

**MEDICAL COMMISSION
of the CZECH MOUNTAINEERING ASSOCIATION
SOCIETY FOR MOUNTAIN MEDICINE, Czech Republic**

REPORT ON THE ACTIVITY 2007 – 2008

The Medical Commission of the Czech Mountaineering Association

In 2007 Dr. Jana Kubalová took the lead of the Medical Commission. During the past period the medical commission has continued its activity in education of the Czech Mountaineering Association membership. No edition of a Bulletin was issued because a new journal “Mountain Medicine and Rescue in Mountains” should be released this year.

Mr. Martin Honzík, Dr. Jana Kubalová and Mr. Pavel Neumann continue teaching and giving the lectures for the climbing and mountaineering instructors (Rock Climbing Instructor – RCI, High Alpine Leader – HAL) and for the members of Czech Mountaineering Association.

Dr. Jana Kubalová took part at the UIAA MedCom Meeting and Mountain and Wilderness Medicine World Congress 2007, Aviemore, Scotland 2.10 – 7.10.2007.

Society for Mountain Medicine in Czech Republic

The Society for Mountain Medicine in Czech Republic has 97 members nowadays.

18th Jiří Pelikán’s Memorial Mountain Medicine Conference

The 18th Jiří Pelikán’s Memorial Mountain Medicine Conference – “Contemporary Problems of Mountain Medicine” organized by Dr. Jana Kubalová, vice-president of the Society for Mountain Medicine, in close cooperation with the Medical Commission of Czech Mountaineering Association took place in Adršpach - Zdoňov in Eastern Bohemia on 27. – 28th October 2007.

The main topics of the conference were:

- Dr. Jana Kubalová, president of the Medical Commission, evaluated activities and goals achieved in collaboration with members of the Czech Society for Mountain Medicine: system of first aid courses, new recommendations (on composition of first aid kit for mountaineers, instructions for drug use, consensus on drug prescribing for non-medical persons departing for high mountains without an accompanying physician, frostbite management – procedures for layman and physician), publications (health aspects of climbing and overuse injuries, eye contact lenses and eye disorders at high altitude, Bulletins 2006-2007 with lectures of two last seminars on CD, articles in mountaineering and medical journals), first aid syllabus, attendance of mountain medicine conferences and congresses, and plans for the future. All is available on the web of the CMA (www.horosvaz.cz) and www.horska-medicina.cz.
- Dr. Jaroslava Říhová deals further with long-term monitoring and treatment of frostbite in Czech mountaineers; Dr. Lucie Bloudková evaluates the accidents statistics in climbing and mountaineering with collaboration with the Sub commission of Accidents Prevention (of the Safety Commission of the CMA).
- Mr. Martin Honzík informed about education and training in first aid and rescue in courses for climbing and mountaineering instructors as well as members of Czech Mountaineering Association (see also Report 2007, FARIM).
- Report about the UIAA MedCom Meeting 2.10.2007, Aviemore, Scotland by Dr. Jana Kubalová.

- The most important conference topic “News in Mountain Medicine” was started with Jana Kubalová’s extremely useful, interesting, and detailed report on Mountain and Wilderness Medicine World Congress 2007, Aviemore, Scotland 2.10 – 7.10.2007. (The participants of the Conference have evaluated her presentation as the best lecture of the day).

Dr. Rotman informed about the mountain medicine conference 1. Forum Bergmedizin on 18.11.2006 in Garmisch-Partenkirchen and summarized information about acclimatization, high altitude training and doping in mountain sports into an overview “High Altitude Acclimatization and Mountain Sickness – Treatment Possibilities and Limits”.

Ing. Alena Čepelková, president of the Czech Mountaineering Association, gave a report on the Czech Himalayan Expedition Gasherbrum I II III.

Fatigue and dehydration are common condition in mountain sports, therefore Ing. Sieger studied the influence of driving car simulator lasting 52 hour on his own physiological functions.

- Dr. Obtulovič, who has attended in 2006 and 2007 in German and Switzerland two courses and workshops on Medical Aspects of Sport Climbing regrettably excused himself, however Dr. Hebelka presented own experiences in a very interesting lecture “Diagnostic and therapeutic methods in sport climbers’ tendon pulley injuries treated in Orthopaedics Department in Příbram in 2006-2007”.

Mr. Holub has prepared an interesting communication about forces which stress a climber in the course of the fall.

- Next lectures were devoted to air and mountain rescue: Mr. Honzík – Rescue in Difficult Condition, Mr. Bednařík – Collaboration of Mountain and Air Rescue, Mountaineering Accidents in High Tatras Mountains, Dr. Höschlová – Emergency Medicine in Mountains and Avalanche Trauma. Mr. Bednařík took part in Air Rescue Congress Helimed 2007 in Hradec Králové.
- Dr. Říhová presented 10 years’ experiences in examination of elite Czech climbers and mountaineers in Prague Institute of Sports Medicine.

The organizing committee (Dr. Kubalová and DiS. Honzík) has devoted entire energies to prepare this year's UIAA MedCom Meeting and UIAA Mountain Medicine Conference – 19. Jiří Pelikán’s Conference of the Czech Society for Mountain Medicine and Medical Commission of the Czech Mountaineering Association.

Dr. Ivan Rotman

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http://www.volny.cz/i.rotman/CzechReport2008_Rotman.pdf