

## ***A MODULAR FIRST AID KIT FOR ALPINISTS, MOUNTAIN GUIDES AND ALPINIST PHYSICIANS***

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**T**he contents of a backpack modular first aid kit depends on the medical knowledge of the user: "only use what you know how to use".

Therefore we propose a modular first aid kit that takes in consideration the instruction level of the user. The alpinist with only basic medical information will be satisfied with the basic module. From the professional guide we can expect a greater interest and experience. He or she should take courses of a higher level and can then use the extension module for guides in addition to the basic module.

Physicians who do mountaineering often have difficulties to compose a small but nevertheless useful first aid kit. We propose that they take, in the same box, the three proposed modules.

The content of the three modules is complementary. It will have to be adapted, by the respective physicians, to the legal requirements of the various countries and to the availability of drugs.

The criteria for the composition of the pharmacy are:

- as small and light as possible
- no easily improvisable material (e.g. scissors...)

Medicaments:

- really useful and effective
- with wide therapeutic safety
- of a stable form (stable to heat, cold and moisture)
- no controlled drugs

Clear and detailed directions for use are included.

We propose to include one injectable drug in the guide's module for the following reasons:

- in case of a mountain accident there are often physicians or medical staff on the site with no equipment.
- the proposed drug is absorbed completely by mouth (beneath the tongue) and its effect is rapid and non toxic. We teach our guides to apply the content of the bulbs directly in the mouth if they can't inject it.

### **1 BASIC MODULE (for alpinists)**

PAIN, FEVER	paracetamol /acetaminophen -tablets	10
SPASMOLYTICS	current spasmolytic drug	5
COUGH	dihydrocodeine 25 mg slow release capsules	5
COLD	decongestant nose drops in a plastic bottle	1
THROAT	small tablets to suck	10
DIARRHOEA	loperamide capsules	5
VOMITING, TRAVEL	metoclopramide 10 mg tablets	5
ANTACID	H2 - antagonist eg ranitidine 300 mg tablets, or: Aluminium - Magnesium - oxyde buffer	5 10
EYES	disinfectant + astringent + and/or antiinflammatory eye salve	1
LIPS	lip protector salve	1
DISINFECTANT	polyvinylpyrrolidone cum iodo 10 ml (eg Betadine)	1
<b>MISCELLANEOUS and DRESSINGS</b>		
2 compressed gauze bandages 5 cm x 10 m; adhesive plaster; some disposable adhesive dressings, skin closure strips, alcohol prep pads, 3 lancet blades, 1 small tweezer, 1 pair of gloves		
DETAILED INSTRUCTIONS FOR USE - Aluminium box 9 x 17 x 3 cm - 300 grams		

<b>2 EXTENSION MODULE (for mountain guides)</b>		
ANGINA PECTORIS	nitro caps/GTN/NTG	10
ALTITUDE	acetazolamide 500 mg capsules	5
	nifedipine 20 mg slow release tablets	10
	dexamethasone 4 mg tablets	10
EXHAUSTION	small vitamine - glucose tablets	10
TO SLEEP	zolpidem or midazolam tablets *	5
AMPOULES	tramadol 100 mg (for sublingual use) (or alternative)	3
1 disposable syringe 2 ml, 3 injection needles,		
DETAILED INSTRUCTIONS FOR USE - Alu box 9.5 x 18 x 4 cm 350 grams		
* attention! hypnotics may induce HAPE in susceptible persons! Let the physician decide whether sleeping drugs shall be included.		

<b>3 EXTENSION MODULE (for alpinist physicians)</b>		
ALTITUDE	nifedipine 10 mg capsules	5
ANTIBIOTICS	ciprofloxacin 500 mg tab or Co-trimoxazole 160/800 mg	5

AMPOULE	adrenaline 1 mg, 1 ml syringe	1
	Intravenous catheter - over needle set (e.g. Venflon)	1
WOUNDS	atraumatic thread + needle for sutures without needle holder	
consider:	injectable antiemetic drug (e.g. metoclopramid eor droperidol)	
	injectable strong analgesic drug (e.g. Ketamine or opiates)	
	midazolam ampoule (1 ml, 5 mg/ml)	
Alu box 9.5 x 18 x 4 cm 1+2+3 = 380 grams		

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