Medical Preparedness for the Pacific Cup - 2016

Presented by

Capt. Denny Emory

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<table>
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<tr>
<th>Suitable First Aid Manuals</th>
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<tr>
<td><strong>Advanced First Aid Afloat, 5th Edition, by Dr. Peter Eastman</strong></td>
<td></td>
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<tr>
<td>• First published in 1972 and now in its fifth edition</td>
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<tr>
<td>• Widely accepted by the recreational boating community</td>
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<tr>
<td><strong>Marine Medicine, A Comprehensive Guide, 2nd Edition, by Dr. Michael Jacobs and Dr. Eric Weiss</strong></td>
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<tr>
<td>• Re-written in 2005 by Dr. Jacobs &amp; very well received.</td>
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<tr>
<td>• As title would imply, actually written for ships</td>
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<tr>
<td>• Comprehensive and extensive reference</td>
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<tr>
<td><strong>Le Guide de la Medecine a Distance</strong></td>
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<tr>
<td>by Doctour J. Y. Chauve</td>
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<td>( in French )</td>
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Selecting a First Aid Kit

- A “Suitable” Kit for its Intended Use
  - Type and Duration of the Voyage
  - Number of Persons Onboard
  - Time / Distance from Professional Medical Assistance

AMK Mountain Medic Pro
First Aid Kit by Adventure Medical Kits

Rescue - Response / EMT Kit
by Atwater Carey, Ltd.

Coastal Cruising Pak
in Hard Case
by Fieldtex Products

Custom Configured Medical Kit
by OceanMedix

Offshore Marine Medical Kit
by MedOfficer.Net

Marine 1000 Medical Kit
in Soft Case
by Adventure Medical Kits
Prescription Medications

• A “Necessary Component” of any Vessel’s Medical Kit
• Carried in “Anticipation of Need”
• Prescription Medication lists
• Fulfillment
• Prescription Medical Kits

Prescription Kits
by OceanMedix

MCA Class A Medical Kit
by Ocean Medical Int’l.

C/V Prescription Medications Module – offshore, small
by OceanMedix
Over-the-Counter Medical Supplies

• Normal Vessel’s Medicine Cabinet Consumable
• Additional Over-the-Counter Medical Supplies
  • Not To Be Overlooked!
    • Sunscreen to Imodium
    • Milk of Magnesia to Meclizine
    • Q-tips to Lip Balm
  • Numerous reference lists
  • The “shopping spree” approach

Severe Bleeding Control

• QuikClot – hemostatic clotting Sponge
1st Aid Training Opportunities

• Suggested Training Opportunities
  • American Red Cross  
    (First Aid, CPR & AED training)
  • American Heart Association  
    (CPR & AED training)
  • Merchant Marine STCW Training Programs (ie: Maritime Institute, California Maritime, Pacific Maritime....)
    (USCG STCW - Elementary First Aid & Medical Care Provider Certification)

  • Remote Medical International, Wilderness Medical Associates & Wilderness Medical Institute / NOLS  
    (Wilderness / Remote First Aid, First Responder and EMT training)
  • MedOfficer.Net / Jeffrey Isaac PA-C  
    (Offshore Emergency Medicine training)
  • World Clinic, Maritime Medical Access....  
    (Customized First Aid / Medical Training)
Crew-member Responsibilities

• Know one’s own health
  • Complete Physical Exam to determine health and establish a medical base-line
  • Receive necessary Immunizations
  • Update any Personal Prescription Medications
    • have adequate quantities
    • keep in original containers
    • carry written copies of all physician’s prescription orders
    • have
  • Confirm any Allergies or personal medications to include dosages, side affects, drug interactions and contra-indications

• Dental Exam
• Eye Exam
• Prepare for the possibility of Seasickness

• All information should be written down
  • Health Information
  • Prescription Medications Information
  • Personal Emergency Contact Information
  • Personal Emergency Medical Contact Information
• It is imperative that this information is provided to the Captain / Skipper prior to departure in the event of a medical emergency (this documentation may be then kept confidentially by the captain / skipper with the vessel’s documents)
Medical Preparation for The Pacific Cup – 2016

For a printable PDF version of this article, go to the Pacific Cup website. The link is found at the end of the article as posted on-line

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The Pacific Cup - The Fun Race to Hawaii!

Get Out There
Be Prepared - Have Fun - Be Safe!

Thank You

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