

Joseph Johann Osterwalder



Prof.em.Dr.med. Joseph J. Osterwalder MPH
FSSERM, FESEM (hon), FSSUM (hon), FGSUM

Professor emeritus at the University of Geneva
CMO Polipraxis Gruppe

Scheffelstr.1

CH-9000 St. Gallen

Mail: jo@j-osterwalder.ch

Curriculum vitae

Personal Data

Name, date of birth	Joseph Johann Osterwalder, 11.11.1951
Title	Dr. med. (University of CH-Zürich, 1978) Master of Public Health (Harvard 1984)
Nationality	Swiss

Professional Experience

Hospitals

1975 - 1987	Electives in Tanzania, Malaysia, Japan and U.S.A., residency in Internal Medicine, Intensive Care Medicine, Cardiology, Tropical Medicine, Orthopedic Surgery, General Surgery, Pediatrics and Gynecology/Obstetrics
1988 - 2017	Head of Emergency Department, Cantonal Hospital St. Gallen/ CH
2015	Visiting professor Beth Israel Deaconess Medical Center Boston (Harvard Medical School)
2017 - 2020	Medical director at the Kantonsspital Appenzell/ CH
Since 2020	CMO Polipraxis group/ CH
2021- 2024	Head of EMS Appenzell Innerrhoden/ CH

Public Health

1987 - 1988	Head of AIDS Unit, Office of Public Health, Berne/Switzerland
1979 - 1990	8 missions (1 month to ½ year) with the ICRC Geneva (International Committee of the Red Cross) in various war zones (Nicaragua, El Salvador, East Timor, Lebanon, Rwanda, Burundi, Zaire, Peru and Liberia)
1991 – 2007	Responsible of the epidemiological cancer registry Eastern part of Switzerland

Specialities

1978	ECFMG
1984	Master of Public Health (Harvard School of Public Health)
1986	FMH General Medicine
1991/2000	Certificate FMH Prehospital Emergency Medicine
1992/99	Certificates FMH in Abdominal Sonography, MSK and Vascular Sonography
1995/99	Certificate FMH Manual Medicine
1994/1999	AHA-ACLS-Instructor/-Director and ATLS ^T -Instructor
2009	Certification "Clinical Emergency Medicine" (Swiss Medical Association for Emergency and Rescue Medicine)
2011	Certificate Emergency Sonography/Lung Sonography

2012	FESEM (Fellow of European Society of Emergency Medicine) and FSERM (Fellow of Swiss Society of Emergency and Rescue Medicine)
2014	FGSUM (Fellow of German Society of Ultrasound and Medicine)
2018	Certificate POCUS /several components)

Teaching

since 1994	Instructor for Prehospital Emergency Medicine Courses, Switzerland
since 1995	Instructor for Abdominal, MSK, Lung, Cardiac, Vascular and Emergency Sonography
since 1996	Introduction of ACLS AHA in Switzerland and ACLS-Instructor/-Director
since 1999	ATLS-Instructor
since 2001	Lecturer for Student Courses for Emergency Medicine at the Medical School, University of Geneva/Switzerland
since 2003	Director for Emergency Sonography Courses (incl. focused echocardiography)
since 2011	Instructor DEGUM-Level 3 (German Association for Ultrasound)
2015	Visiting Professor at Beth Israel Deaconess Medical Center (teaching hospital of Harvard Medical School), Boston USA
2017	Visiting Professor Guido Valadares National Hospital Dili, Timor Leste
2018	Course director for different PoCUS components
2023 and 24	Visiting Professor at the University Hospital Cdt. Faustino Perenz, Matanzas, Cuba

Member of Professional and Scientific Organizations

National Membership

Harvard Club of Switzerland
Swiss Medical Association
Honorary Member Swiss Society of Emergency and Rescue Medicine
Swiss Society of General m Internal Medicine
Honorary member Swiss Society of Utrasound in Medicine
Swiss Society of Manual Medicine
Clinical Trial Unit (KSSG) till 2017
Swiss Trauma Registry till 2017

International Membership

American College of Emergency Physicians
European Society of Emergency Medicine (FESEM, Swiss representative in the Ultrasound section)

Board of Directors

President of the SCRED (Swiss Centre of Rescue Emergency and Disaster medicine) since 2020
Swiss Association for Ultrasound (Section ICAN)
German Society of Ultrasound in Medicine (DEGUM) – Head of working-group Emergency Sonography (2008 – 2014)
Swiss Society of Ultrasound in Medicine (Section SGIM/SGAM 2010 – 2015)
Founding member Swiss Society of Emergency and Rescue Medicine (1998 – 2006)
Founding member Swiss Resuscitation Council (2000 – 2010)
Subgroup DNAR Swiss Academy Medical Sciences (2006-2008)
Subgroup "Exercise of Medical Activities in Respect to Detained Persons" Swiss Academy Medical Sciences (2000-2002)
Cancer League Kt. St. Gallen– Responsible for the epidemiological cancer registry (1991 – 2007)

Timor Foundation

Member of the advisory board (general and emergency medicine) 2017 – 2019

mediCuba-Suiza

Board of Directors Working Group University Hospital Faustino Perez / Matanzas - responsible for ultrasound since 2024

Reviewer

Statistical Review Editor - European Journal of Emergency Medicine (1996 – 2010)
Swiss Med WKLY, Ultraschall in der Medizin, J Crit Care, Eur J Emerg Med, J Emerg Med, N Eng J Med and BMJ open

Further Positions

Evaluation of the Emergency Department Cantonal Hospital Aarau (2019 -2020)
National Director ACLS-Courses Switzerland (1996 – 2010)
Member Working Group "HELP-Campaign" (Swiss Heart Foundation)
Swiss Representative in the Task Force "European Curriculum Emergency Medicine" (European Society of Emergency Medicine, 2003 – 2006)

Selected Publications

- 2025 Several publications under review
- Matschiner E, Serban O, Fodor D, Blaivas M, Horn R, Jakobi ML, Grevelding L, **Osterwalde J**, Srivastava D, Dietrich CF. Ultrasound in bone fracture diagnosis . a comparative meta-anlysis and systematic reveiw. Med. Ultrson. 2024 Jun 28. doi: 10.11152/mu-4407. Online ahead of print
- **Osterwalder J**, Polyzogopoulou E, Hoffmann B. Point-of-Care Ultrasound-History, Current and Evolving Clinical Concepts in Emergency Medicine..Medicina (Kaunas). 2023 Dec 15;59(12):2179. doi: 10.3390/medicina59122179.
- Polyzogopoulou E, Velliou M, Verras C, Ventoulis I, Parissis J, **Osterwalder J**, Hoffmann B. Point-of-care ultrasound: a multimodal tool for the management of sepsis in the emergency department. Medicina (Kaunas) 2023;59(6):1180
- **Osterwalder J**, Tabacovic S, Jenssen C, Dietriche CF, Conolly J, Polyzogopoulou E et al. Emergency point-of-care ultrasound stewardship – a joint position paper by EuSEM and EFSUMB and enoirsed by IFEM and WFUMB. Ultraschall Med. 2023 Mar 30. doi; 10.1055/a-2041-3302. Online ahead of print.
- **Osterwalder J.**, Seibel A. Not so FAST replacing the "e" in e-FAST with supine chest-x-ray. J Trauma Acute Carre Surg 2022;93:e40-e41
- Urban M, Bergamin I, **Osterwalder J**. Sonographic wall changes of the stone-free gall bladder – a diagnostic and therapeutic dilemma. Praxis (Bern 1994). 2021;110(3):156-159. doi: 10.1024/1661-8157/a003618.
- **Osterwalder J**, Tamborrini G. CME Sonography 100: Emergency Ultrasound of the soft tissues and the musculoskeletal system. Praxis (Bern 1994). 2021 Aug;110(10):563-564. doi: 10.1024/1661-8157/a003713.
- Minotti B, Brenner R, Desbiolles LM, **Osterwalder J**, Schoch OD, Ammann P. Electrographic alterations by pneumotjrpax: a case-control study with the review of the literature. wiss Med Wkly. 2021 Aug 3;151:w30041. doi: 10.4414/SMW.2021.w30041. eCollection 2021 Aug 2.
- Brakey N, **Osterwalder J**, Mathis G, Lehmann Bm Sauter TC. Point if care ultaound for rapid assessment and treatment of palliative carew patients in acute medcial settings. Eur J Int Med 2020 Nov;81:7-14. doi: 10.1016/j.ejim.2020.08.007. Epub 2020 Aug 15.
- **Osterwalder J**. Covid-19 - More lung Pocus and sparing use of stethsocope, chest x-ray and lung CT. Praxis 2020. PMID: 32356672

- **Osterwalder J**, Mathis G, Hoffmann B. New perspectives for modern trauma management – lessons learned from 25 years FAST and 15 years E-FAST. *Ultraschall Med* 2019 Oct;40(5):560-583
- Klingenberg R, Schlager O, Limacher A, Méan M, Vuilleumier N, Beer JH, Staub D, Frauchiger B, Aschwanden M, Lämmle B, Righini M, Egloff M, **Osterwalder J** et al. Risk stratification of elderly patients with acute pulmonary embolism. *Eur J Clin Invest* 2019 Sept;49(9):e131534
- Lauber S, Limacher A, Tritschler T, Stalder O, Méan M, Righini M, Aschwanden M, Beer JH, Frauchiger B, **Osterwalder J** et al. Predictors and outcomes of recurrent venous thromboembolism in elderly patients. *Am J Med* 2018 Jun;13(6):e7-703
- Schneeg-Kauffmann A, Calzavarini S, Limacher A, Nean R, Righini M, Staub D, Beer HJ, Frauchiger B, **Osterwalder J** et al. High gas6 level in plasma predicts venous thromboembolism recurrence, major bleeding and mortality in elderly. *J Thromb Haemost* 2019 feb;17(2):306-318
- **Osterwalder J**, Tercanli S. POCUS -Chance or Risk? *Ultraschall Med* 2018;39(6):606-9
- Seiler E., Limacher A., Méan M., Beer H.J., **Osterwalder J.** Et al. Derivation and validation of a novel bleeding risk score for elderly patients with venous thromboembolism on extended anticoagulation. *Thromb Haemostat* 2017 Aug;117(10)
- Nagler M., Angelillo-Scherrer A., Méan M., Limacher A., Abbal C., Righini M., Beer J.H., **Osterwalder J.** et al. Long-term outcomes of elderly patients with CYP2C9 and VKORC1 variants treated with vitamin K antagonists. *J Thromb Haemostat* 2017 Aug 24;117(10)
- Faller N., Limacher A., Méan M., Righini M., Aschwanden M., Beer H.J., Frauchiger B., **Osterwalder J.** et al. Predictors and Causes of Long-Term Mortality in Elderly Patients with Acute Venous Thromboembolism: A Prospective Cohort Study. *Am J Med* 2017 Feb;130(2):198-206
- Hofmann E., Limacher A., Méan M., Kucher N., Righini M., Frauchiger B., Beer H.J., **Osterwalder J.** et al. Echocardiography does not predict mortality in hemodynamically stable elderly patients with acute pulmonary embolism. *Thromb Res* 2016 Sept;145:67-71
- J. Grohmann, **J. Osterwalder**, J. Beyer. Viel Rauch um nichts: Bei Inhalationstrauma ist meist nicht nur die Kohlenmonoxid-Intoxikation relevant. *SMF* 2016;16(11):279-281
- C. Insam, **J. Osterwalder**, M. Méan, A. Limacher, A. Angelillo-Scherrer, M. Aschwanden. Anticoagulation management practices and outcomes in elderly patients with acute venous thromboembolism: a clinical research study. *PLOS one/journal.pone.0148348* 2016;2016 February 23.
- D. Segna, M. Méan, A. Limacher, C. Baumgartner, M.R. Blum, **J. Osterwalder** et al. Association between thyroid dysfunction and venous thromboembolism in the elderly: a prospective cohort study. *J Thromb Haemostat* 2016 Apr;14(4):685-94
- R. Sieber R, **J. Osterwalder**. Treatment algorithm reduces oxygen use in the Emergency Department. *Eur J Emerg Med* 2016 Apr;23(2):114-8
- N. Faller, A. Limacher, M. Méan, M. Righini, M. Aschwanden, **J. Osterwalder** et al. Predictors and causes of long-term mortality in elderly patients with acute venous thromboembolism: a prospective cohort study. *Am J Med* 2016 Oct 11. pii: S0002-9343(16)31014-2. doi:10.1016/j.amjmed.201609.000 [Epub ahead of print]
- H. Kherbèche, N. Exer, W. Schuhwerk, W. Ummenhofer, **J. Osterwalder**. Chest compression using foot or hand method. A prospective, randomized, controlled manikin-study with school children. *Eur J Emerg Med, EJEM-D-15-00056R1* (in press)
- L. Beun, B. Yersin, **J. Osterwalder**, PN. Carron. Pulseless electrical activity cardiac arrest: time to amend the mnemonic "4H&4T"? *Swiss Med Wkly* 2015;145:w14178

- W. Leiss, M. Méan, A. Limacher, M. Righini, K. Jaeger, **J. Osterwalder** et al, Polypharmacy is associated with an increased risk of bleeding in elderly patients with venous thromboembolism. *J Gen Intern Med* 2015 Jan;30(1):17-24, doi: 10.1007/s11606-014-2993-8. Epub 2014 Aug 21
- PM. Frey, M. Méan, A. Limacher, K. Jaeger, HJ. Beer, **J. Osterwalder** et al. Physical activity and risk of bleeding in elderly patients taking anticoagulants. *J Thromb Haemost.* 2015 Feb;13(2):197-205. doi: 10.1111/jth.12793. Epub 2014 Dec 30.
- AK. Stuck, M. Méan, A. Limacher, M. Righini, K. Jaeger, HJ. Beer, **J. Osterwalder** et al. The adherence to initial processes of care in elderly patients with acute venous thromboembolism. *PLoS One.* 2014 Jul 1;9(7):e100164. doi:10.1371/journal-pone.0100164. eCollection 2014
- P. Kämpfen, M. Méan, A. Limacher, M. Righini, K. Jaeger, HJ. Beer, **J. Osterwalder** et al. Risk of falls and bleeding in elderly patients with acute venous thromboembolism. *J Intern Med.* 2014 Oct;276(4):378-86. doi:10.1111/joim.12236. Epub 2014 Apr 16
- B. Sanchez, AH. Hirzel, R. Bingisser, A. Ciurea, A. Exadaktylos, **J. Osterwalder** et al. State of Emergency Medicine in Switzerland: a national profile of emergency departments in 2006. *Int J Emerg Med.* 2013 Jul 10;6(1):23. doi: 10.1186/1865-1380-6-23
- B. Walder, G. Haller, MM. Rebetez, C. Delhumeau, E. Bottequin, P. Schoettker, **J. Osterwalder** et al. Severe traumatic brain injury in a high-income country: an epidemiological study. *J Neurotrauma.* 2013 Dec 1;30(23):1934-42. doi:10.1089/neu.2013.2955. Epub 2013 Oct 5.
- M. Méan, M. Righini, K. Jaeger, HJ. Beer, B. Frauchiger, **J. Osterwalder** et al. The Swiss cohort of elderly patients with venous thromboembolism (SWITCO65+): rationale and methodology. *J Thromb Thrombolysis.* 2013 Nov;36(4):475-83. doi:10.1007/s11239-013-0875-2
- N. Scherz, M. Méan, A. Limacher, M. Righini, K. Jaeger, **J. Osterwalder** et al. Prospective, multicenter validation of prediction scores for major bleeding in elderly patients with venous thromboembolism. *J Thromb Haemost.* 2013 Mar;11(3):435-43. doi: 10.1111/jth.12111
- D. Zwierzina, A. Limacher, M. Méan, M. Righini, K. Jaeger, **J. Osterwalder** et al. Prospective comparison of clinical prognostic scores in elderly patients with a pulmonary embolism. *J Thromb Haemost.* 2012 Nov;10(11):2270-6. doi:10.1111/j.1538-7836.2012.04929.x
- B. Strub, J. Sonderegger, A.V. Campe, J. Grünert, **J. Osterwalder**. What benefits does ultrasound-guided axillary plexus block offer over the conventional blind approach in hand surgery? *J Hand Surg Eur Vol.* 2011 Nov;36(9):778-86. Epub 2011 Jul 12. PMID 21750097
- **J. Osterwalder**, D. Braun. Strengths and weaknesses of chest compression training: a preliminary retrospective study. *Swiss Med Wkly* 2011 Jul 1;141:w13221. Doi:10.4414/smw.2011.13221
- D. Aujesky, P.-M. Roy, F. Verschuren, M. Righini, **J. Osterwalder**, M. Egloff et al. Outpatient vs. inpatient treatment for patients with acute pulmonary embolism: in international, open-label, randomized, non-inferiority trial. *Lancet* 2011 Jul 2;378(9785):41-8. Epub 2011 Jun 22. PMID 21703676
- **J. Osterwalder**. Update FAST. *Praxis (Bern 1994).* 2010 Dec 15;99(25):1545-9. Review. German. PMID 21157721
- E. Elm, P. Schoettker, J. Henzi, **J. Osterwalder**, B. Walder. Pre-hospital intubation in patients with traumatic brain injury – systematic review of current evidence. *Br J Anaesth* 2009;103(3):371-86. Epub 2009 Jul 31. Review
- J. Cornuz, S. Zwahlen, W. Jungi, **J. Osterwalder**, K. Klingler, G. van Melle et al. A vaccine against nicotine for smoking cessation – a randomised controlled trial. *www.plosone.org* 2008;3(6):e2547
- E. von Elm, **J. Osterwalder**, C. Graber, P. Schoettker, R. Stocker, P. Zangger et al. Severe Traumatic Brain Injury in Switzerland – Feasibility and first results of a cohort study. *Swiss Med Wkly* 2008;138(23-24):327-334

- D.S. Engeler, D.K. Ackermann, **J. Osterwalder**, A. Keel, HP. Schmid. Prospective, randomized, placebo-controlled comparison of the morphine-sparing effect of oral Rofecoxib and Diclofenac in acute renal colic. *J Urology* 2005;174:933-36
- **J. Osterwalder**. Insufficient quality of research and prehospital medical emergency care – where are the major problems and solutions? *Swiss Med Wkly* 2004;134:389-394
- **J. Osterwalder**. Mortality of blunt polytrauma – a comparison between emergency physicians and emergency medical technicians. A prospective cohort study at a level 1 hospital in Eastern Switzerland. *J Trauma* 2003;55:355-361
- **J. Osterwalder**. Could a regional trauma system in Eastern Switzerland decrease the mortality of blunt polytrauma patients? A prospective cohort study. *J Trauma* 2002;52:1030-1036.
- **J. Osterwalder**. Where is the evidence for 5% dextrose and pulmonary artery catheter? *Brit Med J* 2001;322:1492.
- M. Schlegel, **J. Osterwalder**, R.L. Galeazzi, P.L. Vernazza. Comparative efficacy of three mumps vaccines during a disease outbreak in Eastern Switzerland. *Brit Med J* 1999;319(7206):352-353.
- **J. Osterwalder**, W. Schuhwerk. Effectiveness of mask ventilation in a training mannikin. A comparison between the Oxylator EM100 and the bag-valve device. *Resuscitation* 1998 Jan;36(1):23-27.
- **J. Osterwalder**, R. Widrig, R. Stober, A. Gächter. Diagnostic validity of ultrasound in patients with persistent wrist pain and suspected occult ganglion. *J Hand Surg [Am]* 1997 Nov;22(6):1034-1040.
- **J. Osterwalder**. Naloxone - for intoxications with intravenous heroin and heroin mixtures - harmless or hazardous? A prospective clinical study. *J Toxicol Clin Toxicol* 1996;34(4):409-416.
- P.L. Vernazza, S. Gresser, C. Koller, **J. Osterwalder**. Condom semen samples for unlinked anonymous HIV testing. *Lancet* 1995 Oct 7;346(8980): 962-963.

Selected Bookchapters

- WFUMB Book – Chapter E-FAST 2021
- Orthopädie und Unfallchirurgie (Editors M. Kuster und J. Grifka). Chapter: Das Management des Schwerverletzten. Springer Medizin Verlag in press
- Kardiovaskuläre Notfälle (Editor M. Möckel, Radke, Wolfrum) Chapter: Notfallsonografie. De Gruyter 2020
- Kursbuch Notfallsonographie (Co-editor). Thieme 2019
- EFSUMB Course Book on Ultrasound (Editors C. Dietrich, D. Nürnberg). Chapter: E-FAST. EFSUMB 2019
- Bildatlas der Lungen- und Pleurasonographie – 5. Edition (Editor G. Mathis). Chapter: Notfallsonographie am Thorax (G. Mathis, **J. Osterwalder**). Springer 2016/ 2021
- Kursbuch Notfallsonographie (Co-editor). Thieme 2014
- EFSUMB Course Book on Ultrasound (Editors C. Dietrich, D. Nürnberg). Chapter: E-FAST. EFSUMB 2014
- ZNA Buch (Editors Moecke, Lackner, Klöss). Chapter: Zentrale Notfallaufnahmen in der Schweiz. Medizinisch Wissenschaftliche Verlagsgesellschaft 2011
- Orthopädie und Unfallchirurgie (Editors M. Kuster und J. Grifka). Chapter: Modernes Traumamanagement. Springer Medizin Verlag 2011

- Klinikleitfaden Sonographie – 2. Auflage (Editors Strunk, Fröhlich, Wild). Chapter: Notfallsonographie. Urban&Fischer 2011
- Klinische Notfallmedizin (Editor Fleischmann Th). Chapters: Atemnot (**J. Osterwalder**, D. von Ow), Bildgebung (**J. Osterwalder**, D. von Ow), Pneumologische Notfälle (D. von Ow, **J. Osterwalder**). Elsevier 2011
- Bildatlas der Lungen- und Pleurasonographie – 5. Edition (Editor G. Mathis). Chapter: Notfallsonographie am Thorax (G. Mathis, **J. Osterwalder**). Springer 2010
- Kardiovaskuläres Manual (Editor H. Rickli). KSSG 2009, 2010, 2011, 2012, 2013. Chapters: ABC der Reanimation (J. Osterwalder, B. Schuhwerk), ACS (H. Rickli, G.R. Kleger, R. Lenz, J. Osterwalder, G. Weilenmann), LE und VT (M. Diethelm, U. Benecke, G.R. Kleger, **J. Osterwalder**, H. Rickli, S. Wildermuth) and Heart failure (M. Maeder, H. Rickli, **J. Osterwalder**)

Lectures and Abstracts, national and international

- more than 300

Languages

- German, English, French, Spanisch, Italian (understand), Portugese (understand) and Latin