

ADVANCED MOUNTAIN MEDICINE FOR GUIDES

THE
LHOTKA
CONFERENCE

{ **October 24, 2013** }
Boulder, Colorado

Course Director:
Peter Hackett MD

Produced by the Institute for Altitude Medicine



Co-Sponsored by the American Mountain Guides Association &
The American Alpine Club



Made possible through the generous support of the Jason Lhotka Family

www.AltitudeMedicine.org

{ PRELIMINARY PROGRAM }

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TIME PROGRAM SUBJECT

- + 0830. Introduction**
- + 0845-1000** Part 1: High altitude physiology and acclimatization: What guides need to know
Part 2: Acute mountain sickness and high altitude pulmonary edema
Part 3: Pre-trip screening, training, and pre-acclimatization
- + 1000-1015 Coffee break**
- + 1015-1115** Diagnosis and management of HAPE:
pearls and pitfalls; difficult diagnosis; use of pulse oximetry; medications
- + 1115-1200** AMS, HAPE and HACE – case presentations and discussion (45 min)
- + 12-1300 Lunch**
- + 1300-1430** Guide's medical kit
Suggested treatment guidelines
Legal aspects of providing medical care
- + 1430-1500 Break**
- + 1500-1630** **Workshops:** Three 30-minute small group sessions will run concurrently, each participant rotates through these:
 - 1) Pulse oximetry – get it right!
 - 2) You are the guide, here's the problem...
 - 3) Nuts and bolts of oxygen, hyperbaric bag, and other tricks
- + 1630-1700** Panel discussion, Q and A, Wrap-up



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{ LHOTKA CONFERENCE FACULTY }

+ Dr. Peter Hackett

Director, Institute for Altitude Medicine at Telluride
Clinical Professor of Emergency Medicine, University of Colorado
Past President, International Society for Mountain Medicine
Past Medical Director, Himalayan Rescue Association
Founder and Director, Denali Medical Research

+ Dr. Alan Oram

Emergency Physician
Medical Advisor, AMGA and Exum Mountain Guides

+ Dr. Linda Keyes

Emergency Physician
Assistant Clinical Professor of Emergency Medicine, University of Colorado
Associate Editor, Wilderness and Environmental Medicine
Volunteer Physician, Himalayan Rescue Association

+ Dr. Alison Sheets

Emergency Physician
Volunteer Physician, Himalayan Rescue Association
Medical Director and member, Rocky Mountain Rescue Group

+ Dr. Peter Bartsch

Professor of Internal Medicine and Sports Medicine,
University of Heidelberg, Germany
Director, Diploma in Mountain Medicine Course, German Society for Mountain Medicine
Past President, International Society for Mountain Medicine

{ SPONSORS }



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{ GENERAL INFORMATION }

Advanced Mountain Medicine for Guides, The Lhotka Conference, is a one-day seminar specifically designed for outdoor industry professionals who are responsible for others in the mountains. This course addresses the need for specialized education on high altitude illness, an objective hazard that, like avalanche hazard, deserves special attention. This is the first ever advanced course in high-altitude medicine for those who need it the most.

Participants

This seminar is open to guides, trekking leaders, outdoor instructors, Wilderness-EMTs, physicians and others who maybe responsible for health and well-being of clients or team members on high-altitude excursions.

Course Location and Format

The training will be at the National Center for Atmospheric research (NCAR), 3080 Center Green Drive, Boulder, CO. Free parking on site. Format is lectures, with additional small break-out sessions and plenty of faculty-student interaction.

www2.ucar.edu/campus/center-green-campus

Course Certificate

A certificate of completion of the Advanced Course in Mountain Medicine for Mountain Guides will be provided to participants.

Tuition Fee

Through the generosity of the Lhotka family, the course fee is waived for members of the AMGA, and is reduced to \$125 for others. Organization and group discounts are available.

Other Benefits

All participants will receive a syllabus with background and educational material, including suggested protocols for field treatment of altitude illness and recommendations on pre-acclimatization and training. The first 50 participants to register will receive a complimentary pulse oximeter. Lunch is provided.

How to Register

Registration is open July 1, 2013. To register, visit the Institute for Altitude Medicine site at: www.altitudemedicine.org, or call 970-728-6767. AMGA members register through the AMGA office: contact Valerie Bender at valerie@amga.com, or call her at: 303-271-0984, ext. 6#. Although fee is waived for AMGA members, registration is necessary for planning purposes. Registration deadline is October 1st!

REGISTER EARLY TO SAVE YOUR SPOT AND GET A { FREE PULSE OXIMETER! }

For More Information:

www.altitudemedicine.org, or www.amga.com, or call above phone numbers.

Jason Lhotka died from High Altitude Pulmonary Edema while climbing Mt. Kilimanjaro. His family is supporting this conference in order to prevent future tragedies from high altitude illnesses.

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