

# Ken Zafren, MD, FACEP, FAAEM, FAWM

## A: IDENTIFYING DATA

Name Ken Zafren, MD

## B: ACADEMIC HISTORY

### Colleges and Universities Attended

1. M.D. - University of Washington (Seattle, WA) December 1984
2. Graduate studies (Physiology) - University of Washington (Seattle, WA) 1979-1983
3. Premedical studies - University of Colorado (Boulder, CO) 1977-1978
4. Graduate studies (Geography) - University of Colorado (Boulder, CO) 1976-1978
5. E.M.T. (Emergency Medical Technician) - University of Colorado (Boulder, CO) 1977
6. B.A. (Mathematics) - New College (Sarasota, FL) 1975

### Residency and Fellowship Training

1. Emergency Medicine Residency - Kern Medical Center (Bakersfield, CA) 1991-1994
2. Transitional Internship - Presbyterian/St. Luke's Medical Ctr. (Denver, CO) 1985-1986

### Board Certification

Diplomate - American Board of Emergency Medicine 1995, recertified 2005, 2015, and 2025

### Licensure

**Alaska Medical License**      **1986-present**  
**California Medical License**      **1991-present**

## C. Employment

1. Clinical Professor and Attending Physician, Department of Emergency Medicine  
Stanford University Medical Center (Level I Trauma Center) Stanford, CA 1999-present
2. Assistant Clinical Professor, Department of Emergency Medicine - University of California  
San Diego 2023-present
3. Staff Emergency Physician, Alaska Native Medical Center (Level II Trauma Center) 1998-  
2025
4. International Commission for Alpine Rescue - Honorary Member 2019-present
5. International Commission for Mountain Emergency Medicine: Honorary Member 2019-  
present; Alternate USA Representative 2017-2018; United States Representative 1995-  
2017; Vice President 2001-2017
6. Member, Scientific Advisory Committee EURAC Research - Institute of Mountain  
Emergency Medicine, Bolzano, Italy 2010-present
7. Emergency Programs Medical Director (EMS, Disaster, and Trauma) State of Alaska  
2014-2017
8. EMS Medical Director, State of Alaska 2001-2014

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9. Staff Emergency Physician - Providence Alaska Medical Center 1994-present (Affiliate Staff 2001-present; Active Staff 1994-2001)
10. Acting Medical Director - Veco International (Exxon Valdez Oil Spill) Summer 1989
11. North Care Medical Centers, Anchorage, AK - Associate Medical Director 1990-1991; Staff Physician 1986-1990
12. Systems analyst - Institute for Behavioral Sciences, University of Colorado (Boulder, CO) 1979

### D. Teaching and clinical care

1. Clinical Professor of Emergency Medicine – Stanford University Medical Center an Attending Physician, Stanford Hospital 1999-present.
2. Forthcoming: Instructor – Nepal Diploma in Mountain Medicine Course – Manang District, Nepal, November 2026
3. Instructor – Nepal Diploma in Mountain Medicine Course – Manang District, Nepal, November 2023
4. Instructor – Wilderness and Travel Medicine Course – Patagonia, January 2020
5. Instructor – Nepal Diploma in Mountain Medicine Course – Manang District, Nepal, November 2019
6. Instructor – Nepal Diploma in Mountain Medicine Course – Manang District, Nepal, November 2017
7. Instructor – Wilderness and Travel Medicine Course – Solukhumbu District (Mt. Everest region), Nepal, April 2017
8. Instructor – Wilderness and Travel Medicine Course – Patagonia, January 2017
9. Instructor – Wilderness and Travel Medicine Course – Bhutan, October-November 2016
10. Instructor – Wilderness and Travel Medicine Course – Tour du Mont Blanc August-September 2016
11. Leader and Senior Consultant – Himalayan Rescue Association Health Needs Assessment of Yarsagumba Collectors - Manang District, Nepal, May 2016.
12. Instructor – Nepal Diploma in Mountain Medicine Course – Manang District, Nepal, November 2015
13. Senior Consultant – Himalayan Rescue Association Gosainkunda Health Camp, Rasuwa District, Nepal, August 2015
14. Keynote Speaker – 1st Congress of Emergency Medicine in Patagonia – Coyhaique, Chile November 2015
15. Leader, Himalayan Rescue Association post-earthquake Needs Assessment Survey Team, Sindhupalchok District, Nepal, May 2015
16. Assisted in evacuation of casualties from Everest Base Camp avalanche after earthquake – Solukhumbu District, Nepal, April 2015
17. Instructor – Wilderness and Travel Medicine Course – Solukhumbu District (Everest region), Nepal, April 2015
18. Instructor – Wilderness and Travel Medicine Course – Bhutan, November 2014
19. Senior Consultant – Himalayan Rescue Association Gosainkund Health Camp, Rasuwa District, Nepal, August 2014
20. Instructor – Nepal Diploma in Mountain Medicine Course – Langtang, Rasuwa District, Nepal, February-March 2014
21. Instructor – Wilderness and Travel Medicine – Solukhumbu District (Everest region), Nepal 2013
22. Chair, Medical Committee - Mountain Rescue Association 1998-2008
23. Instructor – Diploma in Mountain Medicine Course – Las Cuevas, Argentina 2004
24. Physician - Mount Vaughan Antarctic Expedition 1993
25. Volunteer physician - Himalayan Rescue Association, Pheriche, Nepal 1989, 1992

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26. Expedition physician - Nepalese-American Ohmi Kangri Expedition 1989
27. Medical expedition to Nepal, Buri Gandaki and circuit of Manaslu 1980

### E. Public and Professional Service

1. Member, Medical Committee - Mountain Rescue Association 1998-2025
2. Scientific Committee – XIV. International Congress of Mountain Medicine, Interlaken Switzerland (2022)
3. Scientific Committee – XIII. International Congress of Mountain Medicine, Interlaken Switzerland (2021)
4. Scientific Committee – XII. International Congress of Mountain Medicine Kathmandu, Nepal (2018)
5. Advisory Committee – XI. International Congress of Mountain Medicine, Telluride, USA 2016
6. Advisory Committee – X. International Congress of Mountain Medicine, Bolzano, Italy 2014
7. Fellow of the Academy of Wilderness Medicine – awarded 2007 (charter group)
8. Chairman, Awards Committee, Wilderness Medical Society 2009-2014
9. Secretary-Treasurer – Alaska Chapter, American College of Emergency Physicians 2001-2010
10. President - Alaska Chapter, American College of Emergency Physicians 1997-1998
11. Associate Medical Director - Himalayan Rescue Association 1993-present
12. Medical Director - Lake Clark National Park 1997-2011
13. Medical Director - Alaska Mountain Rescue Group 1994-2011 Medical Adviser 2011-present
14. Medical Director - Denali National Park Mountaineering Rangers 1997-2001
15. Board of Directors - Wilderness Medical Society: 1991-1996; 1999-2006
16. Co-chair, Program Committee – International Conference on Cold-Weather Medicine 2004
17. Chair, Conference Planning Committee of the Wilderness Medical Society 1998-2002
18. Co-chair, Program Committee - World Congress III on Wilderness Medicine 1999
19. Advisory Committee - International Congress of Mountain Medicine, Interlaken, Switzerland 1997
20. Chair, Program Committee - 7th Annual Winter Wilderness Medicine Conference 1997
21. Co-chair, Program Committee - 2nd World Congress on Wilderness Medicine 1995
22. Founding Editor, Wilderness Medical Society Educational Presentation Series
23. Participated in Southwest Alaska Hepatitis B screening program 1983

### Additional Public and Professional Service: Editorial activities

1. Journal Reviewer for High Altitude Medicine and Biology, Wilderness & Environmental Medicine, Aerospace Medicine and Human Performance (formerly Aviation Space and Environmental Medicine), Resuscitation, Journal of Travel Medicine, Lancet Neurology, PLoS ONE (Public Library of Science), New England Journal of Medicine, et al.
2. Forthcoming: Editor, *Mountain Emergency Medicine 2<sup>nd</sup> edition* (comprehensive textbook of mountain medicine) EDRA, Milan, Italy – currently under revision from 1<sup>st</sup> edition 2026
3. Section Editor, *Auerbach's Wilderness Medicine 8<sup>th</sup> edition* – currently under revision from 7<sup>th</sup> edition Elsevier, Philadelphia 2026
4. Editor, *Mountain Emergency Medicine* (comprehensive textbook of mountain medicine) EDRA, Milan, Italy copyright 2021

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5. Editor, Mountain Medicine Section – Wilderness & Environmental Medicine (Journal of the Wilderness Medical Society) 2017-present
6. Editor, Images Section Wilderness & Environmental Medicine (Journal of the Wilderness Medical Society) 1998-present
7. Member, Editorial Board, High Altitude Medicine and Biology (Journal of the International Society of Mountain Medicine) 2017-present
8. Member Editorial Board - Wilderness & Environmental Medicine (Journal of the Wilderness Medical Society) 1998-present
9. Author and Editorial Consultant – High Altitude Illness Module of the Physicians Information and Education Resource (PIER) – American College of Physicians 2004-2010

### **Additional Public and Professional Service: Mountain Rescue**

1. Alaska Mountain Rescue Group Active member 1984-2017
2. Chairman of the Board of Directors - Alaska Mountain Rescue Group 1990-1991
3. Seattle Mountain Rescue Active member 1979-1983
4. Rocky Mountain Rescue Group Active member 1976-1979
5. Board of Directors - Rocky Mountain Rescue Group (Boulder, CO) 1978-1979

### **Post-Degree Honors and Awards**

1. Himalayan Rescue Association - Nepal – Plaque of Honor for Invaluable Support 2019
2. Honorary Member (#39) International Commission for Alpine Rescue (ICAR) – elected 2017
3. Author Letter of Commendation – UpToDate March 2017
4. Stanford Emergency Medicine Save of the Month June 2016
5. Himalayan Rescue Association - Nepal – 40<sup>th</sup> Anniversary Plaque of Honor for Outstanding Contributions and Continued Support 2013
6. Alaska Council on Emergency Medical Services 2012 George Longenbaugh Memorial Award
7. Founders Award of the Wilderness Medical Society 2012
8. Mountain Rescue Association Award for Outstanding Contribution to Mountain Rescue Medicine 2012
9. Inaugural Award for Excellence in Peer Reviews – Wilderness and Environmental Medicine 2010
10. Delivered Inaugural Address - Institute of Mountain Emergency Medicine, Bolzano, Italy 2010
11. Hero of Emergency Medicine of the American College of Emergency Physicians 2008
12. Service Award of the Wilderness Medical Society 2004
13. Education Award of the Wilderness Medical Society 2003

### **PUBLICATIONS**

#### **Original research, meta-analyses, systematic reviews, and scoping reviews in peer-reviewed journals**

1. McLaughlin K, Roy S, Falla M, Strapazon G, Luks A, **Zafren K**, Brugger H, Musi M, Tomazin I, Ellerton J, Thapa GB, Paal P. Pharmacological Prophylaxis and Supplemental Oxygen for Unacclimatized Rescuers at Very High Altitude: Scoping Review and 2025

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- Joint Recommendations of the International Commission for Mountain Emergency Medicine and the International Society of Mountain Medicine. *Conception and design, analysis and interpretation of data, drafting, critical revision for important intellectual content.* High Alt Med Biol. 27(1):60-77, 2026 PMID 40844506
2. Cools E, Blasco R, Paal P, Courvoisier DS, **Zafren K**, Brugger H, Rauch S, Walpoth Defibrillation in patients with accidental hypothermia and core temperatures  $\leq 30^{\circ}\text{C}$  – a retrospective observational study. *Conception and design, analysis and interpretation of data, drafting, critical revision for important intellectual content.* Resuscitation. ASAIO J 1:71(11):865-874, 2025 PMID 41570880
  3. Romy C, Eidenbenz D, Grabherr S, **Zafren K**, Jaques C, Hall N, Pasquier M. Causes of death and types of injuries of avalanche fatalities based on forensic data: a scoping review. *Conception and design, analysis and interpretation of data, drafting, critical revision for important intellectual content.* Resuscitation Plus. 13;26:101101, 2025 PMID 41069454
  4. Gardner L, Keyes LE, Phillips C, Small E, Adhikari T, Barott N, **Zafren K**, Maharjan R, Marvel J. Women at altitude: menstrual-cycle phase, menopause, and progesterone are not associated with acute mountain sickness. *Conception and design, analysis and interpretation of data, drafting, critical revision for important intellectual content.* Hi Alt Med Biol 25(2): 107-112, 2024. PMID 38516987
  5. Regli IB, Oberhammer R, **Zafren K**, Brugger G, Strapazzon G. Frostbite treatment: a systematic review with meta-analyses. *Conception and design, analysis and interpretation of data, drafting, critical revision for important intellectual content.* Scand J Trauma Resusc Emerg Med. 31(1):96, 2023. PMID 3807293
  6. Poudel S, Gautam S, Adhikari P, **Zafren K**. Physiological effects of sildenafil versus placebo at high altitude: a systematic review. *Conception and design, analysis and interpretation of data, drafting, critical revision for important intellectual content.* High Alt Med Biol. 25(1):16-2, 2023. PMID 37751174
  7. Lugnet V, McDonough M, Gordon L, Galindez M, Reyes N, Sheets A, **Zafren K**, Paal P, Termination of cardiopulmonary resuscitation in mountain rescue: a scoping review and ICAR MedCom 2023 recommendations. *Conception and design, analysis and interpretation of data, drafting, critical revision for important intellectual content.* High Alt Med Biol 24(4):274-286, 2023. PMID 37733297
  8. Hübner K, Falla M, Brugger H, Gatterer H, Strapazzon G, Tomazin I, **Zafren K**, Sperner-Unterweger B, Fusar-Poli P. Isolated high altitude psychosis, delirium at high altitude, and high altitude cerebral edema: are these diagnoses valid? *Conception and design, analysis and interpretation of data, drafting, critical revision for important intellectual content.* Front Psychiatry. 4:14:1221047, 2023. PMID 37599873
  9. Pasquier M, Strapazzon G, Kottman A, Paal P, **Zafren K**, Oshiro K, Artoni C, van Tilburg C, Sheets A, Ellerton J, McLaughlin K, Gordon L, Martin RW, Jacob M, Musi M, Blancher M, Jaques C, Brugger H. On-site treatment of avalanche victims: scoping review and 2023 recommendations of the International Commission for Mountain Emergency Medicine (ICAR MedCom). *Conception and design, analysis and interpretation of data, drafting, critical revision for important intellectual content.* Resuscitation 184:109708, 2023. PMID 36709825
  10. Hübner K, Caramazza F, Pircher Nöckler ER, Stawinoga AE, Fusar-Poll P, Bhandari SS, Basnyat B, Brodmann Maeder M, Strapazzon G, Tomazin I, **Zafren K**, Brugger H, Sperner-Unterweger B. Association of pre-existing mental health conditions with acute mountain sickness at Everest Base Camp. *Conception and design, analysis and interpretation of data, drafting, critical revision for important intellectual content.* High Alt Med Biol. 23(4):338-344, 2022 PMID 36070557
  11. Berendson RR, Bärtsch P, Basnyat B, Berger MM, Hackett P, Luks AM, Richalet J-P, **Zafren K**, Kayser B, and the STAK Plenary Group. Strengthening altitude knowledge: A Delphi study to define minimum knowledge of altitude illness for laypersons traveling to

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- high altitude. *Conception and design, analysis and interpretation of data, drafting, critical revision for important intellectual content.* High Alt Med Biol 23(4):330-337. 2022. PMID 36201281
12. Paal P, **Zafren K**, Pasquier M. Higher pre-hospital anaesthesia case volumes result in lower mortality rates: implications for mass casualty care. *Conception and design, analysis and interpretation of data, drafting, critical revision for important intellectual content.* Br J Anaesth. 28(2):e89-e92, 2022. PMID 34794765
  13. **Zafren K**, Paal P. End-tidal CO<sub>2</sub> <10 mm Hg is not a reason to terminate cardiopulmonary resuscitation in hypothermic cardiac arrest. *Conception and design, analysis and interpretation of data, drafting, critical revision for important intellectual content.* Resuscitation 174:91-92, 2022. PMID 35292303
  14. **Zafren K**, Lechner R, Paal P, Brugger H, Peek G, Darocha T. Induced hypothermia to as low as 3°C in humans: forgotten cases rediscovered. *Conception and design, analysis and interpretation of data, drafting, critical revision for important intellectual content.* High Alt Med Biol 23(2):105-113 2022. PMID 35099289.
  15. Pasquier M, Cools E, **Zafren K**, Carron PN, Frochoux V, Rousson V. Vital signs in accidental hypothermia. *Conception and design, analysis and interpretation of data, drafting, critical revision for important intellectual content.* High Alt Med Biol. 22(2):142-147, 2021. PMID 336298884
  16. Musi, ME, Sheets AS, **Zafren K**, Brugger H, Paal P, Hölzl N, Pasquier M. Clinical staging of accidental hypothermia: the Revised Swiss System. *Conception and design, analysis and interpretation of data, drafting, critical revision for important intellectual content.* Resuscitation 162:182-187, 2021. PMID 33675869
  17. Falk M, Brugger H, Bouzat P, Pasquier M, Mair P, Fieler J, Darocha T, Blancher M, deRiedmatten M, Paal P, Strapazzon G, **Zafren K**, Brodmann Maeder M. 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. *Conception and design, analysis and interpretation of data, drafting, critical revision for important intellectual content* Data in Brief Dec 2;28:104913, 2020 PMID 31890782
  18. Sumann G, Moens D, Brink B, Brodmann Maeder M, Green M, Jacob M, Koirala P, **Zafren K**, Ayala M, Musi M, Oshiro K, Sheets A, Strappazon G, Macias D, Paal P. Multiple trauma management in mountain environments – a scoping review. Evidence based guidelines of the International Commission for Mountain Emergency Medicine (ICAR MedCom). Intended for physicians and other advanced life support personnel. *Conception and design, analysis and interpretation of data, drafting, critical revision for important intellectual content* Scand J Trauma Resusc Emerg Med. Dec 14;28(1):117, 2020. PMID 33317595
  19. **Zafren K**, Paal P, Brugger H, Lechner R. Induced hypothermia to 4.2°C with neurologically intact survival: a forgotten case series. *Conception and design, data collection, analysis and interpretation of data, drafting, critical revision for important intellectual content* Wilderness Environ Med 31(3):367-370, 2020. PMID 323482520
  20. Mize CH, Evers ES, Dorji L, **Zafren K**. Helicopter critical care retrieval in a developing country: a trauma case series from Bhutan. *Conception and design, analysis and interpretation of data, drafting, critical revision for important intellectual content.* High Alt Med Biol Dec/20(4):417-420, 2019. PMID 31460794
  21. 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**, Brodmann Maeder M. 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. *Conception and design, analysis and interpretation of data, drafting, critical revision for important intellectual content.* Resuscitation 139:222-229, 2019. PMID 31022496
  22. Kanaan NC, Peterson AL, Pun M, Thapa GB, Tiwari A, Basyal B, Holck PS, Starling J, Freeman TF, Gehner JR, Keyes L, Levin DR, O’Leary CJ, Stuart KE, Velgersdyk J,

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- Zafren K**, Basnyat B. Prophylactic acetaminophen or ibuprofen results in equivalent acute mountain sickness incidence at high altitude: a prospective randomized trial. *Conception and design, analysis and interpretation of data, drafting, critical revision for important intellectual content*. Wilderness Environ Med 28(2):72-78, 2017. PMID 28479001
23. Koirala P, Pandit B, Phuyal P, **Zafren K**. Yarsagumba fungus: health problems in the Himalayan gold rush. *Conception and design, data collection, analysis and interpretation of data, drafting, critical revision for important intellectual content*. Wilderness Environ Med 28(3):267-270, 2017. PMID 28716290
24. **Zafren K**, Pun M, Regmi N, Bashyal G, Acharya B, Gautam S, Jamarkattel s, Lamichhane SR, Acharya S, Basnyat B. High altitude illness in pilgrims after rapid ascent to 4380 m. *Conception and design, data collection, analysis and interpretation of data, drafting, critical revision for important intellectual content*. Travel Med Infect Dis 16:31-34 2017. PMID 28285976
25. **Zafren K**, Feldman J, Becker R, Williams S, Weiss A, Deloughery T. D-dimer is not elevated in asymptomatic high altitude mountaineers after descent to 5340 meters: The Mount Everest Deep Venous Thrombosis Study (Ev-DVT). *Conception and design, data collection, analysis and interpretation of data, drafting, critical revision for important intellectual content*. High Alt Med Biol 12(3): 223-227, 2011. PMID 21962065
26. Gertsch JH, Lipman GS, Holck PS, Merritt A, Mulcahy A, Fisher RS, Basnyat B, Alison E, Hanzelka K, Hazan A, Meyers Z, Odegaard J, Pook B, Thompson M, Slomovic B, Wahlberg H, Wilshaw V, Weiss EA, **Zafren K**. Prospective double-blind, randomized, placebo-controlled comparison of acetazolamide versus ibuprofen for prophylaxis against high altitude headache: the headache evaluation at altitude trial (HEAT). *Conception and design, data collection, analysis and interpretation of data, drafting, critical revision for important intellectual content*. Wilderness Environ Med 21:236-243, 2010. PMID 20832701
27. Basnyat B, Hargrove J, Holck PS, Soni S, Kshitiiz A, Ghmire LV, Pandey K, Griffiths A, Shanka R, Kaul K, Paudyal A, Stasiuk D, Basnyat R, Davis C, Southard A, Robinson C, Shandley T, Johnson DW, **Zafren K**, Williams S, Weiss EA, Farrar JJ, Swenson E. Acetazolamide fails to decrease pulmonary artery pressure at high altitude in partially acclimatized humans. *Conception and design, analysis and interpretation of data, drafting, critical revision for important intellectual content*. High Alt Med Biol 9(3):209-16, 2008. PMID 18800957
28. Basnyat B, Savard GK, **Zafren K**. Trends in the workload of the two high altitude aid posts in the Nepal Himalaya. *Conception and design, data collection, analysis and interpretation of data, drafting, critical revision for important intellectual content*. J Travel Med 1999; 6:217-222, 1999. PMID 10575168
29. **Zafren K**. Gamow bag for high-altitude cerebral oedema. *Conception and design, data collection, analysis and interpretation of data, drafting, critical revision for important intellectual content*. Lancet 352: 325-326, 1998. PMID 9690443
30. **Zafren K**, Reeves J, Schoene RB. Treatment of high altitude pulmonary edema by bed rest and supplemental oxygen. *Conception and design, data collection, analysis and interpretation of data, drafting, critical revision for important intellectual content*. Wilderness Environ Med 7 (2):127-132, 1996. PMID11990106
31. Reeves J, Wagner J, **Zafren K**, Honigman B, Schoene RB. Seasonal variation in barometric pressure and temperature in Summit County: effect on altitude illness *Conception and design, data collection, analysis and interpretation of data, drafting, critical revision for important intellectual content*. In: Sutton JR, Houston CS, Coates G (editors) Hypoxia and Molecular Medicine Queen City Printers, Burlington, VT: 275-281, 1993.
32. **Zafren K**, Hlastala MP. Gas exchange during acute hypoxia in dogs. *Conception and design, data collection, analysis and interpretation of data, drafting, critical revision for*

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*important intellectual content.* Abstracts of the Third Banff International Hypoxia Symposium, 1983.

### Other publications in peer-reviewed journals 2015-present

1. 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 D, Jackson R, Brugger H. Helicopter rescue at very high altitude. Recommendations of the International Commission for Mountain Emergency Medicine (ICAR MedCom) 2025 High Alt Med Biol 19:1558796, 2026. PMID 40931781
2. Cools E, Swol J, Wanscher M, Brugger H, Pasquier M, McIntosh S, Musi M, Oshiro K, Gordon L, Walpoth B, Hoffman JRH, Follis F, **Zafren K**, Paal P, Giraud, R, Podsiadlo P, Martucci G, Darocha T. ELSO 2025. Narrative Guideline on the use of ECMO for accidental hypothermia. ASAIO J. 71(11):865-874, 2025. PMID 41128452
3. Weinberg NE, Daniel NJ, Lareau SA, Elder JH, **Zafren K**. Airway management in austere settings: intubation is not always the best option. Wilderness Environ Med. 36:119-125,2025. PMID 39703123
4. Garrido E, Leal C, Onaga H, Pagés, Ricart A, Veres A, Viscor G, **Zafren K**. Letter: Javier Botella de Maglia (1956-2024): in memoriam. High Alt Med Biol. 26(3):337-8, 2025. PMID 40865042
5. Gordon L, Darocha T, Paal P, Pasquier M, **Zafren K**. Hypothermic patients with unwitnessed cardiac arrest should be rewarmed and resuscitated according to international guidelines. (letter) Am J Emerg Med 26(2):129-133, 2025. PMID
6. Lechner R, Brugger H, Cools E, Darocha T, Paal P, Pasquier M, Strapazzon G, Wallner B, Walpoth B, **Zafren K**, Gordon L. Studies of hypothermic cardiac arrest outcomes without core temperatures are deeply flawed. (letter) Am J Emerg Med. 85:243-244, 2024. PMID 39394476
7. Gharreai M, **Zafren K**, Villar R, Giesbrecht GG. Keep cool but don't freeze: the influence of William J. Mills, Jr. on the treatment of frostbite. Wilderness Environ Med,35(4).496-505, 2024. PMID 39212158
8. Van Tilburg C, Paal P, Strapazzon G, Grissom CK, Haegeli P, Hölzl N, McIntosh S, Radwin M, Smith WWR, Thomas S, Tremper B, Weber D, Wheeler AR, **Zafren K**, Brugger H. In reply to Drs. Rousson, Hall, and Pasquier. (letter) Wilderness Environ Med 35(2):252-253, 2024. PMID 38629489
9. Eidenbenz D, Kottman A, **Zafren K**, Carron PN, Albrecht R, Pasquier M. Noncompressible chest wall in critically buried avalanche victims with cardiac arrest: a case series. High Alt Med Biol. 26(2):129-133, 2024. PMID 39347596
10. Cools E, Brugger H, Darocha T, Gordon L, Pasquier M, Walpoth B, **Zafren K**, Peek G, Paal P. About rewarming young children after drowning-associated hypothermia and out-of-hospital cardiac arrest. (letter) Pediatr Crit Care Med 25(3):e171-172, 2024. PMID 38451805
11. Phillips DL, Bowman J, **Zafren K**. In response to performance of a chemical heat blanket by Greene et al. (letter) Wilderness Environ Med 35(1): 107-108, 2024 PMID 39003774
12. Van Tilburg C, Paal P, Strapazzon G, Grissom CK, Haegeli P, Hölzl N, McIntosh S, Radwin M, Smith WWR, Thomas S, Tremper B, Weber D, Wheeler AR, **Zafren K**, Brugger H. Wilderness Medical Society clinical practice guidelines for prevention and management of avalanche and nonavalanche snow burial accidents. Wilderness Environ Med 35(1):20S-44S, 2023. PMID 3795433
13. Luks AM, Beidleman BA, Freer L, Grissom CK, Keyes LE, McIntosh SE, Rodway GW, Schoene RB, **Zafren K**, Hackett PH. Wilderness Medical Society clinical

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- practiceguidelines for the prevention and treatment of acute altitude illness: 2024 update. *Wilderness Environ Med* 35(1):2S-19S, 2023.
14. **Zafren K**, Hollis S, Weiss EA, Danzl D, Wilburn J, Kimmel N, Imray C, Giesbrecht G, Tipton M. Prevention and treatment of nonfreezing cold injuries and warm water immersion tissue injuries: supplement to the Wilderness Medical Society clinical practice guidelines. *Wilderness Env Med* 34(2):172-181,2023.
  15. Libersa M, Marxer L, **Zafren K**, Oggier S, Pucchi L, Pasquier M. Takotsubo cardiomyopathy following complete avalanche burial: a case report. *High Alt Med Biol* 24(2):149-151, 2023 PMID 37262197
  16. Starrs M, **Zafren K**. A unique cause of severe chest pain in the emergency department. *JACEP Open* 4(3):e12982, 2023
  17. Blasco Mariño R, Soteras Martinez I, Bacardit M, **Zafren K**, Paal P. History of avalanches in the Eastern Spanish Pyrenees. *Wilderness Env Med* 34(4):606-609, 2023. PMID 37696722
  18. **Zafren K**, Pun M, Basnyat B. Letter: Is altitude-induced sleep apnea highly dependent on ethnic background (Sherpa vs. Tamang)? We are not convinced. *High Alt Med Biol* 24(1):76,2022 PMID 36607790
  19. Lechner R, Brugger H, Paal P, Hufner K, Agazzi G, Butler F, Gordon L, Darocha T, **Zafren K**. Survival in a collapsed stable for 37 days after avalanche burial in 1755. *Wilderness Environ Med* epub 2022. PMID36526516
  20. Giesbrecht GG, **Zafren K**, Anderson J, Erickson C. Survival after being wedged in a crevasse for 16 hours in Alaska. *Wilderness Environ Med* 33(4):469-472, 2022. PMID 36089495
  21. Küpper T, **Zafren K**, Visser J. Advising travellers beyond infectious diseases: can we learn from our forebears. *J Trav Med* 29(5):taac091,2022. PMID 35899876
  22. Blasco Mariño R, **Zafren K**. Isolated ptosis following a *Vipera aspis* bite. *Wilderness Environ Med* 33(2):245-247, 2022. PMID 3536125
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