



Chamonix High Altitude Medicine July 8-14, 2007

**University of New Mexico Wilderness and
International Medicine Conference Series
Chamonix, France**

This unique course will cover all important aspects of high altitude related illnesses and trauma. Unlike other courses, we offer an interactive approach to this topic, in addition to evidenced-based and case review discussions. If you want to combine a great educational opportunity with fun in a majestic setting, this course is for you. Our objectives for each participant are:

1. to grasp how unique the mountain environment is to you, your group, or your patient
2. to understand the pathophysiology of illnesses unique to a mountain environment
3. to be able to confidently diagnose and treat mountain related illnesses, and to distinguish them from non-environmentally induced illnesses

Here is our schedule. Enjoy!

DAY 1: Sunday, July 8

Afternoon Chamonix Tour/Acclimatization Hike (optional)
7:00 pm Registration and Welcome Reception at Mercure Hotel

DAY 2: Monday, July 9

9:00 am Introduction and History of High Altitude Medicine – Macias
9:40 am Mountain and Wilderness Medicine: A Broader Perspective – Alcock
10:20 am Break
10:30 am Mountain Sports: The Profile of High Altitude Participants-Rimple
11:00 am How We Acclimatize In The Mountains – Wachter
11:30 am Acute Mountain Sickness - Macias
12:30 pm Lunch (on own)
1:30 pm Physical Preparation for a High Altitude Trip – Rimple
2:10 pm Medical Consultations for Trips in Hypoxic Environments – Macias
3:00 pm Sports Medicine at Les Gaillands: Doing A Good Musculoskeletal Exam in Diagnosing Common Sports Injuries – Quinn (adjourn 4:00 pm)
4:00 pm Optional Rope Safety and Rock Climbing Session at Les Gaillands (Chamonix)

DAY 3: Tuesday, July 10

8:00 am Complications of Altitude Illness: HAPE, HACE, and HAFE – Wachter
9:00 am High Altitude Medication: Fact or Friction? – McLaughlin
9:50 am Break

- 10:00 am The Big Chill: Frostbite and Hypothermia – Macias, Quinn
- 11:20 pm Leave for Montenvers/Mer de Glace
Lunch (to bring on own)
- 12:00 pm Trauma for Mountaineers and Improvisation: – Quinn and Faculty
(adjourn 3:00 pm)
- 3:00 pm Mer De Glace Glacier Excursion (optional)
- 7:00 pm Pizza and a Talk:
Leadership and Case Studies in Injury Prevention in
Mountaineering –Rimple and Sklar (adjourn 8:30 pm)

DAY 4: Wednesday, July 11

- 8:00 am Got a Light? Understanding and Preventing Lightning Induced
Injury in the Mountains-Alcock
- 9:00 am Nutrition and Hypoxia: How We Starve in the Mountains – Molzen
- 9:30 am Running Hot: Dehydration and Hyperthermia in the Mountains-
McLaughlin
- 10:10 am Break
- 10:20 am SCUBA Diving and Flying at High Altitude: You're Kidding, Right? –
Macias
- 11:00 am To Aiguille du Midi for Research and Mountain Telemedicine: Tour
of the National School of Ski and Alpinism and the IFREMMONT
Mountain Clinic
Note: this venue is at a 12,800 foot (3800 meter) elevation (adjourn
12:10 pm)
- 12:10 pm Lunch
- 1:00 pm Mountain Travel 1: Avalanche Awareness, Terrain Evaluation and
Orienteering in the Mountains-Faculty

DAY 5: Thursday, July 12

- 9:00 am Sherpas, Miners, and Chronic Mountain Sickness – Rimple
- 9:40 am Best Articles in Mountain Medicine 2007- Faculty Panel

- 10:40 am Mountain Travel 2 – Practical Scenarios – Faculty
- 2:00 pm Final Exam and Course Evaluation
- 3:00 pm Adjourn/End of Course (optional preparation for Mont Blanc ascension)

OPTIONAL DAY 6: Friday, July 13

- 8:00 am Train to Nid d'Aigle, approach to Tete Rouse Refuge or Gouter Refuge

OPTIONAL DAY 7: Saturday, July 14

- 1:00 am Rise for Bastille Day ascent to Mont Blanc
- 7:00 am Descend from Mont Blanc summit
- 11:00 am Arrive Gouter Refuge. At this point, we will regroup for lunch and a debriefing of the climbing experience, and will descend to catch the train to Nid d'Aigle for the hour ride to St. Gervais (time to walk from Gouter Refuge to Nid d'Aigle about 2-5 hours). The Bastille Day festivities begin at night. Or, you may opt for staying at either Gouter or Tete de Rouse, walking to Nid d'Aigle the next day.