

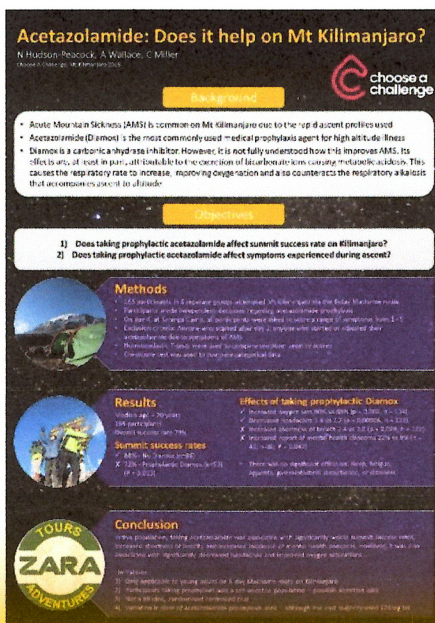
POSTER COMPETITION & CALL FOR ABSTRACTS

For the 2nd year, WMT is running a poster competition to enhance the flagship **Expedition Medicine** course in Chamonix 2nd – 6th March 2020. The abstract submission deadline is 1st February 2020.

- The abstracts will focus on recent research, interesting case studies or expeditions in the role of medic covering the entire spectrum of wilderness medicine.
- Abstracts from doctors, OHPs and laypeople (WMT Explorer alumni included) welcomed.
- Anyone can participate; you don't have to be a course delegate or doctor.
- Accepted abstracts will be presented as posters at the course with the winner asked to give a short oral presentation (if the author is in attendance).
- Notification of acceptance of abstracts will be sent promptly to allow time to prepare the poster.

Instructions for abstract submissions:

- Send abstracts in an email (not attachment) in no more than 200 words to wmt@wildernessmedicaltraining.co.uk
- Do not include references, illustrations, tables, or figures.
- If research based, abstracts should be divided into sections: Introduction/Background, Objective, Methods, Results and Conclusions, otherwise this structure need not be followed.
- List authors' full names, affiliations and any funding sources and/or disclosures.



Acetazolamide: Does it help on Mt Kilimanjaro?
N Hudson-Beacock, A Wallace, C Miller

Background

- Acute Mountain Sickness (AMS) is common on Mt Kilimanjaro due to the 'rapid ascent' profiles used
- Acetazolamide (Diamox) is the most commonly used medical prophylaxis agent for high altitude illness
- Diamox is a carbonic dehydrase inhibitor. However, it is not fully understood how it improves AMS. Its effects are, at most in part, attributed to the correction of bicarbonate loss causing metabolic acidosis. This causes the respiratory rate to increase, improving oxygenation and so counteracts the respiratory alkalosis that accompanies ascent to altitude.

Objectives

- 1) Does taking prophylactic acetazolamide affect summit success rate on Kilimanjaro?
- 2) Does taking prophylactic acetazolamide affect symptoms experienced during ascent?

Methods

- 24 participants in Explorer group assigned to either 'up' or 'down' the slope. Matched cases
- Participants made independent decisions regarding acetazolamide prophylaxis
- On first of several days of ascent participants were asked to complete a questionnaire (1-5)
- Calculation made: symptoms scored after day 1, symptoms after 2 or 3 indicated day
- Participants who did not complete a questionnaire were excluded
- Participants: Total time and success rate recorded, ascent to summit
- Challenge will be used to determine statistical data

Results

Study aim	Participant	Summit success rates	Effects of taking prophylactic Diamox
1) Does taking prophylactic acetazolamide affect summit success rate on Kilimanjaro?	✓ Increased summit success rate (90% vs 50%)	✓ 100% success rate (10/10)	✓ Decreased symptoms (1.5 vs 2.5)
2) Does taking prophylactic acetazolamide affect symptoms experienced during ascent?	✓ Decreased symptoms (1.5 vs 2.5)	✓ Increased summit success rate (90% vs 50%)	✓ Decreased symptoms (1.5 vs 2.5)

Conclusion

• In this population taking prophylactic acetazolamide significantly improved summit success rates, decreased symptoms of AMS, and decreased incidence of AMS. Acetazolamide, therefore, is safe and effective and significantly decreased symptoms and improved ascent outcomes.

References

- 1) Only available to young adults on a day excursion visit on Kilimanjaro
- 2) Participants other than Explorer group did not complete questionnaire
- 3) Not a double-blind, randomised controlled trial
- 4) Limited to a study of wilderness medical training through the real wilderness training

If your abstract is accepted, we will issue practical poster preparation and printing advice. In short, prepare your poster in a PowerPoint slide (portrait) and get it printed for about £20 via an online print company. Bring it with you to the course or send to WMT's office if you're not attending.

To see all the 2019 posters visit this WMT blog <https://wildernessmedicaltraining.co.uk/chamonix-poster-competition-and-winner/> The 2019 winning poster is displayed left.

Expedition Medicine 2nd – 6th March course details: <https://wildernessmedicaltraining.co.uk/medics-series-courses/expedition-medicine-in-chamonix-winter-2/>

