

The field of mountain medicine in Italy, as well as elsewhere, is still little recognized and given little consideration, even less than emergency mountain medicine. This situation prevails at a time when winter and summer tourism has tended to rediscover the mountains both because of climate change in recent years as well as the trend for extreme sports, for adventure and to experience the wilderness. It is thus of fundamental importance to emphasize the safety factor in the prevention and treatment of accidents during mountaineering activities. Accidents which occur in the mountains, many of which are fatal, are given wide media coverage and involve not only amateur mountain climbers but also experts and professionals. Amongst the increasing numbers of people who are drawn to the mountains there are some who despite suffering from chronic cardiac or respiratory pathologies, nonetheless push themselves to reach higher altitudes in the search for uncontaminated areas. The doctor who is part of the expedition or who works in a mountain environment, without considering those who are involved in rescue operations, must therefore be adequately trained to deal with these occurrences.

27 JANUARY 2012
OPENING CEREMONY

The week lessons are fixed as follows:

06/10 february 2012
26/28 march 2012
23/27 april 2012
21/25 may 2012
24/28 september 2012
22/26 october 2012

Programme

Module 1 Basis, Diagnosis, Treatment of Altitude Sickness 32 Hours

Altitude Sickness
Children and the mountain
High altitude training
The medical practice of mountain
The elderly and the mountain
Cardiopathic patients and mountaineering
Pulmonary failure and mountaineering
Neurological disease and the mountain
The woman and the mountain

Module 2 Hypothermia: Diagnosis and Treatment Hyperthermia 17 Hours

Hypothermia
Frostbite
Sunstroke, heatstroke
Notions on personal technical
Equipment and apparel

Module 3 Trauma in Mountaineering: Diagnosis and Treatment 43 Hours

Analgesia on the field
Abdominal traumatology
Thoracic traumatology
Orthopedic trauma
Basic radiology

Interventional radiology
Vascular trauma
Neurosurgical trauma
Maxillofacial trauma in mountaineering
Emergencies odonto-stomatology
Tracheostomy
Shock
Sepsis: diagnosis and treatment

Module 4 Emergency Rescue in Montaineering 37 Hours

Avalanche
Electrocution, lightning
Mountain rescue techniques
Helicopter rescue techniques
Notions on personal equipment
Stress management in mountaineering
Organized rescue on the mountain
The intensive care unit and alpine trauma
Alpine trauma and rescue services

Module 5 The Doctor and the Mountain 30 Hours

Decompression sickness
Survival and navigation techniques
Nutrition in mountaineering
Travel medicine
The doctor on expeditions
Medical legal aspects in mountaineering
Juridical aspects
International mountaineering organisation
Medical communication
Geological characteristics and rescue techniques
Risk management
Meteorology and mountain
Doping in mountaineering

Module 6 The Doctor and Alpine Medical Practice 48 Hours

Introduction
Mountaineering techniques in winter and basics of skimountaineering
Basics of climbing techniques
Mountain rescue techniques

Total number of hours: 207

Lectures on important topics will be presented

MEDICAL TRAINING

30 hours
Radiology c/o Ospedale di Circolo Varese
50 hours
Operating Room c/o Anesthesiology
c/o Ospedale di Circolo Varese
50 hours
Intensive Care Unit
c/o Ospedale di Circolo Varese
30 hours
Surgery in Mountain Medicine
c/o Ospedale U. Parini Aosta/Chamonix
40 hours
Institute of Mountain Emergency Medicine
c/o EURAC
30 hours
Thoracic and Vascular Surgery
c/o Ospedale di Circolo Varese
30 hours
AREU Lombardia
40 hours
Intensive Care in the A&E
c/o Ospedale di Circolo Varese
30 hours
REGA Switzerland c/o REGA Headquarters Ticino
20 hours
Cardiology c/o Istituto Auxologico Italiano,
Università Bicocca Milano

Total number of hours in medical practice: 350