



Dr Ron Shanson's First Aid at Sea

How FAR and how LONG are you from HELP?

3 First Aid Book Suggestions

First Aid Courses

i-Communications

My First Aid Kit



FIRST AID BOOK SUGGESTIONS

1. International medical guide for ships: including the ship's medicine chest

The International Medical Guide for Ships shows designated first-aid providers how to diagnose, treat, and prevent the health problems of seafarers on board ship. Since its first publication in 1967, the International Medical Guide for Ships has been a standard reference for medical care on board ships.

This, the third edition, contains fully updated recommendations aimed to promote and protect the health of seafarers, and is consistent with the latest revisions of both the WHO Model List of Essential Medicines and the International Health Regulations. The International Labour Organizations Maritime Labour Convention 2006 stipulates that all ships shall carry a medicine chest, medical equipment and a medical guide. The International Medical Guide for Ships supports a main principal of that convention; to ensure that seafarers are given health protection and medical care as comparable as possible to that which is generally available to workers ashore. By carrying this guide on board ships, and following its instructions, countries can both fulfil their obligations under the terms of the Maritime Labour Convention 2006, and ensure the best possible health outcomes for their seafaring population.

2. First Aid at Sea: Recommended by the RORC

First Aid at Sea is a handy guide, which is colour-coded with a thumb index to allow quick perusal of easy-to-read sections. --Motor Boats Monthly (May 2010)

This highly popular guide to emergency first aid at sea has been updated throughout. A bestseller for many years, it has been updated for this new edition with fresh artwork and sturdier pages to withstand the harsh marine environment.

Its handy features are:

- Wiro binding makes the pages easy to turn and enables the book to lie flat.



- Lamination means book is water resistant and wipe clean. A colour-coded thumb index to emergencies for quick reference 'Provides rapidly accessible guidelines for dealing with medical emergencies in a small boat or yacht at sea.'

Nautical Magazine

'A highly practical on-board emergency tool written by doctors who sail.' *Yachting Monthly*

3. On-Board Medical Emergency Handbook: First Aid at Sea

The only boater's emergency medical guide designed to provide fast answers in an emergency and to withstand the marine environment.

Designed and packaged for use on your boat, this emergency medical handbook has waterproof covers and features 50 quick-reference flow charts to guide you through the proper responses to injuries and illnesses on board.

All available from www.amazon.com

COURSES

RYA First Aid at Sea Course

The course is designed to provide a working knowledge of first aid for skippers of small craft working within 60 miles of a safe haven. The syllabus is based on the recommendations of the Health and Safety Executive and the Department of Transport.

Upon successful completion of the course, a RYA First Aid Certificate is issued valid for three years. This certificate fulfils the requirements of the Department of Transport Code of Practice for Small Commercial Vessels in area category 2, **Training centre 3 & 4.**

COMMUNICATIONS

Satellite telephone

-- DSC Radio (medical PAN PAN) to call for help



NURSE, are my TESTICLES BLACK?

This was a patient asking his nurse, **are my tests back?**

And she took the question the wrong way because of distortions in the voice, in this case, because of mouth surgery!

So be aware of the need for careful, slow, distinct speech when talking to emergency services over VHF Radio.

For Short trips

When the yacht is no more than 30 hours from the shore, a few simple things might suffice.

1. **Asthma:** is frightening, and a Ventolin inhaler very helpful.
2. **Sea Sickness:** Stugeron *gotas* are very useful with acute vomiting as it is absorbed through the lining of the mouth.
3. **Diabetic coma:** is very frightening, and a few glucose sweets can be useful when there has been overdose of hypo glycaemic medication.
4. **Good analgesics:** can be very helpful for minor injuries, as are a few large plasters and crepe bandages.
5. **Burns:** carry fucidin tulle / sofratulle; and sterile gauze squares, crepe bandages.
6. **Hysteria/acute anxiety:** Valium 5mg.
7. **Diarrhoea:** Imodium, ciproxin
8. **Acute indigestion:** Omeprazole 40mg
9. **Infections:** Cough, sore throat, boils, herpes vesicles, urinary infection. Carry Multistix for testing urine, Herpid cream for cold sores. Amoxil/ Augmentin/Keflacin/Erythromycin/ciprofloxacin.
10. **Sunburn:** Caladryl /Calomine cream, Savlon/E45 cream.
11. **Sinusitis:** Nasal Pain
12. **Otrivine:** Nasal drops.



DR RON'S FIRST AID KIT

My suggested kit covers most of the problems I experienced during my life as...

- P&O Passenger ship's senior Physician
- an Australian Flying doctor, and most recently,
- an emergency visiting doctor to the entertainment industry and central London hotels, in my very own ambulance!

PLEASE NOTE THAT MOST OF THESE ITEMS ARE ONLY AVAILABLE VIA THE MEDICAL PROFESSION, SO, IN THE CASE OF LONG OCEAN PASSAGES LASTING MORE THAN 5 DAYS FROM LAND, THIS MIGHT BE APPROPRIATE.

TRAUMA

Sterile Gloves

Trauma pads

Fucidin tulle packs

Scalpel Blades

Needle holders

Clamps

Sterile gauze packs 4 by 4

Sofratulle non-stick gauze packs

Bandages

Elastoplasts in various sizes

Spenser wells clamps

Suture needles

Silk

Nylon

Reabsorbable sutures

Syringes and needles for injection.

Iodine

Butterfly steristrips

Savlon cream

Micropore nonallergic tape

Scalpel blade holder

Forceps

Dental mirror



JOINTS & FRACTURES

Plaster of Paris bandages AND THE NEW PLASTER PADS/MATS THAT YOU SOAK, MAKE PLIABLE AND MOULD ROUND THE FRACTURE AND FIX WITH CREPE BANDAGES.

SAM finger splints.

Stockinette tubular bandages in small and large sizes Stockinette applicators.

Dealing with PAIN (centrally active or peripheral acting agents) **Central/acting on the brain**

Tablets

Palfium 10mg

Tramadol

Co-Proxamol

Paracetamol

• **Morphine Patches Pethedine** Transdermal patches

OR IM injection of Morphine/Pethedine Diazepam (Valium)

Peripheral analgesics acting where tissues are red, swollen, and hot

• **Tablets/caps**

Asprin

Brufen

Voltarol

• **Suppositories**

Voltaren

• **Injection IM**

Voltaren

Surface

• Xylocaine gel can be applied to gums, and as an injection to infiltrate the skin.

BLEEDING

Artery clamps

Pressure Pads

Suturing materials

Adrenaline!

Xylocaine ampoules for infiltration

Female contraceptive pills for uterine bleeding.

Cerumol wax solvent

Fucithalamic eye ointment Prednisilone drops

Gentimycin ear/eye drops

EAR/NOSE/throat/nasal sinus POLYPS



Otrovine nasal decongestion spray Beconase nasal spray Fucithalamic eye ointment
albucid eye drops

BURNS

Non-stick Sofra-tulle/Fucidin-tulle Xylocaine gel
Chlorhexidine wash Sterile gauze packs and micropore 1cm tape

Acute eczema, jelly fish & insect stings

Vinegar Betnovate cream Dermavate cream
Caladryl cream Phenergan cream Prednisolone 10mg tabs

FUNGAL SKIN & VAGINAL INFECTIONS

Lamisil cream Canestan cream Canestan vaginal pessaries

PSYCHOSIS, Hysteria/Delusions of Grandeur/Neurosis

Largactil and Valium tabs
Depixol tabs and ampules for injection and in desperation 4 meters of bondage line?

DENTAL

Oil of cloves
Snub nosed pliers

HEART/HYPERTENSION/CIRCULATION/RESPIRATORY DIFFICULTY

Stethoscope
Sphygmanometer and now APPS on smart phones
Brook air-way
Thermometers - oral-rectal
Emergency reflective blanket

Multistick urinary diagnostic sticks.
Ventolin inhaler
Losarten (or similar)
Hypotensive agent (includes Viagra)
Arrhythmias Inderal 10ml.



DIABETIC COMA

Glucostix urinary sticks
Glucagon for injection or glucose sweets
Use patients own blood glucose sticks and hypoglycemic tablets/Insulin

URINARY/PROSTAIC OBSTRUCTION

Foley catheter silicone 16FR
KY Jelly lubricant (many emergency uses) with or without lignocaine

SEX AS AN EMERGENCY NEED

Condoms

" Already have KY jelly and Viagra for lowering blood pressure/ and contraceptive pills;
Zovirax cream for Herpes simplex of genitalia. For unwanted/ unprotected sex , 5
contraceptive pills a day for 4 days should bring on a period.

INFECTIONS

Viral

RELENZA for coryza and flu type viruses. Night nurse caps.

Bacterial

Broad spectrum Amoxil 500 tds+30 /Augmentine(check about penicillin allergy)
Ciproxin 500mg tds. +30
Urinary infection! Acute gastro enteritis (look at the urine)
Use the Ciproxin with Imodium for diarrhea.
Senokot for constipation
Appendicitis/infected sea-urchin spines use Ciproxin
Chest infections/ also Klaricid, and tetracycline

GASTRITIS

Omeprazole caps for acute acid/gastritis
Gaviscon gel
Milk
STEMETIL for injection for vomiting
Gottas of Sturgeon (cinnarizine) for sea sickness, to drop on to the tongue

HAEMORRHOIDS



Anusol HC cream and suppositories

OVERDOSE of DRUGS and SHOCK

Drip tubes and cannula, and bottles of isotonic saline. Prednisilone 10mg tabs

SORE THROAT

Lozenges: Rum and blackcurrant / Day and night nurse.