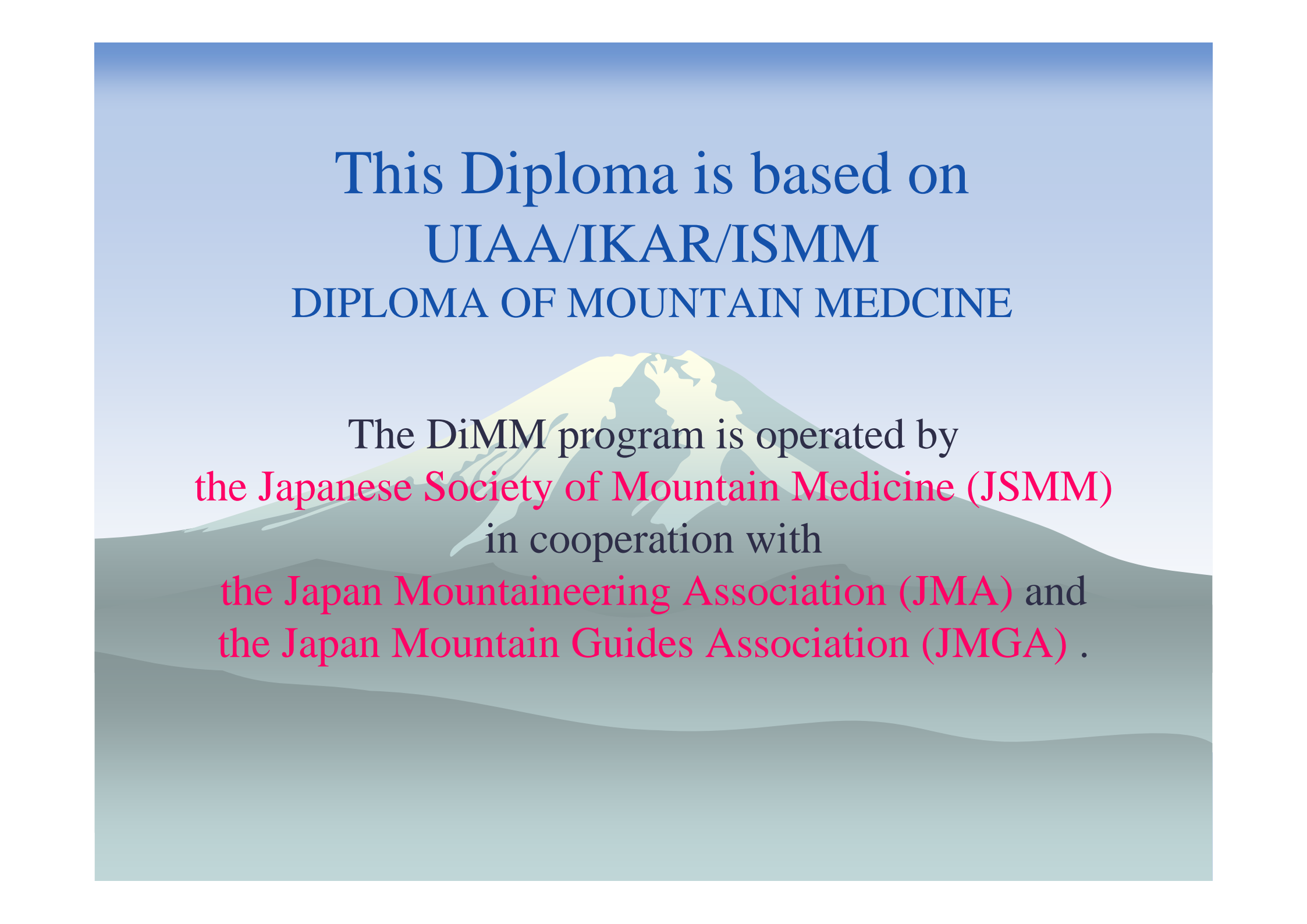
The background of the slide features a stylized illustration of Mount Fuji. The mountain is depicted with a yellow and white peak, suggesting snow or a sunrise/sunset, and is set against a light blue sky. The lower slopes of the mountain are rendered in shades of green and grey, creating a layered, atmospheric effect.

Diploma in Mountain Medicine (DiMM) in Japan

Dr. Norihiro Kamikomaki, Dr. Masako Horii,
Japanese Society of Mountain Medicine,
Medical committee of Japan Mountaineering
Association.

At UIAA Medcom meeting.

November 17, 2009 Kathmandu, Nepal



This Diploma is based on
UIAA/IKAR/ISMM
DIPLOMA OF MOUNTAIN MEDICINE

The DiMM program is operated by
the Japanese Society of Mountain Medicine (JSMM)
in cooperation with
the Japan Mountaineering Association (JMA) and
the Japan Mountain Guides Association (JMGA) .

Whole image of the courses

- ◆ Common course: 108 hours.
 - ***International Diploma**: The candidates for International Diploma in Mountain Medicine are requested to finish all of the common courses based on European standard.
 - ***Domestic Diploma**: The candidates for Domestic Diploma in Mountain Medicine need to finish all of the courses except ‘Mountaineering techniques in winter’ and ‘Experience of mountain sports activities in Japan’.
- ◆ Special course:
 - ***Expedition and Wilderness Medicine**. 40 hours.
The candidates for International Diploma in Mountain Medicine can apply this course.

Completion of the courses

- ◆ Pre-exam paper before each cluster
- ◆ Participation in each cluster
- ◆ Terminal examination after each cluster
- ◆ Completion all clusters within 4 years

Common Course (108 hours) divided into six clusters

- ◆ 1. **Spring cluster (2 days)** consecutively held after the (30th) Annual Scientific Meeting of Japanese Society of Mountain Medicine, Tanigawa is the case in 2010.
- ◆ 2. **Tokyo cluster (2days)**: Basic theory
- ◆ 3. **Tanzawa cluster (3days)**: Mountaineering techniques in summer, etc.
- ◆ 4. **Utsunomiya cluster (1day)**: Various medical problems in Japanese mountains
- ◆ 5. **Yatsugatake cluster (3days)**: Mountain techniques in winter, etc.
- ◆ 6. **Experiences of mountain and sports activity in Japan**

Expedition and Wilderness Medicine course (40 hours) divided into 3 clusters

- ◆ 7. Altitude, cold, travel medicine, traumatology, improvised rescue techniques
- ◆ 8. Survival techniques in high altitude and personal equipment for high altitude mountaineering
- ◆ 9. Expedition medical kit, team building, common expedition problems

Prepared and alternative courses by brother professional associations for DiMM

- ◆ The candidates are requested to complete the courses of Basic life support (**BLS**) and Advanced Cardiovascular Life Support (**ACLS**) in advance.
- ◆ The candidates are requested to complete the course of Japanese Prehospital Trauma Evaluation and Care (**JPTEC**) in advance or during the course of DiMM.
- ◆ Participants in the mountaineering leader workshop (winter) organized by **National Center of Mountaineering Training** are exempted from practical parts of Mountaineering techniques in winter.
- ◆ Participants in the mountain rescue workshop (summer) organized by **Japan Mountaineering Association** are exempted from theory and practical parts of rescue techniques.

1. Tanigawa cluster following the 30th Annual Scientific Meeting of JSMM on May 9, 10, 2010
Responsible Officials: S, Saito, N. Kamikomaki,

Domestic (○)	Date	Common course	Time (hrs)	Place	Training
○	10/5/9	Rescue technique (introduction)	1	Tanigawa-dake	theory
○	10/5/9	Rescue technique (practical)	2	Tanigawa-dake	practical
○	10/5/8	Travel Medicine	1	In the Scientific Meeting in Minakami	theory
○	10/5/8	Hypothermia	1	In the Scientific Meeting in Minakami	theory

All lectures are given by experienced professionals/doctors and all practices are taught by the committee of JMA .

2-1. Tokyo cluster: Basics on June 19, 2010

Responsible Officials: S. Masuyama, N. Kamikomaki

Domestic
(○)

	Date	Common course	Time (hrs)	Place	Training
○	2010/6/19	Altitude	3	Tokyo	theory
○	2010/6/19	Frostbite	2	Tokyo	theory
○	2010/6/19	submersion and immersion in water	1	Tokyo	theory
○	2010/6/19	Heat and solar radiation	1	Tokyo	theory
○	2010/6/19	Children and mountains	1	Tokyo	theory
○	2010/6/19	Weather	1	Tokyo	theory
○	2010/6/19	Nutrition	1	Tokyo	theory

All lectures are given by experienced professionals/doctors.

2-2. Tokyo cluster: Basics on June 20, 2010

Responsible Officials: S. Masuyama, N. Kamikomaki

Domestic (○)	Date	Common course	Time (hrs)	Place	Training
○	2010/6/20	Risk management in mountains	1	Tokyo	theory
○	2010/6/20	Exercise physiology	1	Tokyo	theory
○	2010/6/20	Personal first aid kit	1	Tokyo	theory
○	2010/6/20	Legal aspects・mountaineering insurance	1/2	Tokyo	theory
○	2010/6/20	Stress management	1	Tokyo	theory
○	2010/6/20	Pre-existing clinical conditions	3	Tokyo	theory
○	2010/6/20	* Circulatory disease and mountaineering			
○	2010/6/20	* Respiratory disease and mountaineering			
○	2010/6/20	Analgesia in the field	1	Tokyo	theory
○	2010/6/20	International mountaineering organizations	1/2	Tokyo	theory

All lectures are given by experienced professionals/doctors.

3. Tanzawa cluster: Mountaineering techniques in summer

on July 17- 19, 2010 Responsible Officials: H. Isao, Y. Chishima

Domestic
(○)

	Date	Common course	Time (hrs)	Place	Training
○	2010/7/17	Personal equipment mountaineering	1	Tanzawa	practical
○	2010/7/17	Navigation in the mountains	4	Tanzawa	theory practical
○	2010/7/17	Survival in the mountains/exhaustion	4	Tanzawa	theory practical
○	2010/7/18	Mountaineering techniques in summer	8	Tanzawa	practical

All practices and techniques are taught by IFMGA qualified international mountain guides.

4. Utsunomiya cluster: Medical problems in Japanese mountains

on Oct. 03, 2010 Responsible Officials: H. Kajitani, N. Kamikomaki

Domestic (○)	Date	Common course	Time (hrs)	Place	Training
○	2010/10/3	Ladies and mountain	1/3	Utsunomiya	theory
○	2010/10/3	Elderly people and mountain	1/3	Utsunomiya	theory
○	2010/10/3	Alternative person and mountain	1/3	Utsunomiya	theory
○	2010/10/3	Harmful organisms in mountains (vertebrate)	1/4	Utsunomiya	theory
○	2010/10/3	Harmful organism in mountain (invertebrata, parasite, microorganism)	1/4	Utsunomiya	theory
○	2010/10/3	Harmful plants in mountains	1/4	Utsunomiya	theory
○	2010/10/3	Poisonous gas, lightning stroke	1/4	Utsunomiya	theory
○	2010/10/3	Dental problems	1/4	Utsunomiya	theory
○	2010/10/3	Ophthalmic problems	1/4	Utsunomiya	theory
○	2010/10/3	aurinasal problems	1/4	Utsunomiya	theory
○	2010/10/3	Cutaneous problems	1/4	Utsunomiya	theory
○	2010/10/3	Network of medical check for mountaineers	1/2	Utsunomiya	theory

All lectures are given by experienced professionals/doctors.

5. Yatsugatake cluster: Mountaineering techniques in winter, etc.

On Jan. 8- 10, 2011 Responsible Officials: M. Nukita, Y. Chishima

Domestic

(○)

Date

Common course

Time

(hrs)

Place

Training

○

2011/1/8

Hypothermia

4

Yatsugatake

theory

○

2011/1/8

Avalanche

4

Yatsugatake

theory
practical

2011/1/9

Mountaineering techniques
in winter

9

Yatsugatake

practical

All practices and techniques are taught by IFMGA qualified international mountain guides.

Practical traumatology

- ◆ The basic knowledge and techniques of practical traumatology are given by attending Japan Prehospital Trauma Evaluation and Care (**JPTEC**, 8 hrs).
- ◆ JPTEC is officially endorsed by Japanese Association for Acute Medicine optimizing the Basic Trauma Life Support (**BTLS**) in USA in Japanese emergency medical environment. Top priority is given to rapid transportation to the advanced medical institution.
- ◆ Special knowledge and techniques of practical traumatology in mountain environment are given by the course 'Theory and workshop about altitude and cold'.

6. Experience of mountain sports activities in Japan

Date	Common course	Time (hrs)	Place	Training
2010/10/3	Free climbing, trail running	4.5	Kogashiyama	practical
2010/7/19	Valley climbing	12	Tanzawa	practical
2011/1/10	Ice climbing	12	Yatsugatake	practical
2011/2/20	Back country skiing, snow boarding, snowshoeing	11	Nasu	practical

All practices and techniques are taught by IFMGA qualified international mountain guides.

Expedition and Wilderness Medicine

(40 hrs) Responsible Officials: N. Shiga, M. Nukita

- ◆ Theory and workshop
- ◆ At least twice each lecture below in 4 years.
- ◆ 7. Theory and workshop about altitude and cold
- ◆ 8. Survival techniques in high altitude, etc.
- ◆ 9. About expedition

7. Theory and workshop

altitude, cold, travel medicine, traumatology and rescue techniques

Date	Expedition and Wilderness Medicine course	Time (hrs)	Place	Training
2010/9/11	Altitude	4	Tokyo	theory workshop
2010/9/11	Cold	3	Tokyo	theory workshop
2010/9/11	Travel medicine	4	Tokyo	theory
2010/9/12	Traumatology	4	Tokyo	workshop
2010/9/12	Improvised rescue techniques	4	Tokyo	workshop

All are taught by experienced doctors/professionals and IFMGA qualified international mountain guides.

8. Survival techniques at high altitude, etc.

Date	Expedition and Wilderness Medicine course	Time (hrs)	Place	Training
2011/2/19	Survival techniques in high altitude and personal equipment for high altitude mountaineering	10	Nasu	theory workshop

All are taught by experienced doctors/professionals and IFMGA qualified international mountain guides.

9. About expedition

Date	Expedition and Wilderness Medicine course	Time (hrs)	Place	Training
2011/3/7	Expedition medical kit	1	Tokyo	workshop
2011/3/7	Team building	2	Tokyo	workshop
2011/3/7	Common expedition problems	8	Tokyo	workshop

All workshop are chaired by experienced doctors/professionals and IFMGA qualified international mountain guides.

Summary

- ◆ Diploma in Mountain Medicine (DiMM) in Japan is now launching.