

Everest North: Expedition Medicine Planning and Prevention

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No disclosures



Key Aspects of Expedition Medicine

- Advance preparation
 - Special environment preparation
 - Assembly of expedition kit
 - Preventative health care during the expedition
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- Rescue and evacuation protocols
 - Cases



Advance Preparation:

- **Geographic location:**
 - urban/rural/extremely remote
 - local medical care availability and quality?
 - special environments
- **Vaccinations:**
 - country specific: CDC yellow pages or WHO website
 - emerging diseases
- **Personal medical kit:**
 - OTC and Rx



Advance Preparation

- **Specific hazards/education:**
 - food/water
 - insects and disease
 - animal exposures
 - environment: cold, heat, altitude
- Evacuation insurance for group



Critical Care Backpack



Critical Care Baggie for Summit Team



Preventative Health Care During Expedition

- Hygiene: hand-washing and kitchen cleanliness
- Water: clean source, boiled (imperfect at altitude), UV or chemically treated
- Food consumption:
 - RULE: boiled, cooked, peeled, pasteurized or forget it
- Animal interactions: AVOID!
 - rabies common in many parts of the world



Special Environments

Prevention and Education

- **High altitude:**
 - tenets of acclimatization: speed of ascent, over exertion
 - hydration and diet
 - avoid alcohol and sleep aids
- **Tropical/lowland:**
 - insect management (repellent for skin, permethrin for clothing, bed-nets)
 - dawn/dusk and standing water avoidance

