



# Dr. med. Natalie Hölzl

## Vice President of ICAR MedCom

### Contact

info@icar-med.com

### About me

Since my first toddling days I have been hiking and scrambling and skiing in the Alpes with my family. At the age of 16 I moved from my parental home in Germany to a naval boarding school in Ipswich, UK, where I learned how to sail a boat, undertook my A-Levels and graduated from high school. The next step was to enter university at the Royal Holloway College, University of London, where rugby became a new passion and I graduated with a Bachelor of Science in Management and French. During university studies I already entered the real business world and worked for a computer security company in the UK, Germany and USA. After university graduation I chose Australia as my next destination where I continued working as a Marketing Manager. I also loved the hikes in the amazing Blue Mountains and admired the amazing canyons and picked up some rope handling and canyoning experience. Besides, the magical Olympic games of 2000 just happened and I could accompany the German Rowing Team during the games. Having seen the passion and teamwork of a rowing crew this became my new full-time sporting focus besides the Australian beaches and bushes. A study of sports therapies at an Australian College eventually opened the world of medicine to me, so after a few years in Oz I returned to beautiful Munich in Germany to take a ride through medical school. The numerous hospital training placements that are required for German students during their university career took me all over the world once more with amazing work experiences and travels to New Zealand, Australia (bush medicine), Ireland, France, Switzerland, .... The mountains of the world had finally caught all my interests and after snowboarding NZ and walking the fields of Mordor I eventually decided to stay in the European Alpine region and started working as a trauma surgeon in Kempten, Bavaria. Living close to the mountains I finally trained as a mountain rescuer and a mountain emergency doctor. In March 2013 I was introduced to the ICAR MedCom crowd at the spring meeting in Bad Tölz at the Bavarian mountain rescue simulation centre. Ever since, I have been part of this amazing crowd of people. At the annual ICAR Congress in Croatia in the same year I met my future husband from the mountain rescue of South Tyrol who has been my climbing, ski touring, hiking, mountain rescue, and partner in life ever since. So, you see, ICAR has a lot to offer.....

## Mountain Emergency Medicine Jobs

- Active Member of the Bavarian Mountain Rescue Service
- Specialist Mountain Emergency Physician (Bavarian Mountain Rescue Service)
- Mountain Emergency Medicine Teacher and Trainer for Bavarian Mountain Rescue Service, ICAR and BExMed
- Board Member of the German Association of Mountain and Expedition Medicine (BExMed)

## Specialist Trainings and Diplomas for Mountain Emergency Medicine

- Emergency Physician Germany (2013) and Austria (2016)
- International Diploma in Expedition and Wilderness Medicine (2014)
- International Diploma in Mountain Emergency Doctor (2015)
- International Diploma in Mountain Emergency Medicine (2015)
- Mountain Rescue Emergency Doctor (Bergwacht Bayern) (2013-2014)
- Training as Helicopter Emergency Physician (Bergwacht Bayern) (2015)
- International Diploma in Mountain Medicine BExMed, ÖGAHM (2012)
- Helicopter Rescue Training Mountain Rescue South Tyrol, Italy (BRD Südtirol) (2014)
- Advanced Helicopter Rescue Training Mountain Rescue South Tyrol, Italy (BRD Südtirol) (2014)
- Avalanche Training & Hypothermia Update (BExMed) (2013)

## Professional Jobs

- Physician at the Faculty of Anaesthesiology and Intensive Care at Klinik Immenstadt, (Allgäu/ Bavaria) Germany
- Emergency Physician for several bases in Southern Germany
- Emergency Physician for the medical crew at alpine events (trail & endurance events)
- Race Doctor for Snowboard Germany

## Relevant Mountain Emergency Medicine Publications

Schneider TM, Bregani R, Stopar R, Krammer J, Göksu M, Müller N, Petermeyer M, Schiffer J, Strapazzon G :  
**Medical and logistical challenges of trauma care in a 12-day cave rescue: A case report.**  
*Injury.* 2016 Jan;47(1):280-3.

Blancher M, Albasini F, Elsensohn F, Zafren K, Hölzl N, McLaughlin K, Wheeler AR 3rd, Roy S, Brugger H, Greene M, Paal P.  
**Management of Multi-Casualty Incidents in Mountain Rescue: Evidence-Based Guidelines of the International Commission for Mountain Emergency Medicine (ICAR MEDCOM).**  
*High Alt Med Biol.* 2018 Jun;19(2):131-140.