



**JSMM / UIAA / ICAR / ISMM
DIPLOMA IN MOUNTAIN MEDICINE**

2023-2024

Application Handbook

— **Main Organizer** —

Japanese Society of Mountain Medicine (JSMM)

— **Sponsorships** —

Japan Mountaineering and Sport Climbing Association

Japan Sports Council

I. Overview

The 2023-24 Diploma in Mountain Medicine of the Japan Mountaineering Medical Association (DiMM-JP) is held every two years by UIAA Medcom (Medical Commission of International Climbing and Mountaineering Federation), ISMM (International Society of Mountain Medicine), and ICAR (International Commission for Alpine Rescue) has been certified. This program aims to train medical doctors, nurses, and paramedics who can learn the theory and practices for diseases and trauma that could occur in mountainous areas and practice clinical and research in mountain medicine. Students who completed these programs and passed each exam will be awarded the Diploma in Mountain Medicine. Normally, these programs are required to be completed within 5 years from the entry to our DiMM program, and if it exceeds 5 years, even if it has been taken, it will be required to take it again for items that have passed 5 years, but the above 5 years will be extended 6 years each due to current situation of COVID-19. The program will be revised by the DiMM Committee or the UIAA / ISMM / ICAR regulation revisions. In that case, remedies will be applied to students who entered in the old program according to the old program.

II. Target person

① Medical Doctor Course

Medical Doctors who are members of the Japanese Society of Mountain Medicine (JSMM) and have completed the initial clinical training (graduates before the introduction of the clinical training system should be read as "doctors who have obtained a doctor's license") can register. From 2020, initial clinical residents and medical students will not be able to register.

② Nurse Course

Those who are members of the Japanese Society of Mountain Medicine (JSMM) and have a registered nursing qualification can register. The content of the course is the same as that of a medical doctor. Nursing students will not be able to register from 2020.

③ Paramedic Course

Those who are members of the Japanese Society of Mountain Medicine (JSMM) and have a qualification as an emergency medical technician can register. The content of the course is the same as that of a medical doctor. Paramedic students will not be able to register from 2020.

All students are should be well prepared academically before taking the course. It is highly recommended that those who have little experience in mountaineering should take a mountaineering technique class or rescue technique class by various mountaineering groups or mountain guides in advance.

III. Program

	Course Title	Date	Place
A1	GA of Japanese Society of Mountain Medicine	3-4. Jun. 2023	Jichi Medical University Saitama Medical Center (Saitama, Saitama)
B1	Summer mountain medical theory session (Summer Mountain Theory)	8-21. May. 2023	eLearning (8-21. May) Miura Dolphins (14. May) Tokyo
C1	Basic summer mountaineering skill practice (Summer Mountain Practice)	17-18. Jun. 2023	National Center for Mountaineering Education (Tateyama, Toyama)
B2	Mountain trauma practice	Undetermined 2023	Undetermined
C2	Summer mountaineering skill examination (Summer Mountain Examination)	7-9. Oct. 2023	National Center for Mountaineering Education (Tateyama, Toyama)
B3	Winter mountain medical theory session (Winter Mountain Theory)	Undetermined 2023	Online
C3	Basic winter mountaineering skill practice (Winter Mountain Practice)	20-21. Jan. 2024	National Center for Mountaineering Education (Tateyama, Toyama)
B4	General mountain medical theory session	Undetermined 2024	Tokyo (expected)
C4	Winter mountaineering skill examination (Winter Mountain Examination)	Undetermined 2024	Akadake Kosen (Yatsugatake, Nagano)

- All of the above A, B, and C courses must be completed. A total of 121 hours.
- C2 requires C1 experience, C3 requires C1 experience, and C4 requires C2 and C3 experience.
- Post-paper test may be imposed after each B course. Only attending a class with assignments does not mean that you have passed. Only if you submit by the deadline for submitting the assignment will be graded, and the pass or fail will be judged based on the graded result.
- In C, practical skills during the examination days will be scored. After the pass or fail notification, an objection can be filed with the Examination Committee Chair through each test implementation manager.
- The program equivalent at the time of registration will be applied to all courses and certifications.

IV. Eligibility, registration procedure, registration fee

- It is necessary that you are a member of the Japanese Society of Mountain Medicine and have not delinquently paid the academic society membership fee. Please see the website of the Japanese Society of Mountain Medicine for the enrollment procedure.

- Please access http://www.jsmmed.org/dimmjpn_entry.html, select a course that suits your qualifications, and perform temporary registration. A registration fee of 10,000 JPY is required for formal registration. Please pay to the bank account mentioned in the e-mail sent from the DiMM administrative team after confirming your eligibility.
- For each course, the application guidelines will be posted on the website and the registered students will be notified on the e-mailing list. If you apply according to the application guidelines for each course and the course is approved, please pay the course fee. After confirming the payment of the course fee, you will be confirmed as a student. The course fee does not include transportation to the venue, accommodation during the course, and food, drinks and stuff for personal using. After approving the course participate, the person in charge will contact you regarding the payment method for accommodation and food expenses in the exercises and certifications, so please follow the instructions.
- To take C, you must have mountain insurance (which can also be applied to winter mountain climbing, rock climbing, ice climbing, distress and mountain accidents during mountain skiing).

V. Cancellation Policy and Course Restrictions

- The registration fee is non-refundable after payment.
- In principle, the tuition fee for each course and examination will not be refunded for any reason unless the course is canceled or the course is restricted due to the organizer's circumstances.
- For safety reasons, attendance may be restricted depending on the circumstances of the venue and the number of people and mountain climbing experience in mountain practice, exercises, and certifications. After the application deadline for each course, the person in charge of the course and the certification will contact you regarding the availability of the course.

VI. Transitional Measures, Domestic Certified Mountain Physician / Mountain Nurse Program

- New entries to the Japanese Society of Mountain Medicine certified domestic mountaineering doctor / mountain nurse program (hereinafter referred to as the domestic certified mountaineering doctor / Mountain nurse program) had already been completed. From now on, we will continue the domestic certified mountain doctor / mountain nurse program until 2023, but the qualification will be completed by the end of 2023 (if the certification requirements are not met by the end of 2023, we will not be certified). If you have been thinking about acquiring a new qualification as a domestic certified mountain doctor / mountain nurse, please consider the DiMM program or the Japanese Mountaineering Medical Association specialist (nurse) system.
- For students who have already entered the domestic certified mountain doctor / mountain nurse program and

have started some courses, will they continue to take the domestic certified mountain doctor / mountain nurse program (however, it will end in 2023)? , There are options for transition to the DiMM program or the Japanese Society of Mountain Climbing Medical Specialist (Nurse) system (special transition measures by the end of 2025).

- Those who have obtained domestic certified mountain doctor / mountain nurse qualifications can take advantage of the special measures scheduled to be set for 5 years from 2021 to either the DiMM program or the Japanese Society of Mountain Climbing Medical Specialist (Nurse) system. We recommend that you migrate to Crab (special migration measures by the end of 2025). For the transition to DiMM, it is necessary to retake the Natsuyama test, Fuyuyama test and Beacon test and pass each of the DiMM standards.

VII. About DiMM credential

- After taking all the courses and certifications of A1, B1 to B4, and C1 to C4, and passing the examination and certification, the contents will be confirmed and the DiMM administrative team will finally qualify. The certification period is currently being adjusted.
- Once qualified, the Diploma in Mountain Medicine is awarded and the DiMM designation by UIAA/ICAR/ISMM can also be used as Mountain Emergency Physician, Mountain Emergency Nurse and Mountain Emergency Paramedic. The names Mountain Emergency Physician, Mountain Emergency Nurse and Mountain Emergency Paramedic may also be used. However, they are not allowed to do anything beyond what their national qualifications allow them to do.

VIII. DiMM renewal

- Due to changes in international regulations, the DiMM qualification renewal system will be introduced. It is necessary to renew within 5 years after obtaining Diploma in Mountain Medicine. For details, please refer to the PDF of the DiMM qualification renewal system guide.

IX. Appendix

- If you are a member of the Japanese Society of Mountain Medicine other than the registered students and wish to attend B, after posting the application guidelines on the homepage, please contact the administrative team (dimm01@jsmmed.org). As a general rule, only members of the Japanese Society of Mountain Medicine can attend.

2023 DiMM Program in Japan (2023-2024 DiMM-JP)

After the content and schedule of each course and test are confirmed, we will inform you that on the e-mailing list and will inform you on our website of the Japanese Society of Mountain Medicine (<http://www.jsmmmed.org>). Please refer to the following as a planned program. (Schedule is subject to change due to COVID-19)

Course title, Place, Date	2019 DiMM Regulation (Minimum Time Requirement)	2023-2024 DiMM Program in Japan (DiMM-JP)	Time	Cumulative study time / standard
[B1] Summer Mountain Theory 8-21. May. 2023 <i>eLearning</i> + 21. May <i>Miura Dolphins Tokyo</i> Total 12hr	Altitude and its illnesses (8) *1	High Altitude Sickness Physiology, Altitude Sickness Overview	1	4
		Anthropology at high altitude	1	
		Hypoxic environment experience	2	
	Exercise physiology (1) *1	Exercise physiology	1	1
	Nutrition, fluid balance and exhaustion (1) *1	Nutrition and water balance / fatigue	1	1
	Submersion and immersion in water (1) *1	Water accident	1	1
	Heat and solar radiation (1) *1	Heat stroke / dehydration / sunburn	1	1
	Stress management (1) *1	Current situation, background and problems of domestic mountain accidents in Japan	1	2
		Current situation, risks and problems of overseas mountaineering	1	
	Ethics including sports and drug use (1) *4	Sports and drug use / doping	1	1
Legal aspects (0.5) *1	Mountain insurance and legal issues in mountaineering	1	1	
[A1] GA of JSMM 3-4. Jun. 2023 <i>Jichi Medical University Saitama Medical Center (Saitama) 2 days</i>	Performing medical research (1) *1	Medical research	6	6
[C1] Summer Mountain Practice 17-18. Jun. 2023 <i>National Center for Mountaineering Education (Tateyama) 15hr</i>	Introduction to improvised rescue techniques (2) *1	Rescue technique overview	1	2
		Self-rescue / impact: theory	1	
	Altitude and its illnesses (8) *1	Acclimatization strategy	2	6
	Practical demonstration of improvised rescue techniques (4) *3	Self-rescue / impact: practice, rope- work	8	9
		Improvisational Rescue Technique Practice: Practice	1	
Organized rescue (4) *1*2	Organized rescue: Practice	2	2	
[C2]	Navigation and survival techniques in hostile weather in the mountains (8) *2*3	Navigation technique in the field	8	8

Summer Mountain examination 7-9. Oct. 2023 National Center for Mountaineering Education (Tateyama) 23.5hr	Information technology in the mountains (1) *2	Information technology and skill	1.5	1.5
	Personal first aid kit and mountaineering equipment (1) *1	Survival technology and fatigue	2	2
	Mountaineering techniques in summer and winter (24) *3	Summer mountaineering technique examination, Shower climbing	12	12
[B2] Mountain trauma practice Date and Place is Undetermined (N/A) 15h	Analgesia in the field (2) *1	Pain management and practical anesthesiology	2	2
	Effects of pre-existing clinical conditions (4) *1	Head and neck disease in the field	1	1
	Practical traumatology (8) *2	JPETC(Subject to change)	5	12
		Trauma overview	2	
		Orthopedic disease theory	1	
Workshop		4		
[B3] Winter Mountain Theory Date is Undetermined Online 10.5hr	Hypothermia (4) *1*3	Hypothermia 1: Physiology	1	3
		Hypothermia 2: Pathology and treatment	1	
		Hypothermia 3: Case study	1	
	Frostbite (2) *1	Frostbite: Theory	1	1
	Altitude and its illnesses (8) *1	Practical mountain accident case study	4	12
	International mountaineering organizations (0.5) *1	Expedition mountaineering	1.5	1.5
	Organized rescue (4) *1*2	Helicopter rescue	1	3
[C3] Winter Mountain Practice 1/20-21. Jan. 2024 National Center for Mountaineering Education (Tateyama) 8hr	Hypothermia (4) *1*3	Hypothermia: Workshop	1	4
	Frostbite (2) *1	Frostbite: Workshop	1	2
	Avalanche risk assessment, companion search, and medical management of victims (4) *1*3	Avalanche: Theory and Workshop	2	4
		Avalanche: Beacon examination	2	
Organized rescue (4) *1*2	Organized rescue: Practice	2	5	
[C4] Winter Mountain Examination Date Undetermined Akadake Kosen (Yatsugatake) 16hr	Mountaineering techniques in summer and winter (24) *2	Winter mountaineering technique examination	10	28
		Ice climbing	6	

[B4] General mountain medical theory session Date Undetermined <i>Tokyo</i> <i>(Expected)</i> 15hr	Children and mountains (1) *1	Pediatrics and mountains	1	1
	Travel Medicine (2) *1	Travel Medicine / International Infectious Diseases / Vaccines	2	2
	Infection control and water safety (1) *1*3	Infection control and water safety, parasites	1	1
	Weather (1) *1	Weather	1	1
	Death in the Mountains (1) *1	Death in field and mountains	1	1
	Alpine Sports Accidents (1) *1	Bouldering trauma	1	1
	Effects of pre-existing clinical conditions (4) *1	Medical check-up for climbers	1	4
		Respiratory and cardiovascular diseases in the field	1	
		Diabetes, metabolic disease and elderly in the field	1	
	§Additional topics§ Mountain animals (N/A) *1	Mountain pests: vertebrates and invertebrates	1	1
	§Additional topics§ Mountain plants (N/A) *1	Mountain pests: plants	1	1
§Additional topics§ Chemical gas, Lightning (N/A) *1	Hazardous gas, electric shock, volcano	1	1	
§Additional topics§ Mountaineering for female mountaineers (N/A) *1	Female and handicap	1	1	
§Additional topics§ Current Issue of Mountain Clinic (N/A) *1	Current issue of mountain medical care in Japan.	1	1	
Total	*Due to current situation of COVID-19, total cumulative study time is 119	121		

*1;theory *2;workshop *3;practical *4;discussion

- §Additional topics§ are our unique program in DiMM-JP
- Lectures will introduce eLearning in order from the possible ones. Details will be announced at the time of each course and application for certification.
- Please take or renew the following (1)+(2) or (3) during the course period.
(1)Basic Life Support; **BLS** (2)Advanced Cardiovascular Life Support; **ACLS**
(3)Immediate Cardiac Life Support; **ICLS**
- Minimum mountaineering skill before registration

▪ Summer

Knots and their uses: Fishermen's knot, figure of eight, Prusik, clove hitch, Munter (Italian) hitch; tying into a harness; Creating an anchor system; belaying; abseiling with descender and prusik; ascent of fixed rope with prusiks; ability to follow on a UIAA grade 3 climb: preparing a landing site for helicopter evacuation; ground to air hand signals.

▪ Winter

Glacier travel and walking on ice with crampons; belaying by using a variety of techniques suited to snow and ice; climbing grade WI (Winter Ice) 2; improvised crevasse rescue including simple pulley systems; locating a buried avalanche victim using a transceiver and probes, extracting the victim and preparing for rescue, emergency shelters.



Certificate for Courses in Mountain Medicine

This is to certify that the courses in Mountain Medicine organised by:

Japanese Socceity of Mountain Medicine

are in accordance with the minimum requirements of the Medical Commissions of Union Internationale Des Associations D'alpinisme (UIAA) and International Commission for Alpine Rescue (ICAR), and the International Society for Mountain Medicine (ISMM). The organisation is entitled to use the UIAA, ICAR and ISMM logos for their courses for two years from May 2010, and award the title *UIAA/ICAR/ISMM Diploma/Certificate in Mountain Medicine* to successful candidates as set out in the Diploma in Mountain Medicine regulations agreed in Aviemore, Scotland in October 2007.

Signed:

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Diploma in Mountain Medicine in Japan

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