



Ken Zafren, MD FAAEM FACEP FAWM

Clinical Professor, Emergency Medicine

 Curriculum Vitae available Online

CLINICAL OFFICE (PRIMARY)

- **Stanford Dept of Emergency Medicine**
500 Pasteur Dr
Stanford, CA 94305
Tel (650) 723-6576 Fax (650) 723-0121

Bio

CLINICAL FOCUS

- Emergency Medicine

ACADEMIC APPOINTMENTS

- Clinical Professor, Emergency Medicine

ADMINISTRATIVE APPOINTMENTS

- Board of Directors, Wilderness Medical Society, (1991-1996)
- Associate Medical Director, Himalayan Rescue Association, (1993- present)
- Medical Director, Alaska Mountain Rescue Group, (1994-2010)
- Medical Director, Denali National Park Mountaineering Rangers, (1997-2001)
- Medical Director, Lake Clark National Park, (1997-2010)
- Board of Directors, Wilderness Medical Society, (1999-2006)
- EMS Medical Director, State of Alaska, (2001-2012)
- Vice President, International Commission for Mountain Emergency Medicine (ICAR MEDCOM), (2001-2017)
- Emergency Programs Medical Director, State of Alaska, (2012-2017)

HONORS AND AWARDS

- Service Award of the International Society for Mountain Medicine, International Society for Mountain Medicine (2024)
- Honorary Member (#39), International Commission for Alpine Rescue (ICAR) (2017)
- Plaque of Honor for Outstanding Contributions and Continued Support, Himalayan Rescue Association - Nepal (2013)
- Award for Outstanding Contribution to Mountain Rescue Medicine, Mountain Rescue Association (2012)
- Founder's Award, Wilderness Medical Society (2012)
- Governor's Council on Emergency Medical Services - George Longenbaugh Memorial Award, State of Alaska (2012)
- Award for Excellence in Peer Reviews, Wilderness and Environmental Medicine (2010)

- Hero of Emergency Medicine, American College of Emergency Physicians (2008)
- Service Award of the Wilderness Medical Society, Wilderness Medical Society (2004)
- Education Award of the Wilderness Medical Society, Wilderness Medical Society (2003)

BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS

- Member, Scientific Advisory Board - Eurac Institute of Mountain Emergency Medicine - Bolzano, Italy (2010 - present)

PROFESSIONAL EDUCATION

- Board Certification: Emergency Medicine, American Board of Emergency Medicine (1995)
- Residency, UCLA-Kern Medical Center , Emergency Medicine (1994)
- Internship: Presbyterian St Luke's Medical Center Transitional Year (1986) CO
- MD, University of Washington School of Medicine (1984)
- BA, New College / USF , Mathematics (1975)

COMMUNITY AND INTERNATIONAL WORK

- Himalayan Rescue Association, Nepal
- Emergency Programs Medical Director-State of Alaska

Research & Scholarship

CURRENT RESEARCH AND SCHOLARLY INTERESTS

High altitude medicine, AMS, HACE, HAPE, cold injuries, including hypothermia and frostbite, emergency medical services, wilderness medicine, mountain rescue, thrombosis, international medicine, travel medicine, emergency medicine, resuscitation

Publications

PUBLICATIONS

- **End-tidal CO₂ <10 mm Hg is not a reason to terminate cardiopulmonary resuscitation in hypothermic cardiac arrest.** *Resuscitation*
Zafren, K., Paal, P.
2022
- **COVID-19 Lung Injury Is Different From High Altitude Pulmonary Edema (Re: High Alt Med Biol [Epub ahead of print]; DOI: 10.1089/ham.2020.0055).** *High altitude medicine & biology*
Brugger, H. n., Basnyat, B. n., Ellerton, J. n., Hefti, U. n., Strapazzon, G. n., Zafren, K. n.
2020
- **The STAR Data Reporting Guidelines for Clinical High Altitude Research** *HIGH ALTITUDE MEDICINE & BIOLOGY*
Maeder, M., Brugger, H., Pun, M., Strapazzon, G., Dal Cappello, T., Maggiorini, M., Hackett, P., Baertsch, P., Swenson, E. R., Zafren, K., STAR Core Grp, STAR Delphi Expert Grp
2018; 19 (1): 7–14
- **High altitude illness in pilgrims after rapid ascent to 4380 M** *TRAVEL MEDICINE AND INFECTIOUS DISEASE*
Zafren, K., Pun, M., Regmi, N., Bashyal, G., Acharya, B., Gautam, S., Jamarkattel, S., Lamichhane, S. R., Acharya, S., Basnyat, B.
2017; 16: 31-34
- **Delayed and intermittent CPR for severe accidental hypothermia** *RESUSCITATION*
Gordon, L., Paal, P., Ellerton, J. A., Brugger, H., Peek, G. J., Zafren, K.
2015; 90: 46-49
- **Wilderness Medical Society practice guidelines for the out-of-hospital evaluation and treatment of accidental hypothermia: 2014 update.** *Wilderness & environmental medicine*

- Zafren, K., Giesbrecht, G. G., Danzl, D. F., Brugger, H., Sagalyn, E. B., Walpoth, B., Weiss, E. A., Auerbach, P. S., McIntosh, S. E., Némethy, M., McDevitt, M., Dow, J., Schoene, et al
2014; 25 (4): S66-85
- **Frostbite: Prevention and Initial Management** *HIGH ALTITUDE MEDICINE & BIOLOGY*
Zafren, K.
2013; 14 (1): 9-12
 - **D-Dimer Is Not Elevated in Asymptomatic High Altitude Climbers after Descent to 5340 m: The Mount Everest Deep Venous Thrombosis Study (Ev-DVT)** *HIGH ALTITUDE MEDICINE & BIOLOGY*
Zafren, K., Feldman, J., Becker, R. J., Williams, S. R., Weiss, E. A., Deloughery, T.
2011; 12 (3): 223-227
 - **Acetazolamide fails to decrease pulmonary artery pressure at high altitude in partially acclimatized humans** *HIGH ALTITUDE MEDICINE & BIOLOGY*
Basnyat, B., Hargrove, J., Holck, P. S., Srivastav, S., Alekh, K., Ghimire, L. V., Pandey, K., Griffiths, A., Shankar, R., Kaul, K., Paudyal, A., Stasiuk, D., Basnyat, et al
2008; 9 (3): 209-216
 - **Lightning injuries: prevention and on-site treatment in mountains and remote areas - Official guidelines of the International Commission for Mountain Emergency Medicine and the Medical Commission of the International Mountaineering and Climbing Federation (ICAR and UIAA MEDCOM)** *RESUSCITATION*
Zafren, K., Durrer, B., Herry, J. P., Brugger, H.
2005; 65 (3): 369-372
 - **Guidelines for the management of head injuries in remote and rural Alaska.** *Alaska medicine*
Sacco, F., Zafren, K., Brown, K., Cohen, T., COOPES, B. J., Godersky, J., Hudson, D., Hyams, S., Ingraham, D., Levy, M., Ma, W., Martinez, P., Montano, et al
2004; 46 (3): 58-62
 - **Thrombotic complications at altitude** *WILDERNESS & ENVIRONMENTAL MEDICINE*
Zafren, K.
2004; 15 (2): 155-155
 - **Trends in the workload of the two high altitude aid posts in the Nepal Himalayas** *JOURNAL OF TRAVEL MEDICINE*
Basnyat, B., Savard, G. K., Zafren, K.
1999; 6 (4): 217-222
 - **Images - Chilblains (pernio)** *WILDERNESS & ENVIRONMENTAL MEDICINE*
Zafren, K.
1999; 10 (1): 25-26
 - **Gamow bag for high-altitude cerebral oedema** *LANCET*
Zafren, K.
1998; 352 (9124): 325-326
 - **Hyponatremia in a cold environment** *WILDERNESS & ENVIRONMENTAL MEDICINE*
Zafren, K.
1998; 9 (1): 54-55
 - **High-altitude medicine.** *Emergency medicine clinics of North America*
Zafren, K., Honigman, B.
1997; 15 (1): 191-222
 - **Treatment of high-altitude pulmonary edema by bed rest and supplemental oxygen** *WILDERNESS & ENVIRONMENTAL MEDICINE*
Zafren, K., Reeves, J. T., Schoene, R.
1996; 7 (2): 127-132
 - **SEASONAL-VARIATION IN BAROMETRIC-PRESSURE AND TEMPERATURE IN SUMMIT-COUNTY - EFFECT ON ALTITUDE ILLNESS** *8th International Hypoxia Symposium*
Reeves, J. T., Wagner, J., Zafren, K., Honigman, B., SCHOENE, R. B.

CHARLES S HOUSTON.1993: 275–281

- **MORE ON TETRACYCLINE AND TICKS** *NEW ENGLAND JOURNAL OF MEDICINE*
Zafren, K.
1983; 308 (7): 403-404
- **Defibrillation in patients with accidental hypothermia and core temperatures $\leq 30^{\circ}\text{C}$ - a retrospective observational study.** *Resuscitation*
Cools, E., Blasco, R., Paal, P., Courvoisier, D. S., Zafren, K., Brugger, H., Rauch, S., Walpoth, B.
2026: 110971
- **Causes of death and types of injuries of avalanche fatalities based on forensic data: a scoping review.** *Resuscitation plus*
Romy, C., Eidenbenz, D., Grabherr, S., Zafren, K., Jaques, C., Hall, N., Pasquier, M.
2025; 26: 101101
- **ELSO 2025 Narrative Guideline on the Use of ECMO for Accidental Hypothermia.** *ASAIO journal (American Society for Artificial Internal Organs : 1992)*
Cools, E., Swol, J., Wanscher, M., Brugger, H., Pasquier, M., McIntosh, S., Musi, M., Oshiro, K., Gordon, L., Walpoth, B., Hoffman, J. R., Follis, F., Zafren, et al
2025
- **Helicopter Rescue at Very High Altitude: Recommendations of the International Commission for Mountain Emergency Medicine (ICAR MedCom) 2025.** *High altitude medicine & biology*
McLaughlin, K., Shimanski, C., Zafren, K., Jackson, I., Biner, G., Folini, M., Hermansky, A., Ridington, E., Hicks, P., Strapazzon, G., Falla, M., Hopper, A., Weber, et al
2025
- **Letter: Javier Botella de Maglia (1956-2024): In Memoriam.** *High altitude medicine & biology*
Garrido, E., Leal, C., Onaga, H., Pagès, T., Ricart, A., Veres, A., Viscor, G., Zafren, K.
2025; 26 (3): 337-338
- **Pharmacological Prophylaxis and Supplemental Oxygen for Unacclimatized Rescuers at Very High Altitude: Scoping Review and 2025 Joint Recommendations of the International Commission for Mountain Emergency Medicine and the International Society for Mountain Medicine.** *High altitude medicine & biology*
McLaughlin, K., Roy, S., Falla, M., Strapazzon, G., Luks, A. M., Zafren, K., Brugger, H., Musi, M., Tomazin, I., Ellerton, J., Thapa, G. B., Paal, P.
2025
- **Hypothermic patients with unwitnessed cardiac arrest should be rewarmed and resuscitated according to international guidelines.** *The American journal of emergency medicine*
Gordon, L., Darocha, T., Paal, P., Pasquier, M., Cools, E., Zafren, K.
2025
- **Letter: Javier Botella de Maglia (1956-2024): In Memoriam.** *High altitude medicine & biology*
Garrido, E., Leal, C., Onaga, H., Pagès, T., Ricart, A., Veres, A., Viscor, G., Zafren, K.
2025
- **Airway Management in Austere Settings: Intubation Is Not Always the Best Option.** *Wilderness & environmental medicine*
Weinberg, N. E., Daniel, N. J., Lareau, S. A., Elder, J. H., Zafren, K.
2024: 10806032241301047
- **Noncompressible Chest Wall in Critically Buried Avalanche Victims with Cardiac Arrest: A Case Series.** *High altitude medicine & biology*
Eidenbenz, D., Kottmann, A., Zafren, K., Carron, P. N., Albrecht, R., Pasquier, M.
2024
- **Studies of hypothermic cardiac arrest outcomes without core temperature measurements are deeply flawed.** *The American journal of emergency medicine*
Lechner, R., Brugger, H., Cools, E., Darocha, T., Paal, P., Pasquier, M., Strapazzon, G., Wallner, B., Walpoth, B., Zafren, K., Gordon, L.
2024
- **Keep Cool but Don't Freeze: The Influence of William J. Mills Jr. on the Treatment of Frostbite.** *Wilderness & environmental medicine*
Gharraei, M., Zafren, K., Villar, R., Giesbrecht, G. G.
2024: 10806032241273497

- **In Reply to Drs. Rousson, Hall, and Pasquier.** *Wilderness & environmental medicine*
Van Tilburg, C., Paal, P., Strapazzon, G., Grissom, C. K., Haegeli, P., Hölzl, N., McIntosh, S., Radwin, M., Smith, W. W., Thomas, S., Tremper, B., Weber, D., Wheeler, et al
2024: 10806032241245617
- **Women at Altitude: Menstrual-Cycle Phase, Menopause, and Exogenous Progesterone Are Not Associated with Acute Mountain Sickness.** *High altitude medicine & biology*
Gardner, L., Keyes, L. E., Phillips, C., Small, E., Adhikari, T., Barott, N., Zafren, K., Maharjan, R., Marvel, J.
2024
- **About Rewarming Young Children After Drowning-Associated Hypothermia and Out-of-Hospital Cardiac Arrest.** *Pediatric critical care medicine : a journal of the Society of Critical Care Medicine and the World Federation of Pediatric Intensive and Critical Care Societies*
Cools, E., Brugger, H., Darocha, T., Gordon, L., Pasquier, M., Walpoth, B., Zafren, K., Peek, G., Paal, P.
2024; 25 (3): e171-e172
- **In Response to Performance of a Chemical Heat Blanket by Greene et al.** *Wilderness & environmental medicine*
Phillips, D. L., Bowman, J., Zafren, K.
2024; 35 (1): 107-108
- **Frostbite treatment: a systematic review with meta-analyses.** *Scandinavian journal of trauma, resuscitation and emergency medicine*
Regli, I. B., Oberhammer, R., Zafren, K., Brugger, H., Strapazzon, G.
2023; 31 (1): 96
- **Wilderness Medical Society Clinical Practice Guidelines for Prevention and Management of Avalanche and Nonavalanche Snow Burial Accidents: 2024 Update.** *Wilderness & environmental medicine*
Van Tilburg, C., Paal, P., Strapazzon, G., Grissom, C. K., Haegeli, P., Hölzl, N., McIntosh, S., Radwin, M., Smith, W. W., Thomas, S., Tremper, B., Weber, D., Wheeler, et al
2023
- **Wilderness Medical Society Clinical Practice Guidelines for the Prevention, Diagnosis, and Treatment of Acute Altitude Illness: 2024 Update.** *Wilderness & environmental medicine*
Luks, A. M., Beidleman, B. A., Freer, L., Grissom, C. K., Keyes, L. E., McIntosh, S. E., Rodway, G. W., Schoene, R. B., Zafren, K., Hackett, P. H.
2023
- **Physiological Effects of Sildenafil Versus Placebo at High Altitude: A Systematic Review.** *High altitude medicine & biology*
Poudel, S., Gautam, S., Adhikari, P., Zafren, K.
2023
- **Termination of Cardiopulmonary Resuscitation in Mountain Rescue: A Scoping Review and ICAR MedCom 2023 Recommendations.** *High altitude medicine & biology*
Lugnet, V., McDonough, M., Gordon, L., Galindez, M., Mena Reyes, N., Sheets, A., Zafren, K., Paal, P.
2023
- **History of Avalanches in the Eastern Spanish Pyrenees.** *Wilderness & environmental medicine*
Blasco Mariño, R., Martínez, I. S., Bacardit, M., Zafren, K., Paal, P.
2023
- **Isolated high altitude psychosis, delirium at high altitude, and high altitude cerebral edema: are these diagnoses valid?** *Frontiers in psychiatry*
Hüfner, K., Falla, M., Brugger, H., Gatterer, H., Strapazzon, G., Tomazin, I., Zafren, K., Sperner-Unterweger, B., Fusar-Poli, P.
2023; 14: 1221047
- **A unique cause of severe chest pain in the emergency department.** *Journal of the American College of Emergency Physicians open*
Starrs, M., Zafren, K.
2023; 4 (3): e12982
- **Takotsubo Cardiomyopathy Following Complete Avalanche Burial: A Case Report.** *High altitude medicine & biology*
Libera, M., Marxer, L., Zafren, K., Oggier, S., Pucci, L., Pasquier, M.
2023

- **Prevention and Treatment of Nonfreezing Cold Injuries and Warm Water Immersion Tissue Injuries: Supplement to Wilderness Medical Society Clinical Practice Guidelines for the Prevention and Treatment of Frostbite.** *Wilderness & environmental medicine*
Zafren, K., Hollis, S., Weiss, E. A., Danzl, D., Wilburn, J., Kimmel, N., Imray, C., Giesbrecht, G., Tipton, M.
2023
- **Letter: Is Altitude-Induced Sleep Apnea Highly Dependent on Ethnic Background (Sherpa vs. Tamang)? We Are Not Convinced.** *High altitude medicine & biology*
Zafren, K., Pun, M., Basnyat, B.
2023
- **Survival in a Collapsed Stable for 37 Days After Avalanche Burial in 1755.** *Wilderness & environmental medicine*
Lechner, R., Brugger, H., Paal, P., Hüfner, K., Agazzi, G., Butler, F., Gordon, L., Darocha, T., Zafren, K.
2022
- **Strengthening Altitude Knowledge: A Delphi Study to Define Minimum Knowledge of Altitude Illness for Laypersons Traveling to High Altitude.** *High altitude medicine & biology*
Berendsen, R. R., Bartsch, P., Basnyat, B., Berger, M. M., Hackett, P., Luks, A. M., Richalet, J., Zafren, K., Kayser, B., STAK Plenary Group, Anholm, J., Auerbach, P. S., Beidleman, B. A., et al
2022
- **Survival After Being Wedged in a Crevasse for 16 Hours in Alaska.** *Wilderness & environmental medicine*
Giesbrecht, G. G., Zafren, K., Anderson, J., Erickson, C.
2022
- **Association of Pre-existing Mental Health Conditions with Acute Mountain Sickness at Everest Base Camp.** *High altitude medicine & biology*
Hufner, K., Caramazza, F., Pircher Nockler, E. R., Stawinoga, A. E., Fusar-Poli, P., Bhandari, S. S., Basnyat, B., Brodmann Maeder, M., Strapazzon, G., Tomazin, I., Zafren, K., Brugger, H., Sperner-Unterweger, et al
2022
- **Advising travellers beyond infectious diseases: can we learn from our forebears?** *Journal of travel medicine*
Kupper, T., Zafren, K., Visser, J.
2022
- **Isolated Ptosis Following a Vipera aspis Bite.** *Wilderness & environmental medicine*
Blasco Marino, R., Soteras Martinez, I., Hernandez Roca, A. I., Zafren, K.
2022
- **Prehospital Use of Ultrathin Reflective Foils** *WILDERNESS & ENVIRONMENTAL MEDICINE*
Kosinski, S., Podsiadlo, P., Darocha, T., Pasquier, M., Mendrala, K., Sanak, T., Zafren, K.
2022; 33 (1): 134-139
- **Induced Hypothermia to as Cold as 3°C in Humans: Forgotten Cases Rediscovered.** *High altitude medicine & biology*
Zafren, K., Lechner, R., Paal, P., Brugger, H., Peek, G., Darocha, T.
1800
- **Prevention of Hypothermia in the Aftermath of Natural Disasters in Areas at Risk of Avalanches, Earthquakes, Tsunamis and Floods.** *International journal of environmental research and public health*
Oshiro, K., Tanioka, Y., Schweizer, J., Zafren, K., Brugger, H., Paal, P.
2022; 19 (3)
- **Prehospital Use of Ultrathin Reflective Foils.** *Wilderness & environmental medicine*
Kosinski, S., Podsiadlo, P., Darocha, T., Pasquier, M., Mendrala, K., Sanak, T., Zafren, K.
1800
- **Accidental Hypothermia: 2021 Update.** *International journal of environmental research and public health*
Paal, P., Pasquier, M., Darocha, T., Lechner, R., Kosinski, S., Wallner, B., Zafren, K., Brugger, H.
1800; 19 (1)
- **Ward, Milledge & West's High Altitude Medicine and Physiology, Sixth Edition (Book Review)** *WILDERNESS & ENVIRONMENTAL MEDICINE*
Book Review Authored by: Zafren, K.

2021; 32 (4): 561

- **Higher pre-hospital anaesthesia case volumes result in lower mortality rates: implications for mass casualty care.** *British journal of anaesthesia*
Paal, P., Zafren, K., Pasquier, M.
2021
- **Nonfreezing Cold Injury (Trench Foot).** *International journal of environmental research and public health*
Zafren, K.
2021; 18 (19)
- **Resuscitation of an Unconscious Victim of Accidental Hyperthermia in 1805.** *Wilderness & environmental medicine*
Wallner, B., Giesbrecht, G., Pasquier, M., Gordon, L., Lechner, R., Brugger, H., Paal, P., Darocha, T., Zafren, K.
2021
- **A Shocking Experience** *WILDERNESS & ENVIRONMENTAL MEDICINE*
Marino, R., Martinez, I., Gozalo, M., Zafren, K.
2021; 32 (3): 383-384
- **A Shocking Experience.** *Wilderness & environmental medicine*
Marino, R. B., Martinez, I. S., Panos Gozalo, M. L., Zafren, K.
2021
- **Reply to: Revised Swiss System for clinical staging of accidental hypothermia - At which core temperatures are patients at high risk of cardiac arrest?** *Resuscitation*
Musi, M. E., Sheets, A., Brugger, H., Paal, P., Zafren, K., Pasquier, M.
2021
- **Warm Fluid Infusion Is Not an Effective Primary Warming Method in Accidental Hypothermia.** *Therapeutic hypothermia and temperature management*
Pasquier, M., Gordon, L., Paal, P., Darocha, T., Zafren, K.
2021
- **Clinical staging of accidental hypothermia: the Revised Swiss System: Recommendation of the International Commission for Mountain Emergency Medicine (ICAR MedCom).** *Resuscitation*
Musi, M. E., Sheets, A., Zafren, K., Brugger, H., Paal, P., Holzl, N., Pasquier, M.
2021
- **Witnessed Cardiac Arrest in a Hypothermic Avalanche Victim Completely Buried for 2 Hours** *WILDERNESS & ENVIRONMENTAL MEDICINE*
Daniel, N., Weinberg, N., Carus, F., Church, B., Zafren, K.
2021; 32 (1): 92–97
- **The Light Is Gone: Tribute to Prakash Adhikari, Executive Director of the Himalayan Rescue Association.** *High altitude medicine & biology*
Basnyat, B., Freer, L., Zafren, K.
2021
- **Witnessed Cardiac Arrest in a Hypothermic Avalanche Victim Completely Buried for 2 Hours.** *Wilderness & environmental medicine*
Daniel, N., Weinberg, N., Carus, F., Church, B., Zafren, K.
2021
- **Effects of Climate Change on Avalanche Accidents and Survival.** *Frontiers in physiology*
Strapazzon, G., Schweizer, J., Chiambretti, I., Brodmann Maeder, M., Brugger, H., Zafren, K.
2021; 12: 639433
- **Quality Indicators for Avalanche Victim Management and Rescue.** *International journal of environmental research and public health*
Kottmann, A., Pasquier, M., Strapazzon, G., Zafren, K., Ellerton, J., Paal, P.
2021; 18 (18)
- **Vitals Signs in Accidental Hypothermia.** *High altitude medicine & biology*
Pasquier, M., Cools, E., Zafren, K., Carron, P., Frochaux, V., Rousson, V.
2020

- **Are mobile ECMO teams necessary to treat severe accidental hypothermia?** *Resuscitation*
Brugger, H., Paal, P., Zafren, K., Strapazzon, G., Musi, M. E.
2020
- **Determination of Death in Mountain Rescue: Recommendations of the International Commission for Mountain Emergency Medicine (ICAR MedCom)** *WILDERNESS & ENVIRONMENTAL MEDICINE*
Schoen, C. A., Gordon, L., Hoelzl, N., Milani, M., Paal, P., Zafren, K.
2020; 31 (4): 506–20
- **Determination of Death in Mountain Rescue: Recommendations of the International Commission for Mountain Emergency Medicine (ICAR MedCom).** *Wilderness & environmental medicine*
Schon, C. A., Gordon, L., Holzl, N., Milani, M., Paal, P., Zafren, K.
2020
- **Induced Hypothermia to 4.2 degrees C with Neurologically Intact Survival: A Forgotten Case Series** *WILDERNESS & ENVIRONMENTAL MEDICINE*
Zafren, K., Paal, P., Brugger, H., Lechner, R.
2020; 31 (3): 367–70
- **Evidence-Based Versus Myth-Based Treatment of Suspension Syndrome** *WILDERNESS & ENVIRONMENTAL MEDICINE*
Mortimer, R. B., Zafren, K.
2020; 31 (2): 202–3
- **Induced Hypothermia to 4.2°C with Neurologically Intact Survival: A Forgotten Case Series.** *Wilderness & environmental medicine*
Zafren, K., Paal, P., Brugger, H., Lechner, R.
2020
- **Prakash Adhikari: April 13, 1965 to October 23, 2020** *WILDERNESS & ENVIRONMENTAL MEDICINE*
Zafren, K., Basnyat, B., Baniya, S., Bashyal, G., Brugger, H., Dawadi, S., Freer, L., Johnson, E., Systemans, B.
2020; 32 (1): 6-11
- **Data and methods to calculate cut-off values for serum potassium and core temperature at hospital admission for extracorporeal rewarming of avalanche victims in cardiac arrest.** *Data in brief*
Falk, M. n., Brugger, H. n., Bouzat, P. n., Pasquier, M. n., Mair, P. n., Fieler, J. n., Darocha, T. n., Blancher, M. n., de Riedmatten, M. n., Paal, P. n., Strapazzon, G. n., Zafren, K. n., Brodmann Maeder, et al
2020; 28: 104913
- **Advancing The Evidence In Altitude And Wilderness Medicine.** *Journal of travel medicine*
Zafren, K. n., Shlim, D. R., Basnyat, B. n., Visser, J. n.
2020
- **Sunscreen for Adventure Travel: Use Sun Protection Factor (SPF) 50 or Higher.** *Journal of travel medicine*
Zafren, K. n.
2020
- **Wilderness Medical Society Clinical Practice Guidelines for the Out-of-Hospital Evaluation and Treatment of Accidental Hypothermia: 2019 Update.** *Wilderness & environmental medicine*
Dow, J., Giesbrecht, G. G., Danzl, D. F., Brugger, H., Sagalyn, E. B., Walpoth, B., Auerbach, P. S., McIntosh, S. E., Nemethy, M., McDevitt, M., Schoene, R. B., Rodway, G. W., Hackett, et al
2019
- **Emergency Airways After Himalayan Black Bear Attacks in Bhutan.** *Wilderness & environmental medicine*
Mize, C. H., Dorji, L., Zafren, K.
2019
- **Pediatric High Altitude Cerebral Edema in the Nepal Himalayas.** *Wilderness & environmental medicine*
Church, B. J., Basnyat, B., Mattingly, B., Zafren, K.
2019
- **Successful Field Rewarming of a Patient with Apparent Moderate Hypothermia Using a Hypothermia Wrap and a Chemical Heat Blanket** *WILDERNESS & ENVIRONMENTAL MEDICINE*

- Phillips, D., Bowman, J., Zafren, K.
2019; 30 (2): 199–202
- **Cut-off values of serum potassium and core temperature at hospital admission for extracorporeal rewarming of avalanche victims in cardiac arrest: A retrospective multi-centre study** *RESUSCITATION*
Brugger, H., Bouzat, P., Pasquier, M., Mair, P., Fieler, J., Darocha, T., Blancher, M., de Riedmatten, M., Falk, M., Paal, P., Strapazzon, G., Zafren, K., Maeder, et al
2019; 139: 222–29
 - **Successful Field Rewarming of a Patient with Apparent Moderate Hypothermia Using a Hypothermia Wrap and a Chemical Heat Blanket.** *Wilderness & environmental medicine*
Phillips, D., Bowman, J., Zafren, K.
2019
 - **Cut-off values of serum potassium and core temperature at hospital admission for extracorporeal rewarming of avalanche victims in cardiac arrest: A retrospective multi-centre study.** *Resuscitation*
Brugger, H. n., Bouzat, P. n., Pasquier, M. n., Mair, P. n., Fieler, J. n., Darocha, T. n., Blancher, M. n., de Riedmatten, M. n., Falk, M. n., Paal, P. n., Strapazzon, G. n., Zafren, K. n., Brodmann Maeder, et al
2019
 - **Helicopter Critical Care Retrieval in a Developing Country: A Trauma Case Series from Bhutan.** *High altitude medicine & biology*
Mize, C. H., Evers, E. S., Dorji, L. n., Zafren, K. n.
2019
 - **Prehospital administration of surfactant to a premature neonate in respiratory distress.** *Scandinavian journal of trauma, resuscitation and emergency medicine*
Mize, C. H., Dorji, L. n., Zafren, K. n.
2019; 27 (1): 95
 - **Wilderness Medical Society Practice Guidelines for the Prevention and Treatment of Acute Altitude Illness: 2019 Update.** *Wilderness & environmental medicine*
Luks, A. M., Auerbach, P. S., Freer, L. n., Grissom, C. K., Keyes, L. E., McIntosh, S. E., Rodway, G. W., Schoene, R. B., Zafren, K. n., Hackett, P. H.
2019
 - **Wilderness Mass Casualty Incident (MCI): Rescue Chain After Avalanche at Everest Base Camp (EBC) In 2015** *WILDERNESS & ENVIRONMENTAL MEDICINE*
Zafren, K., Brants, A., Tabner, K., Nyberg, A., Pun, M., Basnyat, B., Maeder, M.
2018; 29 (3): 401–10
 - **Reported Resuscitation of a Hypothermic Avalanche Victim With Assisted Ventilation in 1939.** *Wilderness & environmental medicine*
Zafren, K., Atkins, D., Brugger, H.
2018; 29 (2): 275–77
 - **International Commission for Mountain Emergency Medicine Consensus Guidelines for On-Site Management and Transport of Patients in Canyoning Incidents** *WILDERNESS & ENVIRONMENTAL MEDICINE*
Strapazzon, G., Reisten, O., Argenone, F., Zafren, K., Zen-Ruffinen, G., Larsen, G. L., Soteras, I.
2018; 29 (2): 252–65
 - **Management of Multi-Casualty Incidents in Mountain Rescue: Evidence-Based Guidelines of the International Commission for Mountain Emergency Medicine (ICAR MEDCOM)** *HIGH ALTITUDE MEDICINE & BIOLOGY*
Blancher, M., Albasini, F., Elsensohn, F., Zafren, K., Hoelzl, N., McLaughlin, K., Wheeler, A. R., Roy, S., Brugger, H., Greene, M., Paal, P.
2018
 - **In Response to Ibuprofen vs Acetaminophen in AMS Prevention by Kanaan et al Reply** *WILDERNESS & ENVIRONMENTAL MEDICINE*
Kanaan, N. C., Peterson, A. L., Pun, M., Thapa, G. B., Tiwari, A., Basyal, B., Holck, P. S., Starling, J., Freeman, T. F., Gehner, J. R., Keyes, L., Levin, D. R., O'Leary, et al
2017; 28 (4): 385–87
 - **Yarsagumba Fungus: Health Problems in the Himalayan Gold Rush** *WILDERNESS & ENVIRONMENTAL MEDICINE*
Koirala, P., Pandit, B., Phuyal, P., Zafren, K.
2017; 28 (3): 267–70

- **Prophylactic Acetaminophen or Ibuprofen Result in Equivalent Acute Mountain Sickness Incidence at High Altitude: A Prospective Randomized Trial.** *Wilderness & environmental medicine*
Kanaan, N. C., Peterson, A. L., Pun, M., Holck, P. S., Starling, J., Basyal, B., Freeman, T. F., Gehner, J. R., Keyes, L., Levin, D. R., O'Leary, C. J., Stuart, K. E., Thapa, et al
2017
- **Out-of-Hospital Evaluation and Treatment of Accidental Hypothermia** *EMERGENCY MEDICINE CLINICS OF NORTH AMERICA*
Zafren, K.
2017; 35 (2): 261-?
- **Wilderness Medical Society Practice Guidelines for Prevention and Management of Avalanche and Nonavalanche Snow Burial Accidents.** *Wilderness & environmental medicine*
Van Tilburg, C., Grissom, C. K., Zafren, K., McIntosh, S., Radwin, M. I., Paal, P., Haegeli, P., Smith, W. W., Wheeler, A. R., Weber, D., Tremper, B., Brugger, H.
2017; 28 (1): 23-42
- **Mountain Medicine and Technical Rescue (Book Review)** *HIGH ALTITUDE MEDICINE & BIOLOGY*
Book Review Authored by: Zafren, K.
2017; 18 (1): 82-83
- **Subtle Cognitive Dysfunction in Resolving High Altitude Cerebral Edema Revealed by a Clock Drawing Test** *WILDERNESS & ENVIRONMENTAL MEDICINE*
Quigley, I., Zafren, K.
2016; 27 (2): 256-258
- **The Great Earthquake in Nepal-A Personal View** *WILDERNESS & ENVIRONMENTAL MEDICINE*
Zafren, K.
2016; 27 (1): 171-75
- **A Pain in the Neck. Clay shoveler's fracture due to cervical spine trauma.** *Wilderness & environmental medicine*
Koirala, P., Wolpin, S., Phuyal, P., Basnyat, B., Zafren, K.
2015; 26 (3): 430-432
- **Hypothermia Evidence, Afterdrop, and Guidelines** *WILDERNESS & ENVIRONMENTAL MEDICINE*
Zafren, K., Giesbrecht, G. G., Danzl, D. F., Bragger, H., Sagalyn, E. B., Walpoth, B., Weiss, E. A., Auerbach, P. S., McIntosh, S. E., Nemethy, M., McDevitt, M., Dow, J., Schoene, et al
2015; 26 (3): 439-41
- **An Itchy Situation** *WILDERNESS & ENVIRONMENTAL MEDICINE*
Phuyal, P., Koirala, P., Basnyat, B., Zafren, K.
2015; 26 (1): 89-90
- **Cold Injuries** *IOC MANUAL OF EMERGENCY SPORTS MEDICINE*
Zafren, K., Giesbrecht, G., McDonagh, D.
edited by McDonagh, D., Zideman, D.
2015: 220-27
- **Wilderness Medical Society practice guidelines for the prevention and treatment of acute altitude illness: 2014 update.** *Wilderness & environmental medicine*
Luks, A. M., McIntosh, S. E., Grissom, C. K., Auerbach, P. S., Rodway, G. W., Schoene, R. B., Zafren, K., Hackett, P. H.
2014; 25 (4): S4-14
- **Wilderness Medical Society Practice Guidelines for the Out-of-Hospital Evaluation and Treatment of Accidental Hypothermia: 2014 Update.** *Wilderness & environmental medicine*
Zafren, K., Giesbrecht, G. G., Danzl, D. F., Brugger, H., Sagalyn, E. B., Walpoth, B., Weiss, E. A., Auerbach, P. S., McIntosh, S. E., Némethy, M., McDevitt, M., Dow, J., Schoene, et al
2014; 25 (4): S66-85
- **Wilderness medical society practice guidelines for the prevention and treatment of acute altitude illness: 2014 update.** *Wilderness & environmental medicine*
Luks, A. M., McIntosh, S. E., Grissom, C. K., Auerbach, P. S., Rodway, G. W., Schoene, R. B., Zafren, K., Hackett, P. H.

2014; 25 (4): S4-S14

- **Wilderness Medical Society practice guidelines for basic wound management in the austere environment: 2014 update.** *Wilderness & environmental medicine*
Quinn, R. H., Wedmore, I., Johnson, E. L., Islas, A. A., Anglim, A., Zafren, K., Bitter, C., Mazzorana, V.
2014; 25 (4): S118-33
- **Wilderness Medical Society Practice Guidelines for Basic Wound Management in the Austere Environment** *WILDERNESS & ENVIRONMENTAL MEDICINE*
Quinn, R. H., Wedmore, I., Johnson, E., Islas, A., Anglim, A., Zafren, K., Bitter, C., Mazzorana, V.
2014; 25 (3): 295-310
- **Spine Protection in the Austere Environment** *WILDERNESS & ENVIRONMENTAL MEDICINE*
Zafren, K., Smith, W. R., Johnson, D. E., Kovacs, T.
2014; 25 (3): 364-66
- **Wilderness Medical Society Practice Guidelines for the Prevention and Treatment of Lightning Injuries: 2014 Update** *WILDERNESS & ENVIRONMENTAL MEDICINE*
Davis, C., Engeln, A., Johnson, E. L., McIntosh, S. E., Zafren, K., Islas, A. A., McStay, C., Smith, W. R., Cushing, T.
2014; 25 (4): S86-S95
- **Prevention of high altitude illness** *TRAVEL MEDICINE AND INFECTIOUS DISEASE*
Zafren, K.
2014; 12 (1): 29-39
- **Wilderness Medical Society Practice Guidelines for Basic Wound Management in the Austere Environment: 2014 Update** *WILDERNESS & ENVIRONMENTAL MEDICINE*
Quinn, R. H., Wedmore, I., Johnson, E. L., Islas, A. A., Anglim, A., Zafren, K., Bitter, C., Mazzorana, V.
2014; 25 (4): S118-S133
- **Wilderness Medical Society Practice Guidelines for the Out-of-Hospital Evaluation and Treatment of Accidental Hypothermia** *WILDERNESS & ENVIRONMENTAL MEDICINE*
Zafren, K., Giesbrecht, G. G., Danzl, D. F., Brugger, H., Sagalyn, E. B., Walpoth, B., Weiss, E. A., Auerbach, P. S., McIntosh, S. E., Nemethy, M., McDevitt, M., Dow, J., Schoene, et al
2014; 25 (4): 425-445
- **Resuscitation of avalanche victims: Evidence-based guidelines of the international commission for mountain emergency medicine (ICAR MEDCOM) Intended for physicians and other advanced life support personnel** *RESUSCITATION*
Brugger, H., Durrer, B., Elsensohn, F., Paal, P., Strapazzon, G., Winterberger, E., Zafren, K., Boyd, J.
2013; 84 (5): 539-546
- **"Performance enhancing" drugs at high altitude.** *Wilderness & environmental medicine*
Zafren, K. n., Berghold, F. n., Hillebrandt, D. n.
2013; 24 (2): 173-74
- **Prophylaxis for Acute Mountain Sickness** *ANNALS OF EMERGENCY MEDICINE*
Zafren, K.
2012; 60 (5): 671-672
- **Wilderness Medical Society Practice Guidelines for the Prevention and Treatment of Lightning Injuries** *WILDERNESS & ENVIRONMENTAL MEDICINE*
Davis, C., Engeln, A., Johnson, E., McIntosh, S. E., Zafren, K., Islas, A. A., McStay, C., Smith, W. R., Cushing, T.
2012; 23 (3): 260-269
- **Public Access Defibrillation** *ANNALS OF EMERGENCY MEDICINE*
Zafren, K.
2012; 59 (6): 558-558
- **Does Ibuprofen Prevent Acute Mountain Sickness?** *WILDERNESS & ENVIRONMENTAL MEDICINE*
Zafren, K.
2012; 23 (4): 297-299

- **Prediction of Acute Mountain Sickness by Pulse Oximetry: What Are the Right Questions?** *WILDERNESS & ENVIRONMENTAL MEDICINE*
Zafren, K.
2012; 23 (4): 377-378
- **Accident on Mt Kenya** *WILDERNESS & ENVIRONMENTAL MEDICINE*
Oelz, O., Zafren, K.
2011; 22 (1): 87-90
- **In Response to "Wilderness Medical Society Practice Guidelines for the Prevention and Treatment of Frostbite"** *WILDERNESS & ENVIRONMENTAL MEDICINE*
Zafren, K.
2011; 22 (4): 364-365
- **In Response to Bradford Washburn's 1962 NEJM Article "Frostbite: What It Is-How To Prevent It-Emergency Treatment"-Historical Background and Commentary** *WILDERNESS & ENVIRONMENTAL MEDICINE*
Zafren, K.
2011; 22 (4): 366-368
- **Avalanche Triage: Are Two Birds in the Bush Better Than One in the Hand?** *WILDERNESS & ENVIRONMENTAL MEDICINE*
Zafren, K.
2010; 21 (3): 273-274
- **Prospective, Double-Blind, Randomized, Placebo-Controlled Comparison of Acetazolamide Versus Ibuprofen for Prophylaxis Against High Altitude Headache: The Headache Evaluation at Altitude Trial (HEAT)** *WILDERNESS & ENVIRONMENTAL MEDICINE*
Gertsch, J. H., Lipman, G. S., Holck, P. S., Merritt, A., Mulcahy, A., Fisher, R. S., Basnyat, B., Allison, E., Hanzelka, K., Hazan, A., Meyers, Z., Odegaard, J., Pook, et al
2010; 21 (3): 236-243
- **Wilderness Medical Society Consensus Guidelines for the Prevention and Treatment of Acute Altitude Illness** *WILDERNESS & ENVIRONMENTAL MEDICINE*
Luks, A. M., McIntosh, S. E., Grissom, C. K., Auerbach, P. S., Rodway, G. W., Schoene, R. B., Zafren, K., Hackett, P. H.
2010; 21 (2): 146-155
- **Wilderness Medical Society Consensus Guidelines for the Prevention and Treatment of Acute Altitude Illness-A View From the Other Side of the Atlantic Reply** *WILDERNESS & ENVIRONMENTAL MEDICINE*
Luks, A. M., McIntosh, S. E., Grissom, C. K., Auerbach, P. S., Rodway, G. W., Schoene, R. B., Zafren, K., Hackett, P.
2010; 21 (4): 384-385
- **Clinical Images** *WILDERNESS & ENVIRONMENTAL MEDICINE*
Zafren, K., Basnyat, B., Basnyat, G.
2009; 20 (1): 81-82
- **Fluid management in traumatic shock: a practical approach for mountain rescue. Official recommendations of the International Commission for Mountain Emergency Medicine (ICAR MEDCOM).** *High altitude medicine & biology*
Sumann, G., Paal, P., Mair, P., Ellerton, J., Dahlberg, T., Zen-Ruffinen, G., Zafren, K., Brugger, H.
2009; 10 (1): 71-75
- **Fluid Management in Traumatic Shock: A Practical Approach for Mountain Rescue** *HIGH ALTITUDE MEDICINE & BIOLOGY*
Sumann, G., Paal, P., Mair, P., Ellerton, J., Dahlberg, T., Zen-Ruffinen, G., Zafren, K., Brugger, H.
2009; 10 (1): 71-75
- **The Most Dangerous Catch: Fisherman Caught by Halibut Hook** *WILDERNESS & ENVIRONMENTAL MEDICINE*
Zafren, K.
2009; 20 (4): 375-377
- **The use of extrication devices in crevasse accidents: official statement of the International Commission for Mountain Emergency Medicine and the Terrestrial Rescue Commission of the International Commission for Alpine Rescue intended for physicians, paramedics, and mountain rescuers** *WILDERNESS & ENVIRONMENTAL MEDICINE*
Winterberger, E., Jacomet, H., Zafren, K., Ruffinen, G. Z., Jelk, B.
2008; 19 (2): 108-110

- **When searches become futile** *WILDERNESS & ENVIRONMENTAL MEDICINE*
Fortini, A., Zafren, K., Sharp, F., Shimanski, C.
2008; 19 (1): 73-73
- **A reference correction.** *Wilderness & environmental medicine*
Zafren, K.
2007; 18 (4): 323-?
- **Management of blunt trauma victims with significant hemoperitoneum with normal examination** *AMERICAN JOURNAL OF EMERGENCY MEDICINE*
Zafren, K.
2003; 21 (6): 513-513
- **Clinical images. Wound care in the wilderness.** *Wilderness & environmental medicine*
Zafren, K.
2001; 12 (3): 201-203
- **Effect of insurance on admission for head injury** *AMERICAN JOURNAL OF EMERGENCY MEDICINE*
Zafren, K.
2001; 19 (5): 460-460
- **Warnings in the wilderness** *WILDERNESS & ENVIRONMENTAL MEDICINE*
Anonymous
2001; 12 (2): 129-133
- **Poison oak dermatitis.** *Wilderness & environmental medicine*
Zafren, K.
2001; 12 (1): 39-40
- **How useful is on-mountain sonography?** *WILDERNESS & ENVIRONMENTAL MEDICINE*
Zafren, K.
2001; 12 (4): 230-231
- **Unusual presentation of a fracture and possible early compartment syndrome.** *Wilderness & environmental medicine*
Zafren, K.
2000; 11 (3): 199-200
- **Clinical images** *WILDERNESS & ENVIRONMENTAL MEDICINE*
Zafren, K.
2000; 11 (4): 269-271
- **Images - Erythema nodosum** *WILDERNESS & ENVIRONMENTAL MEDICINE*
Zafren, Z., Kercher, E.
1999; 10 (3): 171-173
- **Images - Answer** *WILDERNESS & ENVIRONMENTAL MEDICINE*
Zafren, K.
1999; 10 (2): 115-116
- **Presentation of the case. Lighting injuries.** *Wilderness & environmental medicine*
Zafren, K.
1999; 10 (4): 253-255
- **Tragedy on Ptarmigan Peak** *WILDERNESS & ENVIRONMENTAL MEDICINE*
Zafren, K.
1998; 9 (3): 188-190
- **Migratory pain in appendicitis** *AMERICAN JOURNAL OF EMERGENCY MEDICINE*
Zafren, K.
1998; 16 (4): 437-438

- **Telemedicine revisited** *ANNALS OF EMERGENCY MEDICINE*
Zafren, K.
1998; 31 (6): 790-790
- **Brown recluse spider bite (necrotic arachnidism)** *WILDERNESS & ENVIRONMENTAL MEDICINE*
Zafren, K.
1998; 9 (4): 211-212
- **Re: Prevention and Management of Cardiovascular Events during Travel.** *Journal of travel medicine*
Zafren, K. n.
1997; 4 (3): 152
- **Outcome assessments and air ambulance services** *LANCET*
Zafren, K.
1996; 347 (9018): 1843-1843
- **Warning! Long commute.** *Science*
Zafren, K.
1996; 272 (5269): 1726a-?
- **Warning! Long commute** *SCIENCE*
Zafren, K.
1996; 272 (5269): 1726
- **ALTERNATIVE TRAINING IN EMERGENCY-MEDICINE** *AMERICAN JOURNAL OF EMERGENCY MEDICINE*
Zafren, K.
1993; 11 (1): 97-98
- **BASE DEFICIT AS A DIAGNOSTIC-TEST FOR ABDOMINAL INJURY** *ANNALS OF EMERGENCY MEDICINE*
Zafren, K., Purcell, T.
1992; 21 (11): 1406-1406
- **OPEN AND CLOSED PERITONEAL-LAVAGE** *ANNALS OF EMERGENCY MEDICINE*
Zafren, K., Purcell, T.
1992; 21 (10): 1298-1298

PRESENTATIONS

- New Developments in Mountain Rescue - EURAC Research - Institute of Mountain Emergency Medicine