



Consensus Guidelines on Mountain Emergency Medicine and Risk Reduction

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Editor: Fidel Elsensohn MD
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Pages: 127 B&W 2 diagrams, numerous tables. 28 chapters within 2 sections

This is an odd book because it doesn't appear to have any pattern or logic to its layout. Even the size format is unique - it's a three-quarter A4 with a lovely matt finished cover. The categories are a mish-mash of self contained subjects some of which are dealt with only generically some of which contain very specific and detailed information. Divided into two sections the book is broadly defined by the authors of each section - ICAR and the serious medical stuff in section one and UIAA attending more to the interests of the active mountaineer in the second section. The ICAR recommendations include procedures on thoracostomies, treatment of avalanche victims, recommended drug and equipment packs and these are all superbly detailed. The title of section 17 on helicopters on the other hand is longer than the content and a couple of other sections are similarly light on body text! Don't expect much in the way of graphics either, there are two line drawings to describe dislocation of the shoulder and that's about it. And that's all it needs because this is a protocol and algorithm - led book. It's very specific application to mountain medicine and alpine/high altitude in particular make it an invaluable resource. The second section is a little less well defined with info on hyperbaric chambers and pulmonary edemas mixed in with the UIAA's official position on hiking sticks and nutrition! And the Contents in our edition bore no relation to the layout (sounds like Technical Rescue magazine!). As a predominantly translated book the language can be a little strange but no problems technically and their english is far superior to our German, Austrian and Swiss!!

This is in its first edition and draws from 2001 guidelines but it extracts the absolute salient facts from other wilderness and mountain medicine books (not in plagerism terms obviously!!) and gives you exactly what you need to check your own protocols and procedure. ICAR obviously felt the need to get this information straight into the hands of those that need it and this book does that job admirably.



Section 1: ICAR Recommendations

- 1: First Aid Training Guidelines for Mountain Rescue Service Members
- 2: Canyoning Rescue for Professional Guides
- 3: Qualifications for Emergency Doctors in Mountain Rescue Operations
- 4: Contents of a Mountain Refuge's Pharmacy
- 5: A Modular First Aid Kit for Alpinists, Mountain Guides and Alpinist Physicians
- 6: Equipment for Canyoning Rescue Doctors
- 7: Immobilisation and Use of the Vacuum Mattress in Organised Mountain Rescue
- 8: Treatment of Dislocations and fractures
- 9: Treatment of Shoulder Dislocations
- 10: Treatment of Pain in the Field
- 11: Emergency Intubation and Ventilation in the Field
- 12: Thoracostomy at the Scene of an Accident in the Mountains
- 13: On Site Treatment of Avalanche Victims
- 14: On-Site Treatment of Hypothermia Victims
- 15: On-Site of Frostbite for Mountaineers
- 16: Small Volume Therapy in Mountain Rescue
- 17: Activation and Rational Use of Helicopters

Section 2: UIAA Recommendations

- 1: Recent Developments in Mountain Medicine Education.
- 2: The transfer of Blood-to-Blood Infections in Climbing Competitions
- 3: People with Pre-existing Conditions Going to the Mountains
- 4: Nutrition in Mountaineering
- 5: The Ten Health Rules for Mountaineers
- 6: Hiking Sticks in Mountaineering
- 7: Portable Hyperbaric Chambers
- 8: Emergency Treatment of Acute Mountain Sickness and High Altitude Pulmonary Edema
- 9: Children going to the Mountains
- 10: Body Mass Index and Age Limits