

Student-oriented disaster preparedness lecture series:
“Disaster in the Death Zone: Mt. Everest”
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Lecture outline:

- I. Some of the roles of expedition physicians:
 - a. Screen clients
 - i. med problems
 - ii. allergies
 - iii. previous climbing experience, etc
 - b. Prepare medical kits
 - i. trauma and wound care supplies
 - ii. antibiotics
 - iii. airway and resuscitation equipment, etc
 - c. Medical briefing upon arrival
 - i. Safe eating and drinking, hydration
 - ii. Hand washing
 - iii. Cover your cough—i.e. don't infect others
 - iv. Avoiding self-treatment
 - v. Slow acclimatization
 - d. Vigilance **during** expedition
- II. Katmandu and the trek up to Mt. Everest
- III. Base camp experience
- IV. Case studies
 - a. Chest pain
 - b. Altered mental status in the icefall
 - c. Disaster in the 'Death Zone' (>8,0000 m)—severe frostbite