

## Ken Zafren, MD, FACEP, FAAEM, FAWM

### **CURRENT POSITIONS**

Clinical Professor and Attending Physician, Department of Emergency Medicine  
Stanford University Medical Center (Level I Trauma Center)  
300 Pasteur Dr. Stanford, CA 94305 USA 1999-present  
Staff Emergency Physician - Alaska Native Medical Center (Level II Trauma Center)  
4315 Diplomacy Dr. Anchorage, AK 99508 USA 1998-present  
Vice President– International Commission for Mountain Emergency Medicine 2001-2017; (United States Representative 1995-2017; Alternate USA Representative 2017-2018; Honorary Member 2019-present)  
Member, Scientific Advisory Committee EURAC Research - Institute of Mountain Emergency Medicine, Bolzano, Italy 2010-present

### **EDUCATION AND TRAINING**

Diplomate - American Board of Emergency Medicine 1995, recertified 2005 and 2015  
Emergency Medicine Residency - Kern Medical Center (Bakersfield, CA) 1991-1994  
Transitional Internship - Presbyterian/St. Luke's Medical Ctr. (Denver, CO) 1985-1986  
M.D. - University of Washington (Seattle, WA) December 1984  
Graduate studies (Physiology) - University of Washington (Seattle, WA) 1979-1983  
Premedical studies - University of Colorado (Boulder, CO) 1977-1978  
Graduate studies (Geography) - University of Colorado (Boulder, CO) 1976-1978  
E.M.T. (Emergency Medical Technician) - University of Colorado (Boulder, CO) 1977  
B.A. (Mathematics) - New College (Sarasota, FL) 1975

### **MEDICAL ACTIVITIES AND INTERESTS**

Emergency medicine, emergency medical services, environmental medicine, including high altitude medicine and physiology, frostbite, hypothermia, medical care in remote areas and mountain rescue  
Scientific Committee – XII. International Congress of Mountain Medicine Kathmandu, Nepal (2018)  
Advisory Committee – XI. International Congress of Mountain Medicine, Telluride, USA 2016  
Advisory Committee – X. International Congress of Mountain Medicine, Bolzano, Italy 2014  
Fellow of the Academy of Wilderness Medicine – awarded 2007 (charter group)  
Chairman, Awards Committee, Wilderness Medical Society 2009-2014  
Secretary-Treasurer – Alaska Chapter, American College of Emergency Physicians 2001-2010  
President - Alaska Chapter, American College of Emergency Physicians 1997-1998  
Associate Medical Director - Himalayan Rescue Association 1993-present  
Medical Director - Lake Clark National Park 1997-2011  
Medical Director - Alaska Mountain Rescue Group 1994-2011 Medical Adviser 2011- present  
Medical Director - Denali National Park Mountaineering Rangers 1997-2001  
Board of Directors - Wilderness Medical Society: 1991-1996; 1999-2006  
Co-chair, Program Committee – International Conference on Cold-Weather Medicine 2004  
Chair, Conference Planning Committee of the Wilderness Medical Society 1998-2002  
Co-chair, Program Committee - World Congress III on Wilderness Medicine 1999  
Advisory Committee - International Congress of Mountain Medicine, Interlaken, Switzerland 1997  
Chair, Program Committee - 7th Annual Winter Wilderness Medicine Conference 1997  
Co-chair, Program Committee - 2nd World Congress on Wilderness Medicine 1995  
Founding Editor, Wilderness Medical Society Educational Presentation Series  
Participated in Southwest Alaska Hepatitis B screening program 1983

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### HONORS AND AWARDS

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

### EDITORIAL ACTIVITIES

Editor, Mountain Medicine Section – Wilderness and Environmental Medicine 2017-present  
Editorial Board, High Altitude Medicine and Biology 2017-present  
Editorial Advisory Board, ED Legal Letter - 2019-present  
Editor, Images Section and Member Editorial Board - Wilderness and Environmental Medicine (Journal of the Wilderness Medical Society) 1998-present  
Author and Editorial Consultant – High Altitude Illness Module of the Physicians Information and Education Resource (PIER) – American College of Physicians 2004-2010  
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  
Editor, *Mountain Emergency Medicine* (book) EDRA, Milan, Italy (In Press)

### MOUNTAIN MEDICINE

Instructor – Wilderness and Travel Medicine Course – Patagonia, January 2020  
Instructor – Nepal Diploma in Mountain Medicine Course – Manang District, Nepal, November 2019  
Instructor – Nepal Diploma in Mountain Medicine Course – Manang District, Nepal, November 2017  
Instructor – Wilderness and Travel Medicine Course – Everest Region, Solukhumbu District, Nepal, April 2017  
Instructor – Wilderness and Travel Medicine Course – Patagonia, January 2017  
Instructor – Wilderness and Travel Medicine Course – Bhutan, October-November 2016  
Instructor – Wilderness and Travel Medicine Course – Tour du Mont Blanc August-September 2016  
Leader and Senior Consultant – Himalayan Rescue Association Health Needs Assessment of Yarsagumba Collectors - Manang District, Nepal, May 2016.  
Instructor – Nepal Diploma in Mountain Medicine Course – Manang District, Nepal, November 2015  
Senior Consultant – Himalayan Rescue Association Gosainkunda Health Camp, Rasuwa District, Nepal, August 2015  
Keynote Speaker – 1st Congress of Emergency Medicine in Patagonia – Coyhaique, Chile November 2015

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### **MOUNTAIN MEDICINE (continued)**

Leader, Himalayan Rescue Association Post-earthquake Needs Assessment Survey Team, Sindhupalchok District, Nepal, May 2015  
Assisted in evacuation of casualties from Everest Base Camp avalanche after earthquake – Solukhumbu District, Nepal, April 2015  
Instructor – Wilderness and Travel Medicine Course – Everest Region, Solukhumbu District, Nepal, April 2015  
Instructor – Wilderness and Travel Medicine Course – Bhutan, November 2014  
Senior Consultant – Himalayan Rescue Association Gosainkund Health Camp, Rasuwa District, Nepal, August 2014  
Instructor – Nepal Diploma in Mountain Medicine Course – Langtang, Rasuwa District, Nepal, February-March 2014  
Instructor – Wilderness and Travel Medicine – Everest Region, Solukhumbu District, Nepal 2013  
Instructor – Diploma in Mountain Medicine Course – Argentina 2004  
Chair, Medical Committee - Mountain Rescue Association 1998-2008 (continue to serve on committee)  
Physician - Mount Vaughan Antarctic Expedition 1993  
Volunteer physician - Himalayan Rescue Association, Pheriche, Nepal 1989, 1992  
Expedition physician - Nepalese-American Ohmi Kangri Expedition 1989  
Medical expedition to Nepal, Buri Gandaki and circuit of Manaslu, 1980

### **MOUNTAIN RESCUE**

Mountain rescue 1975-2017 (Boulder, CO; Seattle, WA; Anchorage, AK):  
Alaska Mountain Rescue Group Active member 1984-2017 (Retired 2017)  
Chairman of the Board of Directors - Alaska Mountain Rescue Group 1990-1991  
Seattle Mountain Rescue Active member 1979-1983  
Rocky Mountain Rescue Group Active member 1976-1981 (Retired 1981)  
Board of Directors - Rocky Mountain Rescue Group (Boulder, CO) 1978-1979

### **OTHER ACTIVITIES AND INTERESTS**

Climbs and treks in North and South America, Europe, and Asia 1972-present  
Elected to membership in the American Alpine Club 1977-present  
Board of Directors - Mountaineering Club of Alaska 1990-1991  
Grand Prize Winner in MD Magazine photo contest 1988  
Language skills: fluent in German; speak and read Spanish, French; speak Nepali

### **MEMBERSHIPS**

American Alpine Club  
American Association for the Advancement of Science  
American Academy of Emergency Medicine  
American College of Emergency Physicians  
International Society for Mountain Medicine  
International Society of Travel Medicine  
National Association of EMS Physicians  
Wilderness Medical Society

### **PREVIOUS POSITIONS**

Emergency Programs Medical Director, State of Alaska 2001-2017  
Staff Emergency Physician - Providence Alaska Medical Center  
3300 Providence Dr. Anchorage, AK 99508 USA 1994-present  
(Active Staff 1994-2001; Affiliate Staff 2001-present)  
Acting Medical Director - Veco International (Exxon Valdez Oil Spill) Summer 1989

## Ken Zafren, MD, FACEP, FAAEM, FAWM

Staff physician - North Care Medical Centers 1986-1990; Associate Medical Director 1990-1991  
Systems analyst - Institute for Behavioral Sciences (Boulder, CO) 1979

### PUBLICATIONS

- Zafren K, Hlastala MP. Gas exchange during acute hypoxia in dogs. Abstracts of the Third Banff International Hypoxia Symposium, 1983
- Zafren K. More on tetracycline and ticks. *New Engl J Med* (308) 7: 403-404, 1983
- Zafren K, Hackett P. High altitude medicine. Educational slide set. Wilderness Medical Society, 1992
- Zafren K, Purcell T. Open and closed peritoneal lavage. *Ann Emer Med* (21) 10:1298, 1992
- Zafren K, Purcell T. Base deficit as a diagnostic test for abdominal injury. *Ann Emer Med* (21) 11: 1406, 1992
- Reeves J, Wagner J, Zafren K, et al. Seasonal variation in barometric pressure and temperature in Summit County: effect on altitude illness. In: Sutton JR, Houston CS, Coates G (editors) *Hypoxia and Molecular Medicine* Queen City Printers, Burlington, VT: 275-281, 1993
- Zafren K, O'Malley J, Mills WJ. Frostbite and Other Cold Injuries. Educational slide set. Wilderness Medical Society, 1995
- Zafren K, Reeves J, Schoene RB. Treatment of High Altitude Pulmonary Edema by bed rest and supplemental oxygen. *Wilderness Environ Med* 7 (2):127-132, 1996
- Zafren K. Warning! Long commute. *Science* (272): 1726, 1996
- Zafren K. Use and abuse. *The Economist* (Nov 30, 1996):8, 1996
- Zafren K. Outcome assessments and air ambulance services. *Lancet* 347:1843, 1996
- Forster H, Zafren K. Thoracostomy at the scene of an accident in the mountains. Guideline of the Commission for Mountain Emergency Medicine (International Commission for Alpine Rescue), St. Jean, Switzerland, 1996
- Forster H, Zafren K. Treatment of dislocations and fractures. Guideline of the Commission for Mountain Emergency Medicine (International Commission for Alpine Rescue), St. Jean, Switzerland, 1996.
- Zafren K. Epidemiology of Himalayan trekking. Proceedings of the International Congress of Mountain Medicine, Interlaken, Switzerland: 23-25, 1997
- Zafren K, Honigman B. High altitude medicine. *Emer Med Clin N Amer* (15) 1:191-222, 1997
- Zafren K, Storrow AB, Schmidt JC, Stack LB. Environmental Conditions. In: Knoop KJ, Stack LB, Storrow AB (editors) *Atlas of Emergency Medicine*. McGraw-Hill: New York, 451-480, 1997
- Zafren K. Re: Prevention and management of cardiovascular events during travel. *J Travel Med* (4) 4:152, 1997
- Forster H, Zafren K. State of art of surgical techniques in mountain rescue. Proceedings of the International Congress of Mountain Medicine, Interlaken, Switzerland: 34-36, 1997
- Zafren K. Hyponatremia in a cold environment. *Wilderness Environ Med* 9 (1): 54-55, 1998
- Zafren K. Mountain Rescue in North America. *Progress in Mountain Medicine and High Altitude Physiology*. Japanese Society of Mountain Medicine: Torokorozawa, 279-282, 1998
- Zafren K. Himalayan Rescue Association. *Progress in Mountain Medicine and High Altitude Physiology*. Japanese Society of Mountain Medicine: Torokorozawa, 283-284, 1998
- Zafren K. Telemedicine revisited. *Ann Emer Med* (31) 6: 790, 1998
- Zafren K. Rescue on Ptarmigan Peak. *Alaska Med* (40) 2: 36-37, 1998
- Zafren K. Migratory pain in appendicitis. *Amer Jour Emer Med* (16) 4: 437-438, 1998
- Zafren K. Gamow bag for high-altitude cerebral oedema. *Lancet* 352: 325-326, 1998
- Zafren K, Butler F. Wilderness medicine and military medicine. *Wilderness Environ Med* 9 (2): 62-63, 1998
- Butler F, Zafren K (editors). Tactical management of wilderness casualties in special operations. *Wilderness Environ Med* 9 (2): 64-117, 1998

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- Zafren, K. Scenario 9: altitude sickness. In: Butler F, Zafren K (editors). Tactical management of wilderness casualties in special operations. *Wilderness Environ Med* 9 (2): 108-111, 1998
- Zafren K. Tragedy on Ptarmigan Peak. *Wilderness Environ Med* 9 (3): 188-190, 1998
- Zafren K. Brown recluse spider bite. *Wilderness Environ Med* 9 (4) 211-212, 1998
- Zafren K. Chilblains (pernio). *Wilderness Environ Med* 10 (1):25-6, 1999
- Zafren K. Prognostic indicators in frostbite. *Wilderness Environ Med* 10(2):115-6, 1999
- Zafren K., Kercher E. Erythema nodosum. *Wilderness Environ Med* 10 (3):171-173, 1999
- Zafren K. Response to safety of rescuers letter. *Wilderness Environ Med* 10(3):204-205, 1999
- Zafren K. Lightning injuries. *Wilderness Environ Med* 10(4):253-255, 1999
- Basnyat B, Savard GK, Zafren K. Trends in the workload of the two high altitude aid posts in the Nepal Himalaya. *J Travel Med* 1999; 6:217-222, 1999
- Zafren K, Storrow AB, Schmidt JC, Stack LB. Environmental Conditions. In:Knoop KJ, Stack LB, Storrow AB (editors) *Pocket Atlas of Emergency Medicine*. McGraw-Hill: New York, 303-314, 2000
- Zafren K. Short haul release assembly - "3-ring circus." *Wilderness Environ Med* 11 (2):109-111, 2000
- Zafren K. Unusual presentation of a fracture and possible early compartment syndrome. *Wilderness Environ Med* 11 (3):199-200, 2000
- Zafren K. Understanding medical problems associated with high altitude. *Emerg Med* 32 (9): 90-98, 2000
- Zafren K. Immersion injury. *Wilderness Environ Med* 11 (4):269-271, 2000
- Zafren K, Hackett P. High altitude medicine (revised edition). Powerpoint presentation); Wilderness Medical Society, 2001
- Zafren K, O'Malley J, Mills WJ. Frostbite and Other Cold Injuries (revised edition). Powerpoint Presentation; Wilderness Medical Society, 2001.
- Zafren K. Poison oak dermatitis. *Wilderness Environ Med* 12(1):39-40, 2001
- Zafren K. Warnings in the wilderness: preventive search and rescue. *Wilderness Environ Med* 12(2):129-133, 2001
- Zafren K. Wound care in the wilderness. *Wilderness Environ Med* 12(3):201-203, 2001
- Zafren K. How useful is on-mountain sonography? *Wilderness Environ Med* 12(1):230-231, 2001
- Rammlmair G, Zafren K, Elsensohn F. Qualifications for emergency doctors in mountain rescue operations. In:Elsensohn F (Ed.) *Consensus Guidelines on Mountain Emergency Medicine and Risk Reduction*. International Commission for Mountain Emergency Medicine, 2001
- Rammlmair G, Zafren K. Immobilization and use of the vacuum mattress in organized mountain Rescue. In: Elsensohn F (Ed.) *Consensus Guidelines on Mountain Emergency Medicine and Risk Reduction*. International Commission for Mountain Emergency Medicine, 2001
- Zafren K. Prehospital diagnosis and staging of hypothermia. In: Brugger H, et al. (Eds.) *Jahrbuch 2001. Österreichische Gesellschaft für Alpin- und Höhenmedizin*: Innsbruck, 11-15, 2001
- Zafren K, Thurman RJ, Storrow AB. Environmental Conditions. In: Knoop KJ, Stack LB, Storrow AB (editors) *Atlas of Emergency Medicine* (2nd Edition). McGraw-Hill: New York, 513-563, 2002
- Zafren K. Effect of insurance on admission for head injury. *Am J Emer Med* 19:460, 2002
- Zafren K. Management of blunt trauma victims with significant hemoperitoneum with normal examination. *Am J Emer Med* 21:513, 2003
- Zafren K. Thrombotic complications at altitude. *Wilderness Environ Med* 15: 155, 2004
- Sacco F, Zafren K, Brown, K et al. Guidelines for the management of head injuries in remote and rural Alaska. *Alaska Med* 46(58-62), 2004
- Zafren K. Heat illness. In: Mahadevan SV, Garmel GM (Eds.) *An introduction to Clinical Emergency Medicine*, Cambridge University Press, New York: 619-625, 2005

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- Zafren K. Hypothermia. In: Mahadevan SV, Garmel GM (Eds.) *An introduction to Clinical Emergency Medicine*, Cambridge University Press, New York: 626-632, 2005
- Zafren K. Lightning injuries. In: Mahadevan SV, Garmel GM (Eds.) *An introduction to Clinical Emergency Medicine*, Cambridge University Press, New York: 633-638, 2005
- Zafren K. Near drowning. In: Mahadevan SV, Garmel GM (Eds.) *An introduction to Clinical Emergency Medicine*, Cambridge University Press, New York: 639-643, 2005
- Zafren, K, Durrer B, Herry, J-P, Brugger H, Lightning injuries: prevention and on-site treatment in mountains and remote areas. *Resuscitation* 65:369-372, 2005
- Zafren K, Lim IT. Hypothermia: a cold weather hazard. *Trauma Reports* 6(6):1-12, 2005
- Zafren K. Too high too fast: experiences at high altitude, In Smith AW, Schwartz E, Shaw M (editors) *Travel Medicine: Tales Behind the Science*. Elsevier, Amsterdam 177-181, 2007
- Zafren K. Pilgrimages in the high Himalayas. In Smith AW, Schwartz E, Shaw M (editors) *Travel Medicine: Tales Behind the Science*. Elsevier, Amsterdam 279-283, 2007.
- Zafren K. A reference correction. *Wilderness Environ Med.* 18:322, 2007
- Zafren K., Ngo J. High altitude illness. *Trauma Reports* 9(2):1-12, 2008.
- Fortini A, Zafren K, Sharp F, Shimanski C. When searches become futile. *Wilderness Environ Med* 19:73, 2008.
- Winterberger E, Jacomet H, Zafren K, et al. The use of extrication devices in crevasse accidents. *Wilderness Environ Med* 19:108-110, 2008.
- Basnyat B, Hargrove J, Holck PS, et al. Acetazolamide fails to decrease pulmonary artery pressure at high altitude in partially acclimatized humans. *High Alt Med Biol* 9(3):209-16, 2008
- Zafren K, Wiget U Expedition self-rescue and evacuation, In Bledsoe G, Manyak M, Townes D. *Expedition and Wilderness Medicine*. Cambridge University Press, New York, 673-692, 2008.
- Zafren K, Hackett P. High altitude medicine (3rd edition). Educational Presentation Series. Wilderness Medical Society. 2008
- Zafren K, O'Malley J, Mills WJ. Frostbite and Other Cold Injuries (3rd edition). Educational Presentation Series. Wilderness Medical Society. 2008.
- Zafren K, Feldman J, Becker RJ, Williams SR, Weiss EA. D-dimer is not elevated in asymptomatic high altitude climbers. Abstract presented at Hypoxia Symposium 2009, Lake Louise, Alberta, 2009.
- Sumann G, Paal P, Mair P, Ellerton J et al. Fluid management in traumatic shock: a practical approach for mountain rescue. *High Alt Med Biol* 10(1):71-75, 2009.
- Zafren K, Thurman RJ, Jones, I. Environmental Conditions. In: Knoop KJ, Storrow AB Stack LB, Thurman RJ (editors) *The Atlas of Emergency Medicine* (3<sup>rd</sup> Edition). McGraw-Hill: New York, 487-532, 2010.
- Wilkerson JA, Moore EE, Zafren K (editors). *Medicine for Mountaineering and Other Wilderness Activities* (sixth edition). The Mountaineers Books, Seattle 2010
- Zafren K. Frostbite and Nonfreezing Cold Injuries. In Förster H, Berghold F (editors). *Mountain and High Altitude Medicine (13<sup>th</sup> edition)*. Austrian Society for Mountain and High Altitude Medicine, Kaprun, Austria, 1-13, 2010.
- Luks AM, McIntosh SE, Grissom CK, et al. Wilderness Medical Society Consensus Guidelines for the Prevention and Treatment of Acute Altitude Illness. *Wilderness Environ Med* 21:146-155, 2010.
- Gertsch JH, Lipman GS, Holck PS, et al. 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 Environ Med* 21:236-243, 2010.
- Zafren K. Avalanche triage: are two birds in the bush better than one in the hand? *Wilderness Environ Med* 21:273-274, 2010.
- Oelz O, Zafren K. Accident on Mt. Kenya. *Wilderness Environ Med* 22:87-90, 2010.

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- Mechem CC, Zafren K. Frostbite. In: UpToDate, Basow DS (Ed), UpToDate, Waltham, MA (UpToDate.com), 2011.
- Zafren K, Feldman J, Becker R, et al. D-dimer is not elevated in asymptomatic high altitude mountaineers after descent to 5340 meters: The Mount Everest Deep Venous Thrombosis Study (Ev-DVT). *High Alt Med Biol* 12(3): 223-227, 2011.
- Zafren K. In response to “Wilderness Medical Society practice guidelines for the prevention and treatment of frostbite.” *Wilderness Environ Med* 22(4):364-5, 2011
- Zafren K. In response to Bradford Washburn’s 1962 *NEJM* article “Frostbite: what it is – how to prevent it – emergency treatment” – historical background and commentary. *Wilderness Environ Med* 22(4):366-8, 2011.
- Zafren K. Frostbite and Nonfreezing Cold Injuries. In Förster H, Berghold F (editors). *Mountain and High Altitude Medicine (14<sup>th</sup> edition)*. Austrian Society for Mountain and High Altitude Medicine, Kaprun, Austria, 1-24, 2012.
- Cauchy E, Zafren K. Frostbite. In David S (editor) *Textbook of Emergency Medicine*. Wolters Kluwer Health India, New Delhi, 1455-62, 2012.
- Zafren K. High Altitude Illness. In David S (editor) *Textbook of Emergency Medicine*. Wolters Kluwer Health India, New Delhi, 1473-91, 2012.
- Zafren K. Public access defibrillation. *Ann Emerg Med* 59(6):558, 2012
- Davis C, Engeln A, Johnson E, et al. Wilderness Medical Society guidelines for the prevention and treatment of lightning injuries. *Wilderness Environ Med* 23(3):260-9, 2012
- Zafren K. Prophylaxis for acute mountain sickness. *Ann Emerg Med*, 60(5): 671-2, 2012
- Zafren K. Does ibuprofen prevent acute mountain sickness? *Wilderness Environ Med* 23(4):297-299, 2012.
- Zafren K. Prediction of acute mountain sickness by pulse oximetry: what are the right questions? *Wilderness Environ Med* 23(4):377-378, 2012.
- Auerbach PS, Zafren K. Drowning. In Mahadevan SV, Garmel G (editors) *Introduction to Clinical Emergency Medicine: Guide for Practitioners in the Emergency Department 2<sup>nd</sup> ed*. Cambridge University Press. New York, NY 641-645, 2012.
- Zafren K. Heat Illness. In Mahadevan SV, Garmel G (editors) *Introduction to Clinical Emergency Medicine: Guide for Practitioners in the Emergency Department 2<sup>nd</sup> ed*. Cambridge University Press. New York, NY 646-652, 2012.
- Zafren K. Accidental Hypothermia. In Mahadevan SV, Garmel G (editors) *Introduction to Clinical Emergency Medicine: Guide for Practitioners in the Emergency Department 2<sup>nd</sup> ed*. Cambridge University Press. New York, NY 653-659, 2012.
- Zafren K. Lightning. In Mahadevan SV, Garmel G (editors) *Introduction to Clinical Emergency Medicine: Guide for Practitioners in the Emergency Department 2<sup>nd</sup> ed*. Cambridge University Press. New York, NY 660-664, 2012.
- Zafren, K McCurley L, Shimanski C, Smith W. Technical Rescue, Self-Rescue, and Evacuation. In Auerbach PS (editor) *Wilderness Medicine 6<sup>th</sup> ed*. Elsevier, Philadelphia, 710-738, 2012.
- Zafren K, Danzl D. Frostbite. In Marx JA (editor). In *Rosen’s Emergency Medicine 8<sup>th</sup> ed*. Elsevier, Philadelphia, 1877-1882, 2013.
- Danzl D, Zafren K. Accidental Hypothermia. In Marx JA (editor). In *Rosen’s Emergency Medicine 8<sup>th</sup> ed*. Elsevier, Philadelphia, 1883-1895, 2013.
- Brugger H, Durrer B, Elsensohn F, et al. Resuscitation of avalanche victims: evidence-based guidelines of the International Commission for Mountain Emergency Medicine (ICAR-MEDCOM). *Resuscitation* May; 84(5):539-546, 2013.
- Zafren K, Berghold F, Hillebrandt D. “Performance enhancing” drugs at high altitude. *Wilderness Environ Med* 24(2):173-174, 2013.
- Zafren K. Frostbite: prevention and initial management. *High Alt Med Biol* 14(1):9-12, 2013
- Mechem CC, Zafren K. Accidental hypothermia in adults. In: UpToDate, Basow DS (Ed), UpToDate, Waltham, MA (UpToDate.com), 2013.
- Mechem CC, Zafren K. Frostbite. In: UpToDate, Basow DS (Ed), UpToDate, Waltham, MA (UpToDate.com), 2013.

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- Basnyat B, O'Hea J, Zafren K Environmental Stress. In Farrar J, Hotez PJ, Junghanss T, et al. (editors). In *Manson's Tropical Diseases 23<sup>rd</sup> Edition*. Elsevier, Philadelphia, 1084-1095, 2013.
- Zafren K. Prevention of high altitude illness. *Travel Med and Infect Disease* Jan-Feb; 12(1):29-39, 2014
- Zafren K, Giesbrecht G. *State of Alaska Cold Injuries Guidelines: July 2014*. State of Alaska Department of Health and Social Services, Juneau, AK, 53 pages, 2014.
- Quinn RH, Wedmore I, Johnson E et al. Wilderness Medical Society practice guidelines for basic wound management in the austere environment. *Wilderness Environ Med*. Sep; 25(3):295-310, 2014.
- Zafren K, Smith WR, Johnson DE, Kovacs T. Spine protection in the austere environment. *Wilderness Environ Med*. Sep; 25(3):364-366, 2014.
- Zafren K, Giesbrecht GG, Danzl DF, et al. Wilderness Medical Society guidelines for the out-of-hospital evaluation and treatment of accidental hypothermia. *Wilderness Environ Med* Dec;25(4):425-445, 2014.
- Zafren K, Giesbrecht GG, Danzl DF, et al. Wilderness Medical Society guidelines for the out-of-hospital evaluation and treatment of accidental hypothermia 2014 update. *Wilderness Environ Med* Dec;25(4 Suppl):S66-85, 2014.
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- Phuyal P, Koirala P, Basnyat B, Zafren K. An itchy situation. *Wilderness Environ Med* Mar;26(1):89-90, 2015.
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- Zafren K, Giesbrecht GG, Danzl, DF et al. Hypothermia, Evidence, Afterdrop, and Guidelines. *Wilderness Env Med* Sep;26(3):439-41, 2015
- Koirala P, Wolpin S, Phuyal P, Basnyat B, Zafren K. A pain in the neck. Clay shoveler's fracture due to cervical spine trauma. *Wilderness Env Med* Sep;26(3):430-2, 2015
- Zafren, K. The great earthquake in Nepal – a personal view. *Wilderness Environ Med* Mar;(1):1711-5, 2016
- Quigley I, Zafren, K Subtle cognitive dysfunction in resolving high altitude cerebral edema revealed by a clock drawing test. *Wilderness Environ Med* Jun;27(2):256-8, 2016
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- Zafren K, Mechem CC. Frostbite. In: UpToDate, Basow DS (Ed), UpToDate, Waltham, MA (UpToDate.com), Last updated Feb 15, 2018.
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