

Timetable Mountain Medicine Course



Day 1

Individual travel to Diavolezza-hut

12:30-13:45	Welcome cocktail, course information / organization	Urs Hefti
13:45-14:15	Introduction: Altitude and medical challenges	Urs Hefti
14:15-15:15	Physiology and acclimatization	Tobias Merz / E. Schöll
15:15-15:45	"fruits and coffee"	
15:45-16:30	Tactics of acclimatization, theory and case study	Urs Hefti
16:30-16:45	"fruits and coffee"	
16:45-17:45	Travel Medicine	Robert Steffen
17:45-18:00	"fruits and coffee"	
18:00-18:45	Hypothermia and local cold injuries	Eckehart Schöll / Urs Hefti
18:45-19:15	Preparation and information meeting for climb / Equipment check	mountain guides
20:00	Dinner	

Day 2

08:00-09:00	Acute Mountain Sickness (AMS)	Tobias Merz
09:00-10:00	High Altitude Cerebral Edema (HACE)	Tobias Merz
10:00-10:30	"fruits and coffee"	
10:30-12:00	High Altitude Pulmonary Edema (HAPE)	Marco Maggiorini
12:00-15:00	Training & Trauma workshop	ALL
15:00-16:00	Sleep, hematology and renal function	Jacqueline Pichler
16:00-16:15	"fruit, coffee & cake"	
16:15-17:00	Challenges and surgical problems of the expedition doctor	Urs Hefti
17:00-18:00	High Altitude – Questions and answers	ALL
18:00-19:15	Information and technical skill training	mountain guides
20:00	Dinner	

Day 3

07:30-17:00	Introduction, mountaineering skills training Improvised rescue techniques Portable hyperbaric chamber	mountain guides
17:00-18:00	Expedition Medicine - equipment, tips, tricks, ethics, partners	Urs Hefti / E. Schöll
18:00-19:00	Expedition Medicine - Pharmacy	Urs Hefti
19:00	Dinner	Eckehart Schöll

Day 4

06:00	Ascent to and setting up of high camp (3600 m asl) Over night stay in high camp (tents) Acclimatization based on AMS-symptoms and pulse oximetry	mountain guides ALL E. Schöll / Tobias Merz
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Day 5

ca.03:00	Ascent to Piz Palü Descent to high camp, packing up Descent to Diavolezza-hut Analysis of collected data on acclimatization Return of material Course closing session Descent from Diavolezza-hut and individual journey home	mountain guides Schöll / Merz
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Urs Hefti and Eckehart Schöll

Program changes are possible at any time due to organizational, individual, meteorological or tactical Reasons.