

HEALTH PROTOCOL FOR TERRAXCUBE

Review: December 2nd, 2024

Appointed Doctor: Dr. Fiammetta Alessandri

Developed in cooperation with the Institute of Mountain Emergency Medicine, it applies to all Eurac Research collaborators entering terraXcube chambers (SEC = Small Environmental Chamber / LEC = Large Environmental Chamber) in hypobaric conditions or equivalent normobaric conditions.

Risk profile **TERRAXCUBE SEC 0-4.000m**

Health protocol:

Medical examination with Appointed Doctor	EVERY YEAR
Spirometry	EVERY 2 YEARS
ECG in rest	EVERY 2 YEARS
Blood test: ALT, AST, G-GT, HbA1c, blood count, creatinine level	EVERY 2 YEARS
Urine test	EVERY 2 YEARS
Audiometry	EVERY 2 YEARS
Visiotest	< 50 years: EVERY 5 YEARS
	> 50 years: EVERY 2 YEARS
Vaccination against tetanus	EVERY 10 YEARS

Risk profile **TERRAXCUBE LEC 0-5.500m**

Health protocol:

Medical examination with Appointed Doctor <i>Anamnesis of cardiovascular conditions, pulmonary conditions, medications/hormonal status/drug usage, history of surgery, history of possible mountain sicknesses at altitudes / Auscultation of heart and lung / Arterial BP measurement</i>	EVERY YEAR
Spirometry	EVERY YEAR
Blood test: ALT, AST, G-GT, HbA1c, blood count, creatinine level	EVERY YEAR
Urine test	EVERY YEAR
ECG in rest	EVERY 2 YEARS
Audiometry	EVERY 2 YEARS
Impedance audiometry	EVERY 2 YEARS
Visiotest	< 50 years: EVERY 5 YEARS
	> 50 years: EVERY 2 YEARS
Vaccination against tetanus	EVERY 10 YEARS

Risk profile **TERRAXCUBE LEC 5.501-9.000m**

Health protocol:

Medical examination with Appointed Doctor <i>Anamnesis of cardiovascular conditions, pulmonary conditions, medications/hormonal status/drug usage, history of surgery, history of possible mountain sicknesses at altitudes / Auscultation of heart and lung / Arterial BP measurement</i>	EVERY YEAR
Spirometry	EVERY YEAR
Stress ECG	EVERY YEAR
Blood test: ALT, AST, G-GT, HbA1c, blood count, creatinine level	EVERY YEAR
Urine test	EVERY YEAR
Audiometry	EVERY 2 YEARS
O2 saturation level in rest	EVERY 2 YEARS
Impedance audiometry	EVERY 2 YEARS
Echocardiography	< 40 years: NO > 40 years: EVERY 4 YEARS
Visiotest	< 50 years: EVERY 5 YEARS > 50 years: EVERY 2 YEARS
Vaccination against tetanus	EVERY 10 YEARS

Mandatory countermeasures:

- Pre-oxygenation (100% O₂)
- Supplemental oxygen (100% O₂, 2l/min) all the time
- Acclimatization for longer stays