

Report on
High Altitude Sickness Course

Submitted To:
KE Adventure Travel
UK

Submitted By:
Kathmandu Environmental Education Project (KEEP)
Kathmandu, Nepal

October, 2015

Acknowledgement

We are proud to report that the **High Altitude Sickness Course** for **KE Adventure Travel has been** successfully organized and conducted by Kathmandu Environmental Education Project on October 3, 2015.

We hereby extend our sincere appreciation and heartfelt gratitude to **KE Adventure Travel** for their invaluable assistance in making the establishment of the Course for trekking professionals of HimEx Group and Thamserku Trekking possible.

The success of the course would not have been possible without the help of Chief Course Instructor **Dr. Ajit K Gurung**, and we would like to convey our thanks for his continuous support and guidance. We are also equally thankful to **Mr. Lakpa Tshering Lama** (Assit. Instructor) and Ms. Geeta Lama (volunteer), Mr. Daniel Jeang (volunteer) for their support and enthusiasm in conducting the course.

We also acknowledge our Coordinator **Ms. Rakshya Neupane (KEEP)** for her hard work and thorough support during the training as well as our staff members **Ms. Chandrama Aryal and Mr. Thakur Danai** for their assistance during the course.

Lastly, we acknowledge the participants of the training from Himalayan Expedition and Thamserku Trekking for their enthusiasm and active participation during the entire training course.

Thank you all.

DB Gurung
Executive Director
Kathmandu Environmental Education Project (KEEP)

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1. Overview:

1.1. Tourism and its Importance:

Tourism is an essential component of development in many under-developed and developing countries. It is the only industry whose benefits can be claimed equally by the country and the local/rural communities.

Especially in Nepal, tourism benefits many different sectors of the economy from infrastructure development to human development. It has become the major driver for economic development in many ways. Besides being the chief source of Foreign Exchange, tourism provides direct employment opportunities to the community people. For the developing world where people live below the poverty line, tourism provides respite to both the locals and the country by generating employment opportunities and promoting and preserving indigenous art and culture.

1.2. Role of KEEP:

Despite such phenomenal growth of tourism, the key stakeholders; Leader/ guides, porters, and tourism entrepreneurs still lack necessary skills and knowledge to ensure its sustenance.

Hence, it is imperative that individuals/ institution related to tourism realize the need to develop skillful tourism professionals to ensure better professionalism in this service sector.

Since its inception, Kathmandu Environmental Education Project (KEEP) has been conducting various training courses and workshops to strengthen the capabilities and provide information to these tourism professionals in order to preserve their environment and culture. Various training courses and workshops offered include the English Language Course, Nepali Language Course, Wilderness First Aid Course, Community Development Program, Environmental Awareness & Cleanup Campaign etc.

One of our vital training programs, the Wilderness First Aid Course, aims to provide tourism professionals with the practical skills providing comprehensive information on First Aid and Mountain Safety. It covers topics such as CPR, bleeding, suturing, head injury, fractures, burns, hypothermia, AMS and the use of portable altitude chambers such as PAC, Gamov or Certec, frost bite, snow blindness, respiratory problems, abdominal emergencies, tropical diseases, the first aid kit, basic hygiene, leadership psychology emergency situations and evacuations. This year, KEEP successfully conducted its one day High Altitude Sickness course on the special request of KE Adventure Travel. This course is an intensive program designed to cover High Altitude Sickness and all of the necessary first aid and medical problems regarding AMS, which may be encountered by a trek leader in the Himalayas. It primarily focuses on use of PAC bag and Oxygen therapy for Altitude Sickness.

1.3. Objectives of the Course:

The basic objective of the High Altitude Sickness Course was to provide the participants with the practical skills providing comprehensive information on High altitude Mountain Sickness.

- Enhance their knowledge on AMS.
- To make the participants able to use PAC and Oxygen therapy whenever required during the trek.

1.4. Significance of the Course:

Safety is a fundamental concern in trekking. Being well prepared to handle medical emergencies is vital for the trekking guide as they are responsible not only for their client's health and safety but that of their staff. Hence, as individuals/ organizations involved in a tourism it is vital we maintain high standards to ensure greater client safety and better working conditions for those in the trekking industry. To enable us to keep such high standards, it is necessary that all involved in this industry remain committed to responsible tourism practices and ensure that the abilities of their staff be strengthened.

Tourism professionals working in the mountains need to be especially well acquainted with High Altitude Mountain Sickness. Each and every staff needs to be able to cope with many potential dangers, with AMS requiring a unique set of knowledge/skills. Hence the course was designed and conducted accordingly to best prepare them.

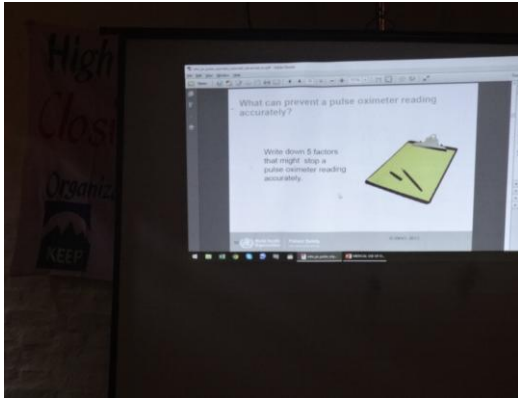


2. Course Structure:

The one day High Altitude Mountain Sickness Course was held at the Mustang Holiday Inn, Thamel on October 2 and 3, 2015 upon the special request and financial support of KE Adventure Travel, UK. On the first day 23 participants from Himalaya Expeditions, Sanepa, Lalitpur and on the second day 25 participants from Thamserku Trekking, Baluwatar, Kathmandu attended the course. Lessons and activities during the day were conducted for seven hours (from 8:00 AM to 3:00 PM), with fifteen minutes tea breaks before and after an hour lunch break.

2.1. Course Outline:

The course outline was designed to focus on practical skills to handle High altitude Sickness emergency situations and first aid treatment as well as prevention of AMS. It covered all the necessary High Altitude Sickness problems, which may be encountered by a trek leader in the Himalayas. The main focus of the lessons were on AMS and the use of the Portable Altitude Chamber (PAC) as well as Oxygen Therapy. The lessons were designed to provide the best learning experience for its participants, focusing on practical skills and hands-on- exercises as well as video presentations.



2.2. Methods and Materials:

The main focus and objective of each lesson was to give each of the participants an opportunity to practice more which would help them to act accordingly in an emergency.

Schedule;

8:00 – 8:15	Registration of participants
8:15- 10:00	AMS
10:00 – 10:15	Tea Break
10:15 – 11:15	Oximeters, Oxygen Therapy
11:15 – 12:00	Guidelines for using PAC
12:00- 1:00	Lunch
1:00 – 2:00	Demonstration of PAC followed by practice
2:00 – 2:15	Tea Break
2:15 – 3:00	Practice by Participants (Contd...)
3:00-3:30	Closing and Certificate Distribution Ceremony

2.3. Participants:

On the first day 23 participants from Himalaya Expeditions , Sanepa, Lalitpur and on the second day 25 participants from Thamserku Trekking, Baluwatar, Kathmandu attended the course, with a majority of them being quite experienced in their fields. The participants were enthusiastic and humorous, demonstrating a strong willingness to learn. Because of practical sessions due to the relatively shorter duration of the course, the participants were satisfied with the course structure and learning experience.



The participants showed great interest during the course which was incredible. They knew the importance of the content in their profession, which was appreciated by the Instructors also.





2.4. Instructors:

The Chief Instructor, Dr. Ajit K Gurung is a trained First Aid Trainer and has been conducting similar courses for trek leaders in KEEP, NMA and NATA for a long time. Well trained with the Nepal Police, Dr. Gurung has more than a decade long experience in wilderness first aid training. Use of PAC bags was instructed by Mr. Lakpa Tshering Lama (experienced leader and First Aid trainer) and he was assisted by our volunteers, Ms. Geeta Lama and Mr. Daniel Jeang. The lectures were presented in both English and Nepali.



3. Closing and Certificate Distribution Ceremony:

The High Altitude Sickness Course was successfully concluded on October 3, 2015. Mr. D.B Gurung, Executive Director, KEEP, Mr. Ajit Kumar Gurung, Chief Instructor of the course were the main guests of honor at the ceremony. Also present were the, assistant instructor, volunteers & the graduates who completed the course.

*High Altitude Sickness Course
October 2-3, 2015*



The closing Ceremony started with the introduction of guests. Dr. Ajit Gurung, Chief Instructor of the course welcomed all the participants and presented the highlights of the course. Then Mr. D.B Gurung, Executive Director, KEEP distributed the Certificate of Attendance to all participants and expressed his gratitude to KEEP and congratulated the participants. Participants representing Himalaya Expeditions and Thamserku Trekking shared their experiences during the course. Finally, the program was concluded with a vote of thanks by Mr. DB Gurung expressing his sincere appreciation to KE Adventure Travel, Himalaya Expeditions and Thamserku Trekking, the course instructors and its participants for the successful completion of the course.



4. Conclusion:

The High Altitude Sickness Course is very important for trekking professionals as safety in the mountains is a fundamental concern. We recognize that being well prepared to handle Altitude sickness and its emergencies is the best way to keep clients and staff healthy. Therefore, its importance is immense to all who are involved in tourism including the trekking professionals.

The course was designed to enable the participants to be aware of the dangers and act on any emergency situations in the high altitude. The most important part is that this course will be worthwhile for the participants for a long time to come.

All the participants were patient, hardworking and enthusiastic wanting to gain a lot during the short time duration. They were friendly and cooperative.

ANNEX I

Participant's Attendance Sheet (Himalaya Expeditions)

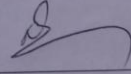
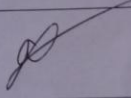
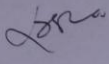

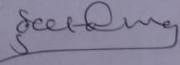
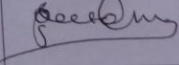
High Altitude Sickness Course (October 2, 2015) Attendance Sheet (Participants-HimEX)		
S. N	Name	Signature
1	Pramod Shrestha ✓	
2	Rikesh Yonzon Rikesh Yonzon ✓	
3	Suresh Yonzon ✓	
4	Karma Lama ✓	
5	Gyan Bahadur Magar ✓	
6	Saros Bahadur Magar Sarosi ✓	
7	Ram Krishna Tamang ✓	
8	Da Dorje Sherpa ✓	
9	Sonam Sherpa	
10	Man Bahadur Magar (Man Bdr Thapansu) ✓	
11	Sakta Magar ✓	
12	Sunaram Tamang ✓	
13	Padam Rai ✓	
14	Chhring Sherpa ✓	
15	Chet Bahadur Gurung ✓	
16	Kunga Sherpa	
17	Ratan Tamang ✓	
18	Kumar Tamang ✓	
19	Gopal Magar (Soral) ✓	
20	Shyam Rai Bdr. whishing ✓ Ravi	
21	Amrit Rai (Bdr) ✓	
22	June Tamang ✓	
23	Pemba Chhiri Sherpa ✓	
24	Jomba Sherpa	
25	Phanden Sherpa ✓	
26	Chhewang Tamang ✓	
27	Adrian SUMOS	

Participant's Attendance Sheet (Thamserku Trekking)

High Altitude Sickness Course (October 3, 2015)		
Attendance Sheet (Participants-Thamserku)		
S. N	Name	Signature
1	Bala Kaji Magar .	
2	Dorje Tamang .	
3	Kami Lakpa Sherpa .	
4	Lhakpa Rita Sherpa	
5	Milan Kumar Tamang .	
6	Pasang Temba Sherpa .	
7	Prem Nuru Sherpa .	
8	Rajendra Rai .	
9	Rinji Furba Sherpa . .	
10	Govinda Basnet .	
11	Dhan Bahadur Gurung .	
12	Pasang Sherpa .	
13	Timal Singh Tamang . Lama	
14	Jeevan Shrestha Jeeban .	
15	Chandra Magar .	
16	Dhruba Rana .	
17	Dinesh Shrestha .	
18	Gokul Magar .	
19	Janak Magar .	
20	Tese Rai .	
21	Rajesh Shrestha .	
22	Balaram Khadka .	
23	Indra Ram Rai	
24	Lakpa Chiri .	
25	Kancha Tamang . Fam	
26	Rup Kaji Thapa Magar .	

Instructor's Attendance Sheet

KEEP
High Altitude Sickness Course (October 2-3, 2015)
Attendance Sheet (Instructors)

S. N	Name	Designation	2 nd October	3 rd October
1	Dr. Ajit K. Gurung	Chief Instructor		
2	Lakpa Lama	Volunteer/Instructor		
3	Sukman Tamang	Volunteer/Instructor		
4	Geeta Lama	Volunteer/Instructor		

ANNEX II

Certificate of Attendance Samples

