the bigger Norwegian polar and high altitude expeditions in 2013.

One AWLS course is held in Norway in 2013.

On-going studies on hypothermia and frostbites will hopefully generate some papers to the next country report.

Halvard Stave, Norway

Late report not available for the meeting from Norway.