



MMSN BULLETIN 2081

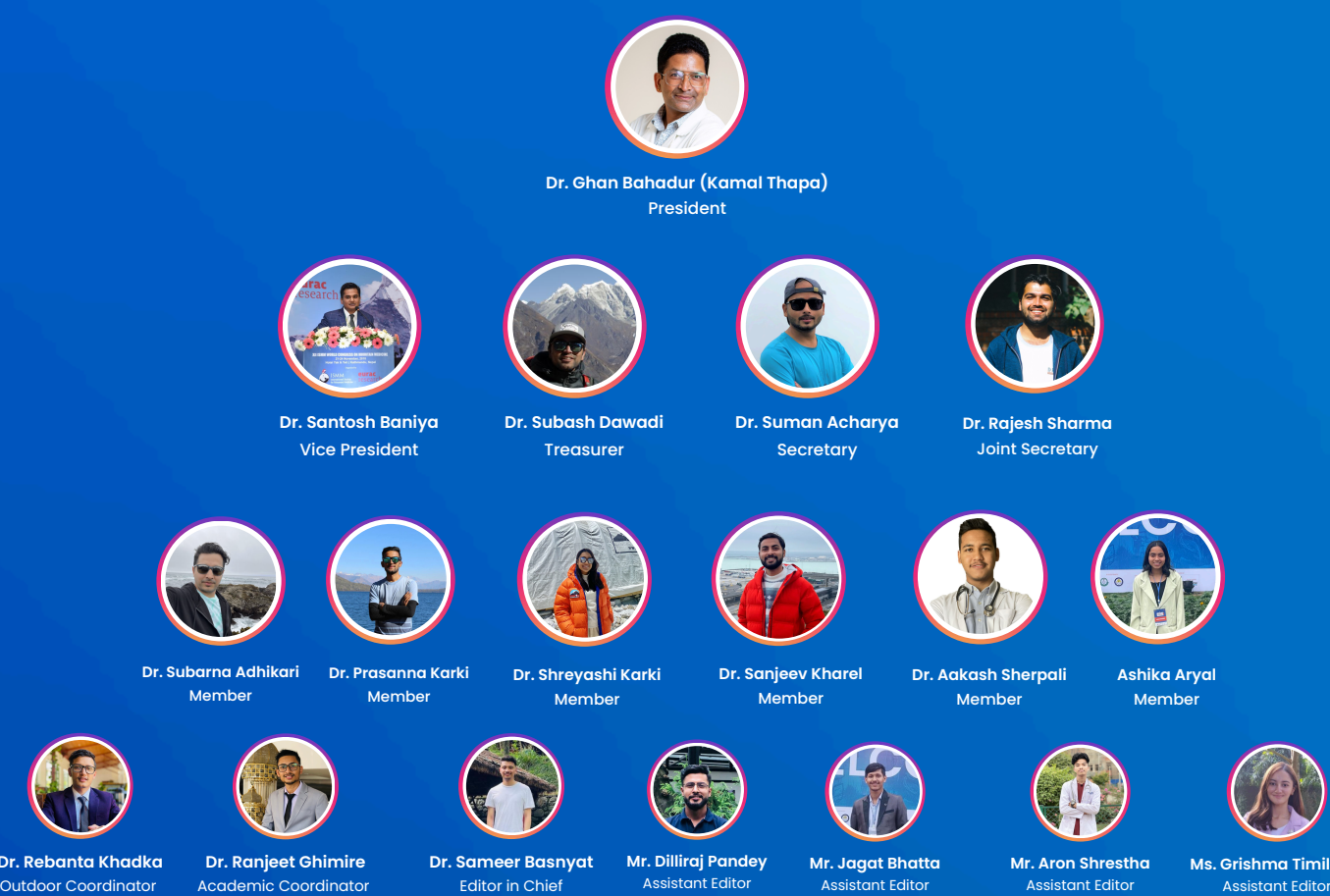
Mountain Medicine Society of Nepal

ABOUT MMSN



MMSN is a society of doctors, medical students, and allied health professionals interested and involved in mountain medicine, high altitude physiology, and related maladies. We are a non-governmental, not-for-profit organization working to understand and explore the science behind altitude-related illnesses and utilizing this knowledge in making our mountains safer. Our regular activities include: journal clubs where we discuss and do critical appraisal of research papers on high altitude and wilderness medicine; national and international seminars and workshops; health camps for pilgrims; research on altitude-related illnesses; publication of newsletters and books; and awareness programs on high altitude illnesses targeting trekkers, pilgrims, and porters going to high altitude. We also provide doctors experienced in high altitude medicine to accompany researchers, trekkers, climbers, and pilgrims, or to be temporarily stationed in high altitude aid posts in the remote areas of the Nepalese Himalayas during peak seasons.

MMSN EXECUTIVE BOARD



MMSN ACADEMIC ACTIVITIES



Pic : Dr Siddhartha Yadav MD and MMSN members
Pic : Experience sharing session

We had experience sharing sessions of Dr. Saramshika Dhakal of their medical elective at JR Hospital, Oxford University Hospital. A session led by Dr. Nishant Joshi and Dr. Shreyashi Karki about the experience of Everest ER for 2 months and Dr. Sushan Homagain who led the Gosaikunda Health Camp this year.

MMSN has been actively engaged on doing academic programs throughout the year in the presence of our esteemed Faculties and the members. On year 2024, we had journal club's presentation by Dr. Anil Bist and Dr. Sanjeev Kharel. We had a talk session with Dr. Siddhartha Yadav MD working at Mayo Clinic on topic, Introduction and Importance of Research and his Journey in Medical Research.

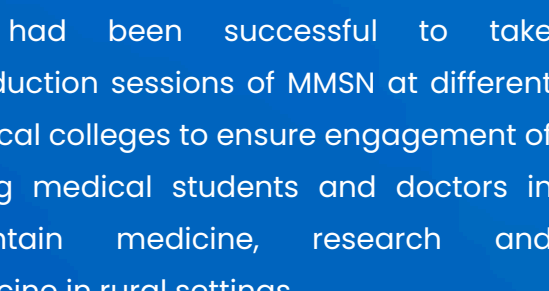


Pic : Fig : MMSN introduction to different medical colleges outside Kathmandu



Pic : Experience Sharing Session on Aid Posting

Piloting of BLS training to medical students has been started from this year to include members from all the medical colleges throughout the country. We had around 30 participants and was conducted in our MMSN office and Dr. Kamal Thapa facilitated the training session.



Pic : BLS training to medical students by experts

MMSN OUTDOOR ACTIVITIES



Pic : MMSN Wall Climbing at Astrek



Pic : MMSN Hiking With Case Scenarios

In addition, MMSN organized cycling-for-fun programs, bringing together 18-20 medical students in each event to promote physical fitness and camaraderie. Furthermore, two hiking sessions integrated case-based medical scenarios, focusing on managing trauma, airway emergencies, ankle injuries, hypothermia, and the proper use of emergency tools like pelvic and Sam splints. These activities attracted 20-25 participants, offering a blend of outdoor adventure and practical medical education.

MMSN, with generous support from the Farrar Foundation, has been conducting several impactful outdoor activities designed to promote safety, inclusivity, and skill development. In 2024, two indoor wall-climbing and training sessions were held at Astrek Wall Climbing, where 22-25 participants in each session learned essential rope techniques, climbing skills, and safety precautions under the guidance of a mountain trainer and a Diploma in Mountain Medicine (DIMM) graduate.



Pic : Program for fun with case discussions



MMSN also successfully conducted the Wilderness Medicine Training on March 28 at Tribhuvan University Teaching Hospital with 100 enthusiastic participants. Led by Dr. Jessie Gehner and her team from Virginia Tech Carilion, USA, the session featured eight interactive stations covering topics like patient assessment, hemorrhage control, hypothermia, water treatment, and altitude illnesses. Participants rotated through each station in 20-minute interval, making it a dynamic learning experience. The three-hour session concluded with distribution of certificates of participation by Dr. Jessie Gehner. MMSN extends its gratitude to Dr. Gehner and her team for their invaluable contribution and to all participants for their enthusiasm.



Pic : Simulation Workshops by expert trainers (Nepali as well as foreigner)

OXFORD ELECTIVE



Pic : Natural History Museum, Oxford



Pic : After grand round with Prof Dr. Bryan Angus, Head of Nuffield Department of Clinical Medicine, JR Hospital

The day before my interview for an eight-week placement at John Radcliffe Hospital in Oxford, I nervously asked my professor for leave. His response was far from encouraging: "Why do you want to go to Oxford? With your knowledge, you'll bring shame to Nepal." While disheartened, I chose to see his words as motivation to work harder. On the interview day, the room was filled with palpable anxiety—fidgeting feet, forced smiles, and dry mouths. My passion for research seemed to resonate with the interviewers, and when I was selected, I was overwhelmed with excitement. After arranging visas and transport, we arrived in Oxford on 27th October, ready to begin the next day.

The team in Acute General Medicine warmly welcomed us at John Radcliffe Hospital. I was struck by how seamlessly paperless the hospital was, with patient data accessible through the NHS, offering comprehensive histories. Initially, communication with patients and the team felt challenging, but it gradually became more comfortable. Professor Timothy Hanks, who worked in Tansen, Nepal, decades ago, greeted me with a familiar "Namaste," instantly easing my nerves. His patient-centered approach—kneeling beside them, explaining illnesses, treatments, and side effects—left a profound impression.

From grand rounds to ethics lectures, every moment has been enriching. Dr. Hanks' encouragement to directly engage with patients emphasized the importance of consent and compassionate care. Highlights included diagnosing cases like Paxlovid-induced diarrhea and nitrous oxide misuse causing sensory ataxia. Casual coffee breaks with the team over "TIT" fostered teamwork in a relaxed setting. Two weeks in, I'm still in awe of the NHS system and grateful for this transformative experience made possible by the MMSN society.

JOURNALS PUBLISHED

Dr Buddha Basnyat

TOTAL 136 ARTICLES PUBLISHED

SN	Year of Publication	Title of the Study	Publisher	Link	Affiliation
1	2024	Management of Patients with High-Altitude Illness Evacuated from the Mount Everest Region in Nepal	HAMB	https://doi.org/10.1089/hom.2024.0034	Himalayan Rescue Association (HRA)
	2024	Higher oxygen content and transport characterize high-altitude ethnic Tibetan women with the highest lifetime reproductive success	Proc Natl Acad Sci U S A	https://doi.org/10.1073/pnas.2403309121	OUCRU
2	2023	Letter: Is Altitude-Induced Sleep Apnea Highly Dependent on Ethnic Background (Sherpa vs. Tamu)? We Are Not	HAMB	https://doi.org/10.1089/hom.2022.0138	

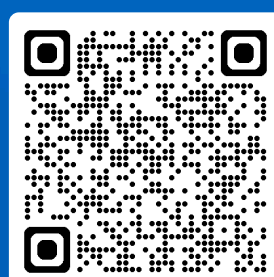
Keith Burgess

TOTAL 20 ARTICLES PUBLISHED

SN	Year of Publication	Title of the Study	Publisher	Link	Affiliation
1	2024	Loop gain response to increased cerebral blood flow at high altitude	Sleep and Breathing	https://doi.org/10.1007/s1325-023-02956-4	Peninsula Sleep Clinic
2	2018	Increasing cerebral blood flow reduces the severity of central sleep apnea at high altitude	Journal of Applied Physiology	https://doi.org/10.1152/jappphysiol.00799.2017	University of Sydney
3	2021	Regulation of cerebral blood flow by arterial PCO2 independent of metabolic acidosis at 5050 m	J Physiol	https://doi.org/10.1113/jphysiol.2021.448	University of Sydney
4	2015	Chemosensor	Chest	https://doi.org/10.1179/0963910151029999	University of

VISIT MMSN WEBSITE

FOR MORE ARTICLES :
mmsn.org.np



CONTACT DETAILS



BLOGS ON TREKKING AND ADVENTURE

Our Blogs

Gosainkunda Trek: A Battling Victory Before Disaster

Author: Shankar Poudel MBS First year, MHC, IOM It all began with a dream—the vision of standing within the naked

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From Dreamer to Doer: Conquering Mardi Himal as a First-Time Trekker

Author: Ashika Aryal MBS, IOM The mountains have always been close to my heart and the Mardi Himal Trek strengthened

Explore More

High Altitude Medicine: A Medical Student's Experience at Gosainkunda Health Clinic(4380m)

Author: Sachet Subedhi MHC, IOM Email: subedhisachet@gmail.com Introduction: I am an outdoor enthusiast and an active member of the Mountain

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IF YOU WANT TO SHARE YOUR EXPERIENCES

SUBMIT YOUR ARTICLES HERE

mmsn.org.np/blogs



PHERICHE AID POSTING



In Picture: Dr. Timilsina hiking in a snowy terrain, island peak in the background



Saving Lives on the Shadow of Everest: Experience at HRA Pheriche Aid-post

In the fall of 2024, I served as a volunteer doctor at the Himalayan Rescue Association (HRA) Aid Post in Pheriche, which was nestled in the Everest region. Our Medical team comprised four volunteer doctors—two from the Netherlands, one from the USA, and myself from Nepal. Together, we encountered a spectrum of altitude-related illnesses, including High Altitude Pulmonary Edema (HAPE), High Altitude Cerebral Edema (HACE), and Acute Mountain Sickness (AMS). We also had a daily free Altitude Talk session with interactive lectures on the recognition, prevention, and management of various types of altitude-related issues mainly focusing on AMS, HACE & HAPE.

Beyond the clinic, the region itself was breathtaking. I hiked to Everest Base Camp, Kalapathar—where the view of Mount Everest left me spellbound. I also explored the nearby Amadablam Base Camp and Banana Lake. Above everything, it was that sense of purpose I felt while treating patients, particularly porters who lacked access to even basic healthcare. At the HRA clinic, we provided almost free medical care to Nepali people, ensuring that financial barriers wouldn't stand in the way of life-saving treatments.

One particularly memorable case was a severely ill porter suffering from HACE. After initiating treatment, we saw remarkable improvement within just three hours, and we could also manage a seat for the porter in a helicopter to evacuate him down to Lukla. Such experiences made me feel that I was making a difference in the lives of people.

Dr. Sujan Timilsina
Volunteer Doctor,
HRA Pheriche Aid Post, Fall 2024

GOSAIKUNDA HEALTH CAMP

On the occasion of Janapurnima, 2081, I, as a 3rd-year medical student, had the privilege of joining the Gosaikunda Health Camp, led by a team of senior doctors. Immersed in the serene beauty of the Himalayas, I contributed to providing medical care to pilgrims and locals in need.



Pic : Health Camp at Gosainkunda

Working alongside experienced professionals, I was exposed to diverse cases, from mild altitude-related illnesses to life-threatening HACE. I assisted in patient consultations, educating them about the sudden ascent without proper acclimatization and performed basic health examinations. The challenging environment offers hands-on experience in rural medicine.

Besides, the beauty of pristine lake alongside with the mountain range of Langtang, it felt like to live here lifelong. At Janapurnima, a union diversity of Hinduism, Buddhism and Shamanism makes me spiritually uplifted.

It was a truly transformative experience that reaffirmed my passion for medicine and community service.

Jagat Bhatt
3rd year Medical student