



Medical Commission

ICAR-MED 2020-21 Annual Report (2 years)

Dear colleagues

This is my 3rd 'annual' report though the 4th year of my presidency. Covid-19 has been responsible for this slight - in the light of its other effects - change in normality. Medcom members have been at the heart of the Covid-19 response. Indeed our colleagues around Lecco, Italy and the Dolomites were some of the first to see the devastation brought by this virus. I can only admire and revel at the fortitude and resilience of my members as they put patients first at a time when our knowledge was primitive and the consequences so severe.

Our discussions in my last annual report about numbers of participants at meetings seems out-of-place now. Zakopane was our last meeting in person, and that seems an aeon ago. Meetings in New Zealand, Greece, Scotland; and rearranged Greece have all be cancelled. Ironically my last annual report said we had started video conferencing in 2019; we now 'experts' at this form of communication, though it is clear it cannot completely replace being together when we are trying to find common ground for our recommendations and guidelines.

During the last two years we have managed to publish a number of papers and have agreed new recommendations. Details of these developments can be seen on our dedicated website – <http://www.icar-med.com>. We have encouraged and supported Covid-19 information for rescue teams and have used ICAR funds (the MedCom budget) to publish a couple of open access articles. To complete the recommendation's cycle, we are presenting three MedCom recommendations to the Assembly of Delegates 2021 for approval as ICAR recommendations. Ongoing work to update our older recommendations continues with both termination of CPR and the medical aspects of avalanche rescue being actively discussed on our forum. The Diploma in Mountain Medicine has largely been moth-balled during the period though a development day was run virtually by Jason Williams in conjunction with the International Society of Mountain Medicine and the UIAA MedCom.

My two Vice Presidents, Natalie Hölzl and Alison Sheets, have supported the MedCom and we have a good team keeping the administration going.



All this activity however can not disguise our feelings of loss at not meeting face-to-face, and the anxieties of what it will look like when we do get together again. At present we are optimistic that our Spring meeting 2022 in Boulder, Colorado will go ahead and we be able to rekindle a reconnection and the vigour of the MedCom.

On a personal note, I would normally have encouraged the MedCom to discuss whether they wished to extend my term of office as President for a further 4 years this October. In absence of a face to face meetings of a significant number of the MedCom delegates this is waiting for Switzerland 2022.

Please ask any questions to me at mountain.medicine@alpine-rescue.org rather than using the precious resource of time during the AOD 2021. Normal service will be resume in 2022! (fingers crossed)

John Ellerton
ICAR MedCom President
12th October 2021