



# Pacific Offshore Academy 2016

## Medical

Richmond Yacht Club  
February 13, 2014

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Director, Maritime Medical Access

# Who Am I?

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- Board Certified Emergency Physician
- George Washington University Hospital and the VA Medical Center, Washington, DC
- Telemedicine - maritime and remote medicine
- Medical Director, Maritime Medical Access
- Former Coast Guard officer, afloat operations, navigation, search and rescue and law enforcement



[uscg.mil](http://uscg.mil)

# Who are we?

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## GW Maritime Medical Access

- Founded in 1989
- Provides 24/7/365 Medical Advice to Vessels, Aircraft, & Remote Locations around the World.
- Board Certified, Practicing, Academic Emergency Medicine Physicians
- Clients include maritime shipping, fishing boats, research vessels, business aviation, cruise lines, recreational boats, government teams & remote locations
- Medical, logistical & operational support



# Who are we connected to?

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George Washington University - Department of Emergency Medicine

- 7<sup>th</sup> Academic Emergency Medicine Department in the USA
- Operations in Kuwait, Qatar, & Saudi Arabia
- Global Educational & Medical Experience
- Innovative Practice Section with Telemedicine and mHealth Operations & Experience
- Maritime Medical Access



[smhs.gwu.edu](http://smhs.gwu.edu)

# The Pacific Cup

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- Race from SF to Hawaii
- 8 – 15 days at sea
- Crews of at least 2 people



[sf.funcheap.com](http://sf.funcheap.com)



[www.prx.org](http://www.prx.org)

# So Why Am I Here?

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maps.google.com

# Brief Outline

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## Additional Preparation Tidbits

- Medical
- Equipment
- Training

## Medical Tidbits (Medicine at Sea Potpourri)

- Medicine factoids
- Medical support factoids
- Things that might want to consider

## Telemedicine at Sea

- The Who, What, Where, When, Why and How

# In preparation for your voyage

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See your doctor



thewallpapers.org



# In preparation for your voyage

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What are some things you would do when you visit the doctor?

- Discuss the nature of your voyage
- Physical
- Lab work
- EKG
- Medication reconciliation
- Get that rash, lump or other nagging issue checked out

# In preparation for your voyage

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## Medical Summary for Each of the Crew

- Confidential
- Laminated
- Single sheet
- Sealed Envelopes
- Includes the following:
  - Name
  - Date of birth
  - Medical problems
  - Prior surgeries or procedures
  - Medications
  - Allergies



[dreamstime.com](https://www.dreamstime.com)

# In preparation for your voyage

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Are you bringing medications or medical equipment?

- Expiration dates
- Waterproof
- Quantity
- Recent inspection
- Batteries



[safemedicinedisposal.org](http://safemedicinedisposal.org)

# In preparation for your voyage

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Do you have a satellite phone?

- Do you know how to use it
- Subscription up to date
- Back-up
- Connection to medical kit?

Course – Consider It

- Safety, Survival, Firefighting, First Aid
- How many people beside yourself took a course

AED

- Controversial

# Medical Tidbits

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Consider purchasing a medical kit

- Marine specific
- Up to date
- One stop



# Medical Tidbits

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Antibiotics – for a cough... Right?

- Specific for certain bacteria and infections
- Side effects
- Allergy profile
- Interactions with other medications
- How many?
- How often?
- What if I had to choose just one? Two? Three?

# Medical Tidbits

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Analgesics – Ibuprofen? Advil? Motrin?  
What they're the same thing?

- Not all analgesics are created equal
- Tylenol v. Ibuprofen v. Aspirin
- Side effects – but they're over-the-counter
- Allergy profile
- How many?
- How often?
- Can I take Motrin with Tylenol?
- Which one is best to take?



walmart.com



amazon.com

# Medical Tidbits

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## Seasickness Meds and Other Meds for GI Upset

- Seasickness or Anti-nausea meds?
  - Meclizine? Scopolamine? Zofran?
  - Benadryl?
- What about that pink stuff? Which stuff do I take for diarrhea and which for constipation?
- Side effects – there is too much of a good thing
- Allergy profile
- Medication cocktails



# Medical Tidbits

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## First Aid Must Haves

- Band-aids + antibiotic ointment
- Gauze bandages
- Splints
- Ace bandage
- Iodine solution
- Shears
- Tweezers
- Tourniquet
- Clean cravats

# Medical Tidbits

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## Allergic Reactions and Asthma

- Crew allergies
- EpiPen – med kit and personal
- Benadryl
- Steroids
- Albuterol



[wholefamilyonline.org](http://wholefamilyonline.org)

# Medical Tidbits

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Eyes – you only have two

- Eye protection
  - UVA/UVB
  - Shatter-proof (polycarbonate)
  - Back-up pairs
- Extra pair of prescription lenses
- Save the contact lenses for shore side



[mammaalcubo.org](http://mammaalcubo.org)

# Telemedicine

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## What's that?

- Remote medical consultation
- Phone or face-to-face video

## Why?

- Ever been on an airplane

## Where?

- Wherever you are
- Licensing limitations

# Telemedicine

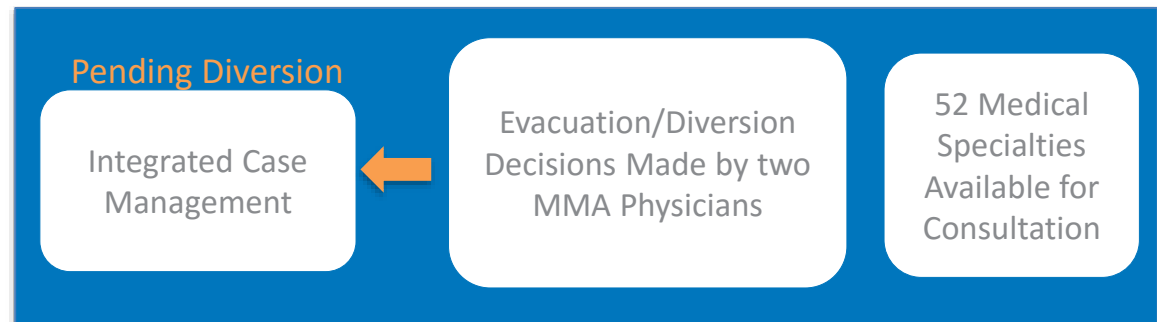
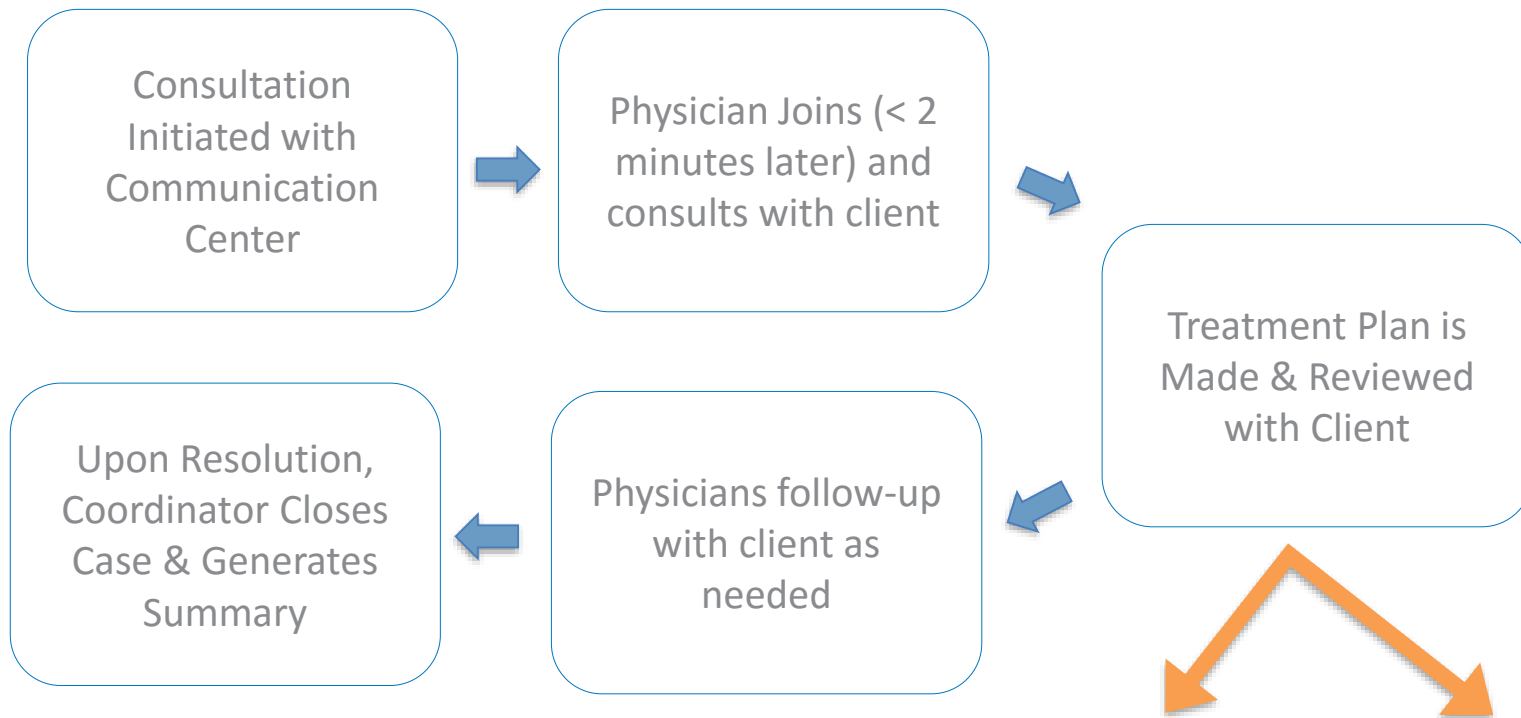
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How?

Who?

When?

# How does it work?



# Worldwide Emergency Communication Center

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- Communication & Operations hub for all MMA services
- Staffed by EMTs & Paramedics
- Instant access to client information, medical records, & medical kit contents
- Custom-built database of global medical facilities & capabilities
- Secure storage & management of medical & operational records



# Communications and Technology

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## Communications

- Phone, e-mail, fax
- Secure telemedicine systems
- Secure video conferencing

## Comprehensive Operational System

- Custom-built operational database system

## Telemedical Systems Compatibility

- System-agnostic Communication Center
- DigiGone & Tempus i2i
- Capable of interfacing with whatever technology you are using

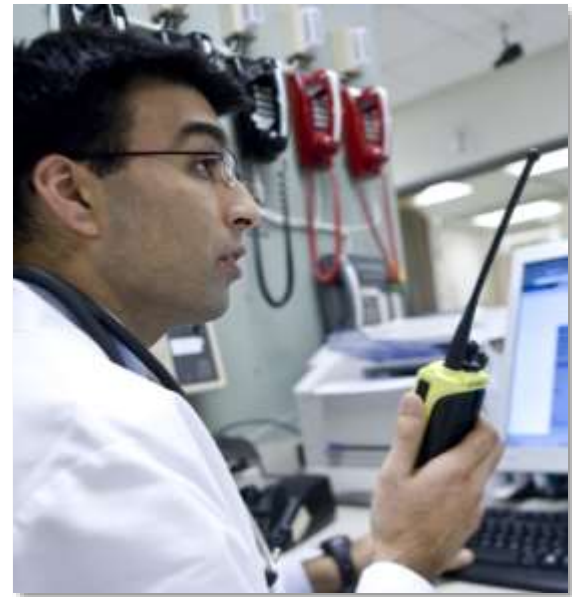




# Who's Taking My Call?

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- Board Certified Emergency Physicians
- Dedicated to the maritime program
- On-call 24 hours a day
- Physicians who possess experience in maritime, aviation, and austere medicine



# When Should I Call?

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When is someone sick enough?

- Simple rules
  - Does it make you nervous
  - Does it impact the mission
  - Call early, call often

How often should I call

- Whenever you need
- Communications schedules

# Coverage Particulars

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## Dates of Coverage

- July 1<sup>st</sup>, 2016 to August 31<sup>st</sup>, 2016

## Length of a Call

- As long as you need

## Some examples of typical calls

- Injuries
- Medication questions
- Emergencies
  - Fainting
  - Abdominal pain
  - Short of breath

# What Makes Us Unique

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- Over **25 years of experience** supporting remote clients with robust telemedicine services
- Each case receives **immediate attention** from a specialty-trained GW Emergency Physician
- **24/7 communication center** supporting multiple telemedicine platforms and technologies
- Access to a **multi-specialty academic** medical center's clinical resources
- Accessible, **service-driven team**, responsive to the unique, diverse, & evolving needs of those in austere & unusual environments

# Contact Us

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## Maritime Medical Access

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### James Betz NRP

Program Manager  
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202-741-2905

*"MMA has provided very fast responses with follow up questions and treatment that help crew members return to good health as quickly as possible."  
-Fishing Vessel Captain*

# GW MMA Staff

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Alex Lee PA-C



Drew Maurano PA-C

## GW MMA Clinical Coordinators

- Emergency & Remote Medicine Trained PA-Cs
- Case management
- Clinical & Administrative functions



James Betz NRP



Kai Neander NRAEMT

## GW MMA Program Administrators

- Primary client liaisons for all Services
- Direct and oversee all operations
- Provide ancillary support services

# Conclusion

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We're there

We're ready

Call early

Call often

Thank you

