

## FACULTY

<b>AGAZZI GIANCELSO</b> <i>Bergamo</i>	<b>DOZIO EUGENIA</b> <i>Varese</i>
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<b>BACUZZI ALESSANDRO</b> <i>Varese</i>	<b>FIORETTI ANNALISA</b> <i>Milano</i>
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<b>BERTOLDO MASSIMO</b> <i>Varese</i>	<b>GIARDINI GUIDO</b> <i>Aosta</i>
<b>BIZZARO LEONARDO</b> <i>Torino</i>	<b>GROSSI PAOLO</b> <i>Varese</i>
<b>BONI LUIGI</b> <i>Varese</i>	<b>GUGLIERMINA PAOLO</b> <i>Torino</i>
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<b>DE LA PIERRE FRANZ</b> <i>Aosta</i>	<b>MONTAROLO PIER GIORGIO</b> <i>Torino</i>
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<b>STECK UELI</b> <i>Ringgenberg, Switzerland</i>
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<b>TAVANI MARIO</b> <i>Varese</i>
<b>TORTI VINCENZO</b> <i>Monza</i>
<b>TOZZI MATTEO</b> <i>Varese</i>
<b>TRABUCCHI PIETRO</b> <i>Verona</i>
<b>VALOTI PAOLO</b> <i>Bergamo</i>
<b>VALSECCHI ANGELO</b> <i>Lugano, Switzerland</i>
<b>VALSESIA TERESIO</b> <i>Macugnaga</i>
<b>VISETTI ENRICO</b> <i>Aosta</i>
<b>ZANI VALERIO</b> <i>Brescia</i>

PRELIMINARY PROGRAM

## SPONSOR



## GENERAL INFORMATION

The 2<sup>nd</sup> International University Master Course is based in Varese at the University of Insubria and is aimed at Italian and foreign Health Workers. There is a maximum number of 20 places available and the course is approved by the following International Organisations: UIIA, ICAR and ISMM.

The course consists of a total number of 1.500 hours as academic regulations, 600 among lectures, internships and on site practical session.

### COURSE LOCATION

Lectures will be held at the University of Insubria in Varese, at the EURAC headquarters of the Institute of Mountain Medicine and Emergency in Bolzano and at the Istituto Mosso di Col D'Olen managed by Department of Neurosciences of Torino University, which is taking part in this project. On site practical sessions will be held by the mountaineering schools of the CAI with the assistance of some of the best mountaineers of the moment.

### OFFICIAL LANGUAGE

The official course language is Italian and English; simultaneous translation will be provided where necessary.

### COURSE CREDITS

Following completion of the course, a formal academic ceremony will be held where each student will receive a graduation certificate recognised worldwide. To obtain the graduation certificate each candidates will prove to be present at 85% of lessons and medical training. A final course examination, consists in a multiple answer test, is scheduled and the thesis presentation previously arranged.

### TUITION FEE

The enrolment fee for the course is Euro 3.700,00. *The fee include:* training at the most important helicopter rescue team: Air Zermatt, REGA and Air Du Glacier Registration within May 10, 2013.

For any further information and for the course program please visit the University's website:

[www.uninsubria.it](http://www.uninsubria.it) → **POSTGRADUATE** → **MASTERS** where the application form will be available or write to Dr. Luigi Festi, Co-director and Coordinator: [luigi.festi@ospedale.varese.it](mailto:luigi.festi@ospedale.varese.it)

## ORGANIZING SECRETARIAT



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Tel. +39 02 89540427 – Fax +39 02 45491011  
[artcom@artcomsrl.it](mailto:artcom@artcomsrl.it) – [www.artcomsrl.it](http://www.artcomsrl.it)

PRELIMINARY PROGRAM



photo by Francesca Agosta Tipress Ag. Fotografica (Tris Rotondo 2012 – CAS Ticino)

# 2<sup>nd</sup> International Master Course in Mountain Medicine

2013 | Varese | Bolzano | Torino | Bressanone (Brixen)

### UNDER THE PATRONAGE OF



### SCIENTIFIC COMMITTEE

**DIRECTOR**  
Lorenzo Dominioni  
*University of Insubria, Varese*

**INTERNATIONAL DIRECTOR**  
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*Co-Director and Coordinator  
Ospedale di Circolo, Varese*

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*Institute of Mountain Emergency  
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in collaboration with



INSTITUTE OF MOUNTAIN  
EMERGENCY MEDICINE



Dipartimento  
Neuroscienze  
Università di Torino



International  
Mountain  
Summit

The second edition of the International Master Course in Mountain Medicine will start on May 2013 to end on June 2014.

The first edition, just ended, has graduated 13 Italian Physicians, that have obtain a valid worldwide and a Master's Degree University unique.

We live in an era of great change, of major crisis, but also cultural and ethical when, tired of the daily depressed, you aspire to a different world, cleaner, capable of giving emotions, to involve us and to let us to find the most sense deep on everyday life.

There is a new discovery of mountain, of the pure alpine environment, sometimes close to home, and often overlooked as they were moved to distant destinations, famous and sponsored.

The revival of the attendance of the mountain, already evident in recent years and become even more important in recent months, has been joined in search of the wilderness, the top as self-affirmation, exploration in search of thin air, and also the extreme sports performance as only the alpine environment can offer. However, this approach to the mountain is then often scarcely conscious, shallow and heedless of their physical condition and without any form of culture and preparation on self protection and safety.

It was born the idea to create a new type of highly specialized doctor, who can be a guide and mentor during the great expeditions, or even simple trips, but who can also respond to simple clinical questions posed by those in the mountains bears for fun or, and this is a growing phenomenon, for professional reasons.

Lack of awareness of their clinical conditions, which relate to the height and difficulty, increasingly becomes the cause of accidents or rescue alpine calls, not always appropriate and indicated. The economic crisis and political and social situation that is hitting our country, may think that this is a marginal Master with costs too heavy, dedicated to people trying to escape from reality, in the thought that the mountain is a very different matter thickness compared to the problems of everyday life that afflict our country, or in front of problems of ethics and values that we share with other countries close to us.

I think that the originality, the desire to take a challenge, the desire of polish, the wish to prove that in our country mistreated, could be born as an initiative of high cultural value and medicine, the desire to get excited, associated with the high competence of speakers, represents an important message to get us back to the roots of our being Italian citizens, but above all citizens of the world.

I also believe that culture and in particular the culture of the mountain environment represents a unique opportunity and a source of job if you will be able to enhance the human and environmental resources of our country.

The strong presence of foreign and Swiss in particular, confirmed by the patronage of various medical societies and rescue as well as by the Swiss Alpine Club and especially by Swiss Hospital Organisation (Canton Ticino), a special thanks to Dr. F. Barazzoni, is an action of faith towards to Italy, and I hope that this Master could be attractive against the Swiss and European medical colleagues and why not the Americans, who, even if a great respect for such courses made around the world, are facing a different and unique way in a field intended to be less of niche and more and more within range of the general public.

*Dr. Luigi Festi*

*Deputy Chief Thoracic and General Surgery, Ospedale di Circolo Varese  
luigi.festi@ospedale.varese.it - luigifestimail@virgilio.it*

## CALENDAR LESSONS:

**27-31 May 2013**

Varese, University Hospital

**01-04 July 2013**

Istituto Mosso - Col D'Olen, M.te Rosa

**23-27 September 2013**

Varese, University Hospital

**22 October 2013**

Bressanone, Brixen IMS\*

\* IMS: International Mountain Summit Brixen.  
On 22<sup>nd</sup> October will take some classes and a conference with the teme: **Telemedicine and Mountain**

**25-29 November 2013**

Varese - EUR.AC, Institute of Mountain  
Emergency Medicine, Bolzano

**24-28 February 2014**

Varese, University Hospital

**24-30 March 2014**

Practical Mountaineering Alagna Valsesia,  
Finale Ligure

**22 May 2014**

Final examination, Bolzano, ISMM

**27-28-29 June 2014**

Ascent to Master's Peak (to be defined)

Program changes/substitutions may be made  
without notice

### 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 Mountaineering 37 hours

- › Avalanche
- › Electrocutation, 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
- › Historical and cultural aspects of mountaineering

### Module 6

#### The Doctor and Alpine Medical Practice 75 hours

- › Introduction
- › Mountaineering techniques and basics of skimountaineering
- › Basics of climbing techniques
- › Mountain rescue techniques

**Total number of hours: 234**

*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

**Clinic Mountain Medicine**  
c/o Ospedale U. Parini  
Aosta/Chamonix

40 hours

**Institute of Mountain Emergency Medicine**  
c/o EURAC

60 hours

**Helicopter Rescue Team**  
c/o Air Zermatt, REGA  
and Air Du Glacier

20 hours

**Cardiology**  
c/o Istituto Auxologico Italiano,  
Università Bicocca Milano

**Total number of hours in medical practice: 280**