



MASTER'S COURSE IN:  
INTERNATIONAL MEDICINE-HEALTH CRISIS MANAGEMENT

## 2<sup>nd</sup> ADVANCED COURSE in “MOUNTAIN MEDICINE”

- SEARCH AND RESCUE
- HIGH ALTITUDE SICKNESS
- HYPOTHERMIA AND COLD INJURIES
- MEDICINE IN HIGH ALTITUDE

**MAY 25-27 2012**

**OLYMPUS MOUNTAIN,  
Refuge A: “ SPILIOS AGAPITOS”**

**PARTICIPATION , ALL INCLUSIVE: 200 €**

**FOR INFORMATION AND PARTICIPATION:**

Applicants are called to fill in the electronic application form at <http://crisis.med.uoa.gr/>

MSc Secretariat: Ms Maria Episkopou: tel 210 7456679,

E-Mail: [crisismedinfo@med.uoa.gr](mailto:crisismedinfo@med.uoa.gr)

## **Welcome address**

Dear Colleagues,

Medicine in extreme settings is a challenging subject, and we are proud to organize this second advanced course in the context of the Masters Program on Disaster Medicine of the Athens University Medical School. Following our first seminar held in 2009 in Delphi, this advanced course, held against the dramatic backdrop of the Mount of Gods, offers participants the opportunity to explore the physiology of high altitude, the most common medical conditions related to mountaineering, the challenges of search- and-rescue and the management of patients in remote locations.

Renowned speakers with extensive experience in mountaineering will deal with the theory and practice of medicine with limited resources, while experienced climbers will organize live demonstrations of search, rescue and resuscitation of the injured in the mountains.

While our first seminar was dedicated to the renowned Sir Edmund Hillary, this second advanced course is dedicated to the pioneers of Greek mountaineering Christos Kakalos and Fred Boissonnas.

I now like to take this opportunity to thank all those who contributed to the organization of this course – and to express my deepest gratitude to the Municipality of Litohoron, the members of the EOS Litohoron, the guides and the personnel of the Refuge A “Spilios Agapitos” and to the colleagues who volunteered to share their knowledge and experience.

Looking forward to sharing this unique experience with you,

**Theofilos Rosenberg MD PhD**

**Ass. Professor of Surgery**

**Athens University, School of Medicine**

**Director of the MSc “International Medicine / Health-Crisis Management”**

## **The Organizing Committee**

Nikos Kakalos	Professor second. Education(ret)	Hon. President of the O.C
Theofilos Rosenberg MD	Ass. Professor Athens University	President of the O.C
Elli Tzouka -Marinidis	President Hellenic Mountaineering Club - Lithoro	
Kostas Papaioannou MD	Plastic Surgeon. MSc International Medicine	
Eleni Kakalou MD	Internal Medicine,, MSc International Medicine	
Eugenia Vasilopoulou MD	Anesthesiologist	
Christos Christou MD	Surgeon, Vice President Medecins sans Frontieres	
Alexandra Koukoutsis MD	Orthopaedic Surgeon, Diploma in Mountain Medicine(UK)	
Maria Episkopou	Secretary	
Elena Themeli	Secretary	
Dora Chantzi	Secretary	

## **The Scientific Committee**

Alexandra Koukoutsis MD	Orthopaedic Surgeon, Diploma in Mountain Medicine (UK)UIAA Medcom (corresponding member) President
Dimitrios Konstantinou MD	Associate Professor of Neurosurgery – University Hospital of Patras
Theoharis Sinifakoulis MD	Internal Medicine Diploma in Mountain Medicine (UK) IKAR Member
Haralampos Kotsonis MD	Consultant in the Paediatric Intensive Care Unit, University Hospital of Patras
Michail Kaminaris MD	MSc, Specialist in Trauma and Orthopaedics , Cambridge University Addenbrooke's Hospital, UK
Emmanouil Vagiakis MD	Head Director of the Sleep Studying Center, University Department of ICU, Evangelismos Hospital

## **Special thanks to:**

Municipality of Dion - Olympus	(EOS Lithorou)
Greek Mountaineering Club of Lithoro	Mountain Guide, Hellenic Federation of Mountaineering & Climbing,
Panagiotis Kotronaros	Hellas-Everest 2004 Expedition Leader, Founder & Director of "Base Camp" Mountain Training Ltd
Haralambos Marinidis	Mountaineering Instructor, Hellenic Federation of Mountaineering & Climbing

## 2<sup>nd</sup> ADVANCED COURSE in MOUNTAIN MEDICINE May 25-27, 2012

### PROGRAM

#### FRIDAY 25.05.2012

06.30	Departure from Athens (Metro Station "Syggrou - Fix")
14.00	Arrival at Litothoro – Prionia waterfall.
14.30	Trekking from Prionia to Refuge A: "SPILIOS AGAPITOS" (2100m) (approx. 3hrs on foot)
19.00	Opening ceremony
20.30	Dinner

#### SATURDAY 26.05.2012

08.00-13.00	Seminar and workshops
13.00-14.00	Lunch
14.00-19.00	Seminar and workshops
19.00-20.00	Dinner

#### SUNDAY 27.05.2012

10.00	Descent to Prionia
15.00	Return to Athens

The Advanced Course is addressed to the MSc students of the Postgraduate Course "International Medicine / Health-Crisis management"

The overall number of participants is 35. However, a small number of other physicians and health professionals with special interest can participate on a first-come-first-served basis.

All participants will be accredited with 100 Units of CMI and a UIAA stamped Certificate of attendance at the one day seminar.

All participants must be appropriately dressed and carry light mountain trekking equipment (backpack, sleeping bag etc.)

Participation fees are € 200. This includes transportation from Athens to Prionia and return, two nights lodging at the Refuge A in common dormitories, breakfasts, light lunches, and dinners. Extra drinks and snacks are not included.

The trip does NOT include trekking to the summit of Mt. Olympus. Those wishing to organize a summit trek with extra cost should contact Panagiotis Kotronaros, Mountain guide NMF (E00A), Director of the climbing school "Base Camp" at [info@basecamp.gr](mailto:info@basecamp.gr) mob. (+30) 6983 63 8000

# 2<sup>nd</sup> ADVANCED COURSE in "MOUNTAIN MEDICINE"

May 25-27, 2012

Refuge A: "SPILIOS AGAPITOS" Main Hall

## SCIENTIFIC PROGRAM

### Friday May 25 2012

19.00-19.10	Opening Ceremony	
19.10-20.00	Lecture: "The History of Hellenic Mountaineering"	Mr N. Kakalos
20.00-20.30	Lecture: 'The Everest"	Mr P.Kotronaros

### Saturday May 26 2012

08.00-08.10	Introductory Notes	Th.Rosenberg MD,PhD
08.10-08.30	High Altitude Physiology	A. Koukoutsis MD
08.30-08.50	Acute Mountain Sickness - AMS	D. Konstantinou MD
08.50-09.10	High Altitude Pulmonary Edema - HAPE	Th. Sinifakoulis MD
09.10-09.30	High Altitude Cerebral Edema - HACE	D. Konstantinou MD
09.30-10.00	<b>Break</b>	
10.00-10.30	Workshop 1: Diagnostic tests on the Field (LLS, Oxymetry, Tip to Toe Test, Straight Line Test )	D. Konstantinou MD A. Koukoutsis MD
10.30-11.00	Mountaineering with Preexisting Conditions	H. Kotsonis MD
11.00-11.30	High Altitude Training-Current Concepts	M.Kaminaris MD
11.30-12.00	Breathing and Sleep at High Altitude	E.Vagiakis MD
12.00-12.30	Hypothermia and frostbites	Th. Sinifakoulis MD

12.30-13.00	Workshop 2: Orientation and communications in austere settings (compass, GPS, VHF)	Mr P. Kotronaros Mr H. Marinidis
13.00 – 14.00	Lunch break	
14.00-14.30	Search and Rescue and accident report in the mountain. Avalanche rescue	Mr P. Kotronaros
14.30-15.00	Workshop 3: Expedition doctors and pharmacy kit in light and heavy mountain expeditions /pharmacy kits/ dentistry kits	Mr P. Kotronaros
15.00-15.30	“Kilimanjaro a mountain of dreams ”	A. Koukoutsis MD
15.30-16.00	Break	
16.00 – 16.30	End of the Course – Feedback and Assessment test	E. Kakalou MD A. Koukoutsis MD Th. Sinifakoulis MD
16.30-19.00	Patient evacuation and resuscitation exercise	Mr P. Kotronaros
19.00	Dinner	
20.30	Film: “From Olympus to Everest”	

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*"Refuge A" on the Olympus mountain is located at an altitude of 2.100 meters.*

*It is open every day from 6:00am to 10:00pm from middle May up to the end of October.*

*It has beds for 110 people and two dining-rooms with fireplace. Its restaurant is always open (until 9:00pm).*