



# Dr. John Ellerton

## President of ICAR MedCom

### Contact:

mountain.medicine@alpine-rescue.org

### About me:

Based in the Eden Valley, Cumbria, UK, I am an active mountain rescue doctor with Patterdale Mountain Rescue Team. We are a terrestrial team covering one of the busiest patches of the Lake District, UK. I have experience in hypothermia, drowning, as well as mountain accidents. I have published and trained in these areas for many years. I am the author of 'Casualty Care in Mountain Rescue', a text primarily for Mountain Rescuers and Health Care Professionals, and I'm currently writing the 3rd edition. Being retired from the NHS is allowing more time for the mountains; walking, climbing and running, as well as their medicine and rescue.

### Relevant professional qualifications

- BM BCh (Oxford) 1984
- MRCP 1989
- Diploma in Immediate Medical Care (RCSEd) 1990
- Diploma in Therapeutics (Newcastle) 1999
- Diploma of Mountain Medicine (UIAA/ICAR/ISMM) 2007

### Registration

GMC registration (1985); number - 2952477

### Relevant professional positions:

- Retired General Practitioner Principal (1991-2019),
- Mountain Rescue doctor (1986- )
- Member of the medical subcommittee for the Mountain Rescue England & Wales (1996 - 2014)
- Medical Officer for the Mountain Rescue England & Wales (2002-12)
- Member and Vice Chairman of ICAR Medcom (Medical Commission of the International Commission for Alpine Rescue) (2002 - 2017)
- President of ICAR Medcom (2017 - )
- Member of executive board ICAR (2012 - )
- Member of the ISMM board (2017 - )
- Member of Administrative Group for the UIAA/ICAR/ISMM Diploma in Mountain Medicine (2012 - )

### Selected publications:

- Peter Paal, Mario Milani, Douglas Brown, Jeff Boyd, and John Ellerton. Termination of Cardiopulmonary Resuscitation in Mountain Rescue High Alt Med Biol. 2012;13, 200–208
- Ellerton JA, Greene M, Paal P. The use of analgesia in mountain rescue casualties with moderate or severe pain Emerg Med J 2013 doi:10.1136/emered-2012-202291
- Les Gordon, John A Ellerton, Peter Paal, Giles J Peek, Julian Barker. Editorial Severe accidental hypothermia Few UK emergency departments have a hypothermia protocol. This must change BMJ 2014;348:g1675 doi: 10.1136/bmj.g1675 (Published 21 February 2014)
- John Ellerton, Mario Milani, Marc Blancher, Gregoire Zen-Ruffinen, Sven Christjar Skaiaa, Bruce Brink, Ashish Lohani, and Peter Paal. Managing Moderate and Severe Pain in Mountain Rescue. High Alt Bio Med;15;8-14. 2014 DOI: 10.1089/ham.2013.1135
- Douglas Brown, John Ellerton, Peter Paal, Jeff Boyd. Hypothermia Evidence, Afterdrop and Practical Experience Wilderness Environ Med. 2015 Mar 27. pii: S1080-6032(15)00082-4. doi: 10.1016/j.wem.2015.01.008. [Epub ahead of print]
- Kottmann A, Blancher M, Spichiger T, Elsensohn F, Letang D, Boyd J, Strapazzon G, Ellerton J, Brugger H, The Avalanche Victim Resuscitation Checklist, a new concept for the management of avalanche victims, Resuscitation (2015), HYPERLINK "http://dx.doi.org/10.1016/j.resuscitation.2015.03.009"
- Les Gordon, Peter Paal, John Ellerton, Hermann Brugger, Giles Peek, Ken Zafren. Delayed and intermittent CPR for severe accidental hypothermia Resuscitation 2015