



Medical Preparedness for the Pacific Cup - 2016

**Presented by
Capt. Denny Emory**

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“Suitable” First Aid Manuals



Advanced First Aid Afloat, 5th Edition, by Dr. Peter Eastman

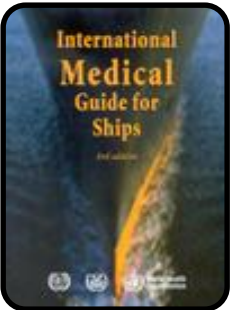
- **First published in 1972 and now in it's fifth edition**
- **Widely accepted by the recreational boating community**



Marine Medicine, A Comprehensive Guide, 2nd Edition, by Dr. Michael Jacobs and Dr. Eric Weiss

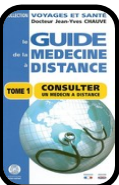
- **Builds upon a popular previous edition first printed in 1992.**

Re-written in 2005 by Dr. Jacobs & very well received.



International Medical Guide for Ships, Third Edition, by World Health Organization

- **As title would imply, actually written for ships**
- **Comprehensive and extensive reference**



Le Guide de la Medecine a Distance

by Doctour J. Y. Chauve
(in French)

Selecting a First Aid Kit

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



**Marine 1000 Medical Kit
in Soft Case**
by Adventure Medical Kits



**Coastal Cruising Pak
in Hard Case**
by Fieldtex Products



Custom Configured Medical Kit
by OceanMedix



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



**AMK Mountain Medic Pro
First Aid Kit**
by Adventure Medical Kits



Offshore Marine Medical Kit
by MedOfficer.Net

Prescription Medications

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



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



Prescription Kits
by OceanMedix



**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

by Denny Emory

**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**

The Pacific Cup - The Fun Race to Hawaii!



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

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Thank You

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