Faculty

AGAZZI GIANCELSO
AVERSA ALESSANDRO
BACUZZI ALESSANDRO
BALBI SERGIO
BARMASSE HERVE'
BARTSCH PETER
BEGHI CESARE
BERVERLY MARC
BLANCHER MARC
BONI LUIGI
BONO GIORGIO
BRIOT RAPHAEL
BRODMANN MAEDER MONIKA
BRUGGER HERMANN
BRUNELLO ANNA
BURTSCHER MARTIN
BUDDHA BASNYAT
CAMANNI ENRICO
CARCANO GIULIO
CARRAFIELLO GIANPAOLO
CASELLA MARIO
CASTELNUOVO PAOLO
CAUCHY EMMANUEL
CHIOCCONI RAMON
COGO ANNALISA
CUFFARI SALVATORE
CRIVELLARO PIETRO
DE BUJAN FEDERICO FERNANDEZ
DE LA PIERRE FRANZ
DELLA BORDELLA MATTEO
DIKIC NENAD
DOMINIONI LORENZO
DONATI SIMONE
DONEGANI ENRICO
DOW JENNIFER
DOZIO EUGENIA
DURRER BRUNO
ELLERTON JOHN
ELSENSOHN FIDEL
FAULHABER MARTIN
FLICK WALDEMARO
FUGAZZOLA CARLO
GARZENA GUIDO
GATTERER HANDRES
GIARDINI GUIDO
GOBBI CRISTIANO
GROSSI PAOLO
HABELER PETER
HACKETT PETER
HEFTI URS
HILLEBRANDT DAVID
INTROZZI LORENZO
KUPPER THOMAS
LEVINE BENJAMIN D.
MACIAS DARRYL
MAGGIORINI MARCO
MANTOVANI ROBERTO
MARIANI FULVIO
MAZZI GIUSEPPE
MERCALLI LUCA
MESSNER REINOLD
MESSNER HUBERT
MILANI MARIO
MINOJA GIULIO
MONDINELLI SILVIO GNARO
MONTAROLO PIER GIORGIO
MORO SIMONE
NEGRINI DANIELA
NERIN ANTONIA
NOTTARIS ROMOLO
OELZ OSWALD
ORRASH MASSIMO
OSVALDO CHIARA
PADDEU ANTONIO
PARATI GIANFRANCO
PASCERI GIOVANNI
PASSI ALBERTO
PECCHIO ORIANA
PRESTINI ANTONIO
RADICE ANTONIO
REISTEN OLIVER
RICHALET JEANPAUL
RINALDI ADRIANO
RIVA ELY
RODWAY GEORGE
ROI GIULIO SERGIO
RUFFINO GIOVANNI
SALERNO-URIARTE JORGE ANTONIO
SAVARY-BORIOLI BEPPE
SCHOEN CORINNA
SCHOENE ROBERT
SCHNEIDT TIZIANO
SCHWEIZER JUERG
SERTORELLI ERMINIO
SESANA GIOVANNI
SICURO MARCO
SPANEVELLO ANTONIO
STECK UELI
STRAPAZZON GIACOMO
STRAPAZZON PASCAL
STREHLER KARL
SURACE MICHELE
TAVANI MARIO
TORTI VINCENZO
TOZZI MATTEO
VACCARI EZIO
VALOTI PAOLO
VALSECCHI ANGELO
VALSESIA TERESIO
VISETTI ENRICO
WALPOTH BEAT
WANSCHER MICHAEL
WILLIAMS JASON
ZAFFREN KEN

and other...

The 4th International University Master Course is based in Varese at the University of Insubria and is aimed doctors and paramedics holding a degree level 2 according to the EU Regulation. The objective is to prepare mountain health expert in mountain related pathologies. There is a maximum number of 12 places available and the course is approved by the following International Organisations:

UIAA-Medcom, CISA-IKAR and ISMM.
The course consists of a total number of about 1.500 hours as academic regulations, 875 among lectures, internships and on site practical session.

COURSE LOCATION

Lectures will be held at the University of Insubria in Varese, at the EURAC headquarters of the Institute of Mountain Medicine and Emergency in Bolzano, at IFremmont Hospital Chamonix, at the Istituto Mosso at Col D'Olen managed by Department of Neurosciences of Torino University, at the University of Innsbruck, Institute for Snow and Avalanche Researche in Davos,Bergwacht Bayern - Bad Toelz, Fondazione Montagna Sicura - Courmayeur, Ist. Auxologico - Ospedale San Luca - University of Bicocca in Milan, which are taking part in this project. On site practical sessions will be held by the mountaineering schools of the CAI and CAS.

OFFICIAL LANGUAGE

The official course language is English in some case Italian.

COURSE CREDITS

Following completion of the course, a formal academic ceremony will be held where each student will receive a graduation certificate recognised worldwide. To obtain the graduation certificate each candidates will prove to be present at 75% of lessons and medical training.
A final course examination, consists in a multiple answer test, is scheduled and the thesis presentation previously arranged.

TUITION FEE

The enrolment fee for the course is Euro 4.500,00.

The fee include:
training at the most important rescue team: Air Zermatt-Alpine Rescue Center, REGA, I/Fremmont/Chamonix, Bad Toelz, SLF Davos and ohters; some overnights.

For any further information and for the course program please contact:

Dr. Luigi Festi
luigi.festi@asst-settelaghi.it

Photo by Francesca Agosta Tipress Ag. Fotografica (Tris Rotondo 2012 - CAS Ticino)

4th International Master Course *in* Mountain Medicine

dedicated to A. Farè and F. Della Bordella and B. Dürrer

2017 - 2018

Varese - Bolzano - Aosta/Chamonix - Zermatt- Davos - Milano - Torino - Bressanone/Brixen - Bad Toelz - Innsbruck

Under the Patronage of

Director: Lorenzo Dominioni *University of Insubria*
Co-Directors/Coordinators:
Luigi Festi and Hermann Brugger

Ospedale Universitario di Circolo, Varese / Institute of Mountain Emergency Medicine, EUR.AC Bolzano

SCIENTIFIC COMMITTEE
President: Buddha Basnyat
Past President International Society Mountain Medicine/ISMM, Katmandu, Nepal

Didactical supervision: Monika Brodmann Maeder Inselspital Bern

Peter Baertsch Zürich
Cesare Beghi University of Insubria
Luigi Boni University of Insubria
Giulio Carcano University of Insubria
Emmanuel Cauchy Resamont /IFremmont Chamonix
Enrico Donegani UIAA Medcom Torino
Guido Giardini Presidente SiMeM, Aosta
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Daniela Negrini University of Insubria
Gianfranco Parati University of Milano-Bicocca
Alberto Passi University of Insubria
Antonio Spanevello Fondazione Maugeri - University of Insubria
Giacomo Strapazzon Institute of Mountain Emergemcy Medicine, EURAC Bolzano

The International Master in Mountain Medicine is at the 4th edition and started at the end of February 2017 and will end at November 2018 with the presentation of the thesis and verification test. The Master is organized by the University of Insubria Varese in collaboration with EURAC, Institute of Mountain Emergency Medicine. In previous editions they have graduated 37 physicians. The course, set out in the preliminary program, spread over two-years and the lessons take place in cycles of weeks and aims to train mountain doctor, or a doctor able to set up a medical practice mountain. The theoretical and practical teaching program, is inspired by the official program official UIAA CISA IKAR ISMM, further extending it to make it compatible with European law of master's degrees, then growing over 1,500 total hours.
The official language is English, alongside Italian, particularly in some cases of teaching practice in the field, and in some cases from the French. All lectures are presented with slides in English. There are some distinctive technical prescriptions of the master and are as follows:

1) The master is developed with educational collaborations with other institutions experienced in mountain medicine or emergency mountain medicine European and American, some locations themselves of medical courses. We take advantage from these partnerships to conduct lessons in places of the institutions involved, and to open as much as possible the cultural horizon and science of the students. Each institution that collaborates provides teachers, logistics facilities and provides an educational theory and practice as complete as possible.
2) Too often we forget that by our work on the field, depends on tight fit, the patient's prognosis. I thought then to also introduce a training hospital, which has the purpose to compare the medical intermediate, the mountain doctor, with the reality that follows his work in the field, in an attempt to create a medical figure of high competence and specialization.
3) It has also been extended the practice of climbing and mountaineering. For this reason we rely on the expertise, competence and professionalism of the national school of alpinism and and ski-alpinism of the Italian Alpine Club and of the Swiss Alpine Club, supported from time to time, by mountaineers world-famous. It is aimed at a possible perfect knowledge of the techniques of climbing, leading sometimes to 5th grade. This is not to create doctors climbers, but in the belief that the knowledge of a higher degree of difficulty, increases the safety of progression to a lower level. The idea is to create a doctor who is as much as possible into the mountain, and who knows how to live it in all its aspects.
The instructors of the guides will modulate the program according to the needs of each of the participants, giving everyone the opportunity to learn and blend in to the world of mountaineering.
4) The master teachers, some in the scientific board, come from all over the world, and represent the highest level of medicine and emergency in the mountains. Despite the Italian university regulations require a majority of indigenous teachers, it ended up with 50% of teachers from other Italian universities and from all European countries, from USA, Nepal and other.
This ensures a very high scientific level and a complete teaching. This also represents an attempt to compact "in the field" the world of mountain medicine and to create ground for discussion and meeting. The master is an academic institution that seeks as much as possible to be "universal" as is inherent in the word itself.
5) In this edition will present a new module, designed for doctors who routinely work in mountain or inaccessible environment. It will be dedicated to some aspects of chronic diseases and neoplastic diseases, to improve prevention and early diagnosis in patients who live and work in the mountains, by improving health knowledge, and making its more widespread presence in large areas and difficult to reach.

Dr. Luigi Festi
Deputy Chief Thoracic and General Surgery, Ospedale di Circolo Varese
luigi.festi@asst-settelaghi.it

CALENDAR LESSONS

13 February 2017
Inauguration Varese

13-18 February 2017
Varese - Chamonix

14-15 February 2017
Davos SLF

27-31 March 2017
28-31 March Finale Ligure - Climbing techniques

20-25 April 2017
20-22 April 2017 Bad Toelz - Helicopter Rescue Simulator
23 April 2017 Air Zermat Helicopter Rescue

22-28 May 2017
Varese - REGA -Zurigo

03-09 July 2017
Practical part on Glacier

20-26 November 2017
Varese

05-11 March 2018
Chamonix

07-12 May 2018
University of Innsbruck - Eurac Bolzano

September 2018 (facultative)
Master Peak in Caucaso (Cost € 2500)

22-26 October 2018
Varese

27-28 November 2018
Diploma Session - Varese

Module 1

Basis, Diagnosis, Treatment of Altitude Sickness 48 hours

- Altitude Sickness
- Children and the mountain
- High altitude training
- The medical practice of mountain
- The elderly and the mountain
- Cardiopathic patients and mountaineering
- Pulmonary failure and mountaineering
- Neurological disease and the mountain
- The woman and the mountain

Module 2

Hypothermia: Diagnosis and Treatment Hyperthermia 31 hours

- Hypothermia
- Frostbite
- Sunstroke, heatstroke
- Notions on personal technical
- Equipment and apparel
- Diving medicine

Module 3

Trauma in Mountaineering: Diagnosis and Treatment 41 hours

- Analgesia on the fiel
- Abdominal traumatology
- Thoracic traumatology
- Orthopedic trauma
- Basic radiology
- Interventional radiology
- Vascular trauma
- Neurosurgical trauma
- Maxillofacial trauma in mountaineering
- Odonto-stomatology-emergencies
- Tracheostomy
- Shock
- Sepsis: diagnosis and treatment

Module 4

Emergency Rescue in Montaineering 97 hours

- Avalanche
- Electrocution, lightning
- Mountain rescue techniques
- Helicopter rescue techniques
- Notions on personal equipment
- Stress management in mountaineering
- Organized rescue on the mountain
- The intensive care unit and alpine trauma
- Alpine trauma and rescue services
- Helicopter Rescue Team (c/o Air Zermatt, REGA)

Module 5

The Doctor and the Mountain 43 hours

- Decompression sickness
- Survival and navigation techniques
- Nutrition in mountaineering
- Travel medicine
- The doctor on expeditions
- Medical legal aspects in mountaineering
- Juridical aspects
- International mountaineering organisation
- Medical communication
- Geological characteristics and rescue techniques
- Risk management
- Meteorology and mountain
- Doping in mountaineering
- Historical and cultural aspects of mountaineering

Module 6

The Doctor and Alpine Medical Practice 60 hours

- Introduction
- Mountaineering techniques and basics of skimountaineering
- Basics of climbing techniques
- Mountain rescue techniques

Lectures on important topics will be presented in some cases

Module 7 30 hour

- Prevention and Early Diagnosis Breast Cancer
- Prevention and Early Diagnosis Colo-Rectal Cancer
- Prevention and Early Diagnosis Gastric Cancer
- Prevention and Early Diagnosis Pleura and Lung Cancer
- Cardiology Chronic Disease
- Respiratory Chronic Disease

Workshop: Lung Cancer and Mesothelioma: New Diagnostic and Therapeutic Approaches

MEDICAL TRAINING

10 hours
Clinic Mountain Medicine
c/o Ospedale U. Parini Aosta/Chamonix

20 hours
Cardiology
c/o Istituto Auxologico Italiano, Università Bicocca Milano

30 hours
Radiology
c/o Ospedale di Circolo Varese

60 hours
Operating Room c/o Anesthesiology
c/o Ospedale di Circolo Varese

60 hours
Intensive Care Unit
c/o Ospedale di Circolo Varese