

Maritime Medicine in the UK



Maritime Medicine in the UK

- Personal involvement

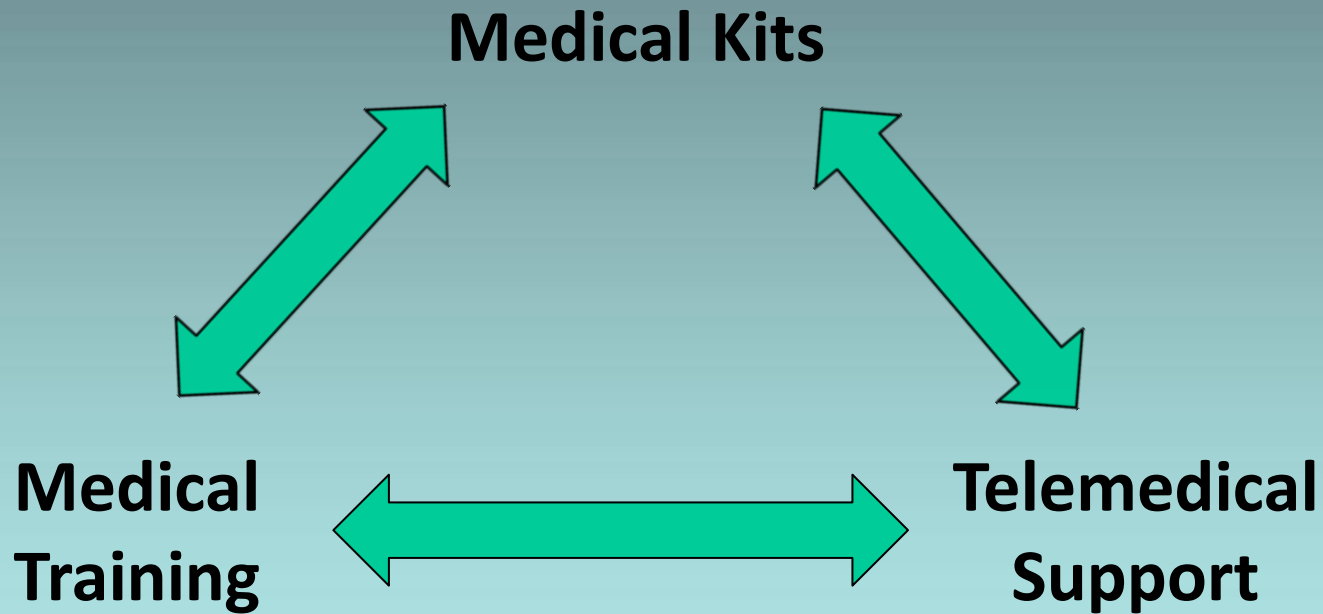








Maritime Medicine in the UK



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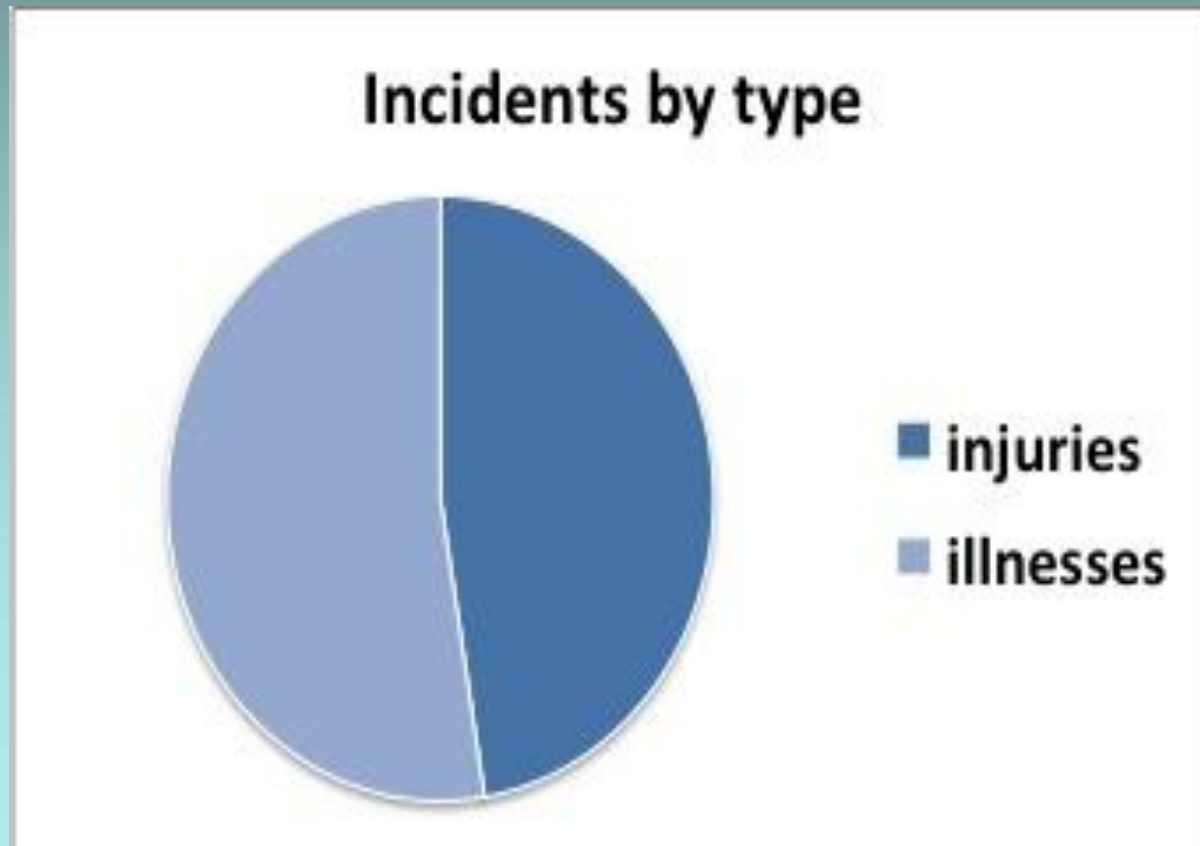
- MCA Regulations
 - MSN 1768
 - Training – the MNTB
- MHRA – Governmental body
 - Restrictions imposed by the ‘The Human Medicines Regulations 2012’
 - ‘Exemptions’ – training
- ISAF Regulations
 - Sets a level of expectation

Maritime Medicine in the UK

- What we treat – our analysis so far:
 - Volvo Ocean Race 2011-12
 - Global Ocean Race 1992 - 2004

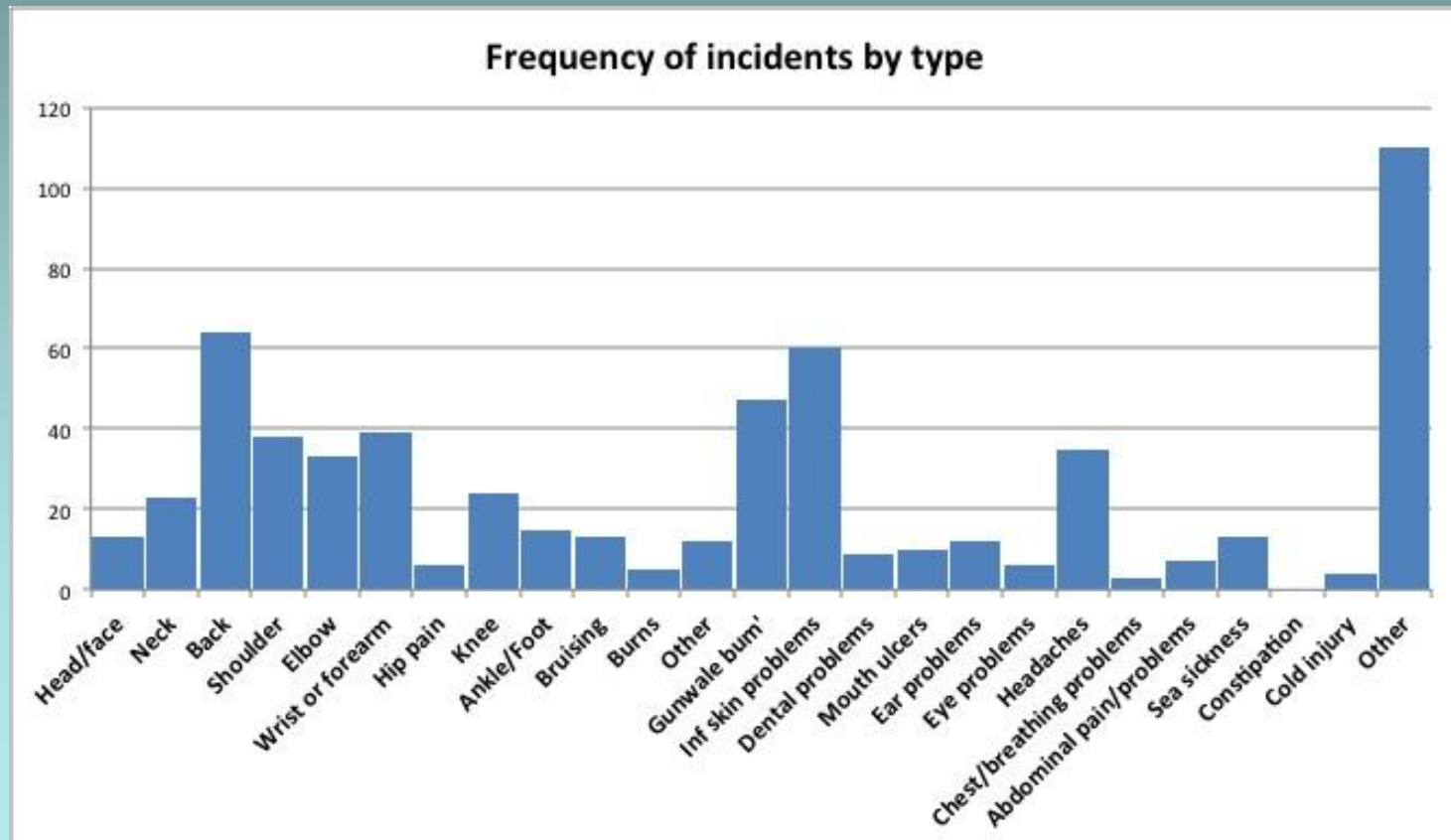
Maritime Medicine in the UK

- Volvo Ocean Race 2011-12



Maritime Medicine in the UK

- Volvo Ocean Race 2011-12



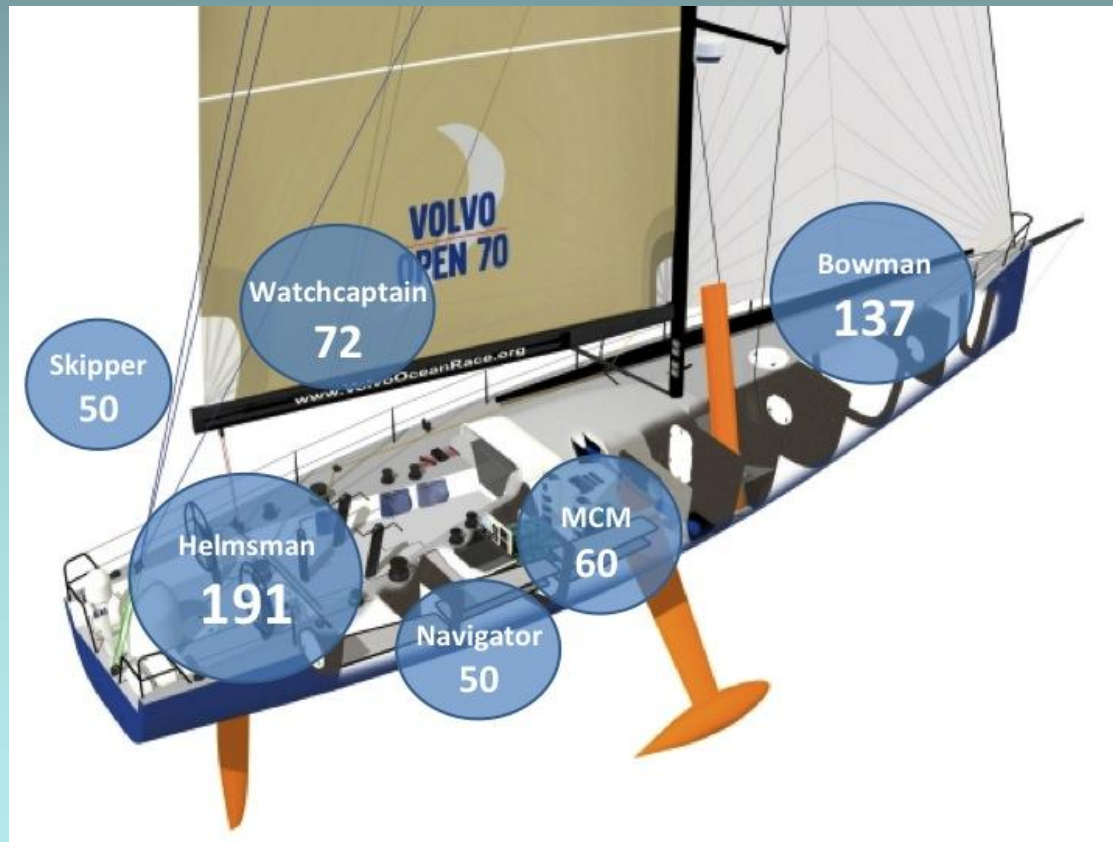
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- Volvo Ocean Race 2011-12



Maritime Medicine in the UK

- Volvo Ocean Race 2011-12



Maritime Medicine in the UK

Number of crew at risk	365 (283 male & 82 female)
Age range	21–60 years
Time at sea	170 days average
Total reported incidents	685
Number of illnesses	386 (56%)
Number of injuries	299 (44%)
Number of cases per yacht	8–106

Maritime Medicine in the UK

Illnesses (Number)	386	Injuries (Number)	299
	%		%
GI/GU	22	Abrasions & contusions	36
Skin	21	Burns	16
Respiratory	19	Fractures	11
Seasickness/hypotermia	16	Lacerations	11
CNS	4	Musculo-skeletal	10
Dental	4	Head injuries	7
Eyes	4	Miscellaneous	9
Miscellaneous	10		

Maritime Medicine in the UK

- What we need
 - More evidence base to what we do
 - Not a formula, or protocol, but well-founded guidelines

Maritime Medicine in the UK

- Our present proposal:
 - To gather as much evidence as to what happens offshore in terms of medical illnesses and trauma
 - Similar to the Mountaineering reporting database in the European Alps
 - Web-based reporting portal – hopefully with RORC support
 - Continue to gather and collate our own practice evidence

Maritime Medicine in the UK

- Serious accidents:
 - Depends upon boat activity and crew type
 - Evacuation: Probably about 1:1000,000 crew miles
 - Life-threatening injury: Probably about 1:10,000,000 crew miles

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Thank
You



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BT Global Challenge

Medical Log

Leg	Complaint	Treatment
Leg 4	Sydney – Cape Town	
	Seasickness	Domperidone & Cinnarizine
	Seasickness	Domperidone & Cinnarizine
	Bruised Hand	Ibuprofen
	Flu	Ibuprofen
	Constipation	Lactulose
	Sore Shoulders	Ibuprofen, Massage
	?Fractured Coccyx	Lactulose, Ibuprofen
	Fractured Ribs	Ibuprofen, Rest
→	Crush Fract Tibia & Severe Bruising Thigh	Tramadol, Stemetil, Ibuprofen, Rest
	Fractured Ribs	Codydramol
	Chipped Alecranon	Ibuprofen
	Toothache	Metronidazole, Codydramol
	Constipation	Lactulose
	Bruised Hand	Ibuprofen, Strapping
	Sprained Elbow	Ibuprofen, Rest
	Flu	Ibuprofen
	Headache	Codydramol
	Skin Infection	Amoxicillin, Flucloxacillin
	Stye	Chloramphenicol Eye Oint.
	Elbow Abscess	Drainage, Amoxicillin & Flucloxacillin, Ibuprofen, Rest
	Sprained Back	Tramadol, Stemetil, Ibuprofen, Rest
	Joint Aches	Ibuprofen
	Crushed Finger	Ibuprofen, Drainage

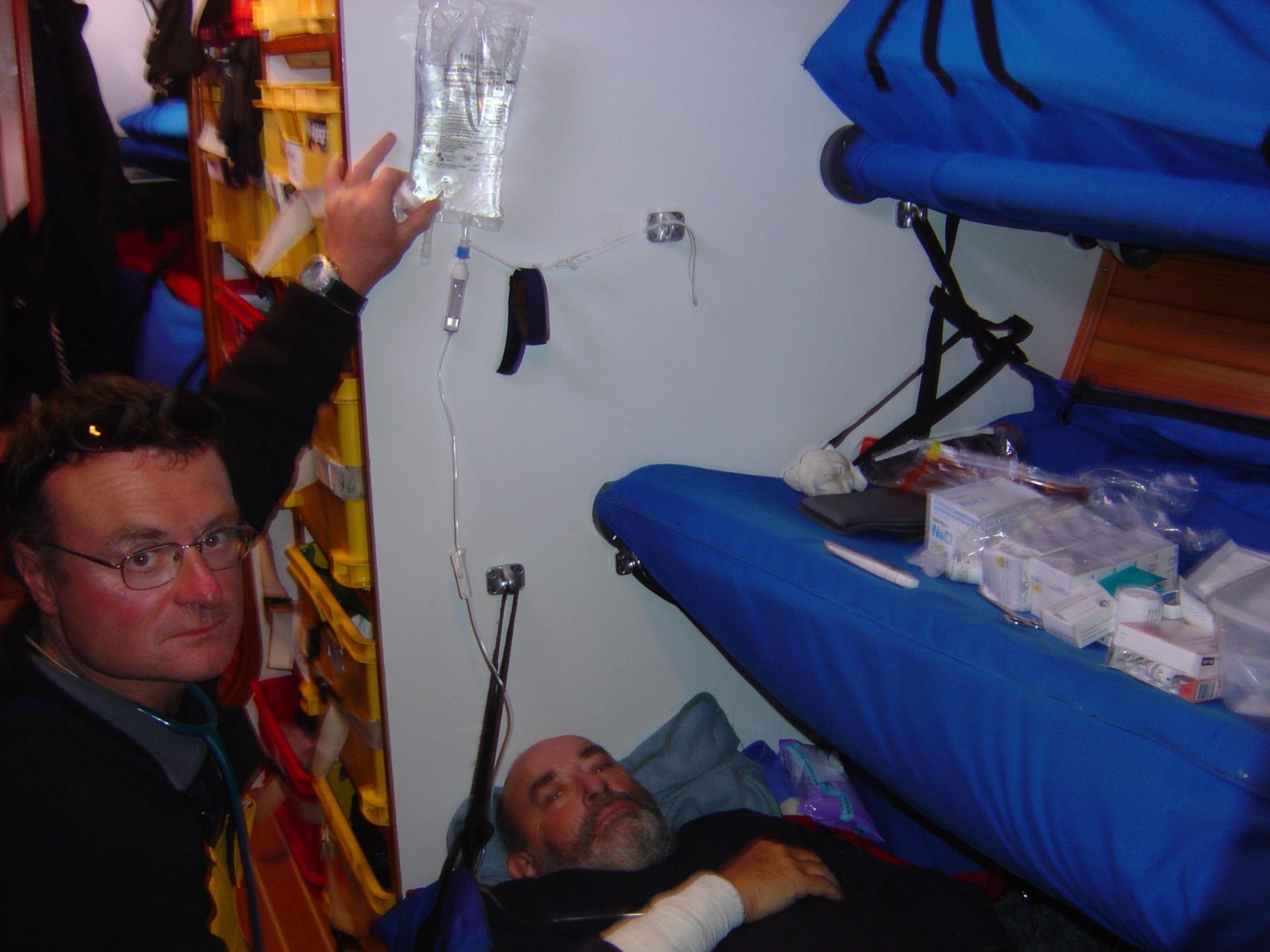


















DO NOT THROW
NATURAL FAILURE

www.lifeflight.org.nz

lifeflight

Capital Coast Health

lifeflight

www.lifeflight.org.nz



The Magnificent Steinlager



"It took him five attempts to win at the Whitbread during which he experienced every set back from near sinking to dismasting before everything went right."

Cornelis van Rietschoten on Peter Blake's win on Steinlager 2

ENZA





The Volvo 60



The Volvo 70



Photo: Jon Nash/ABN AMRO























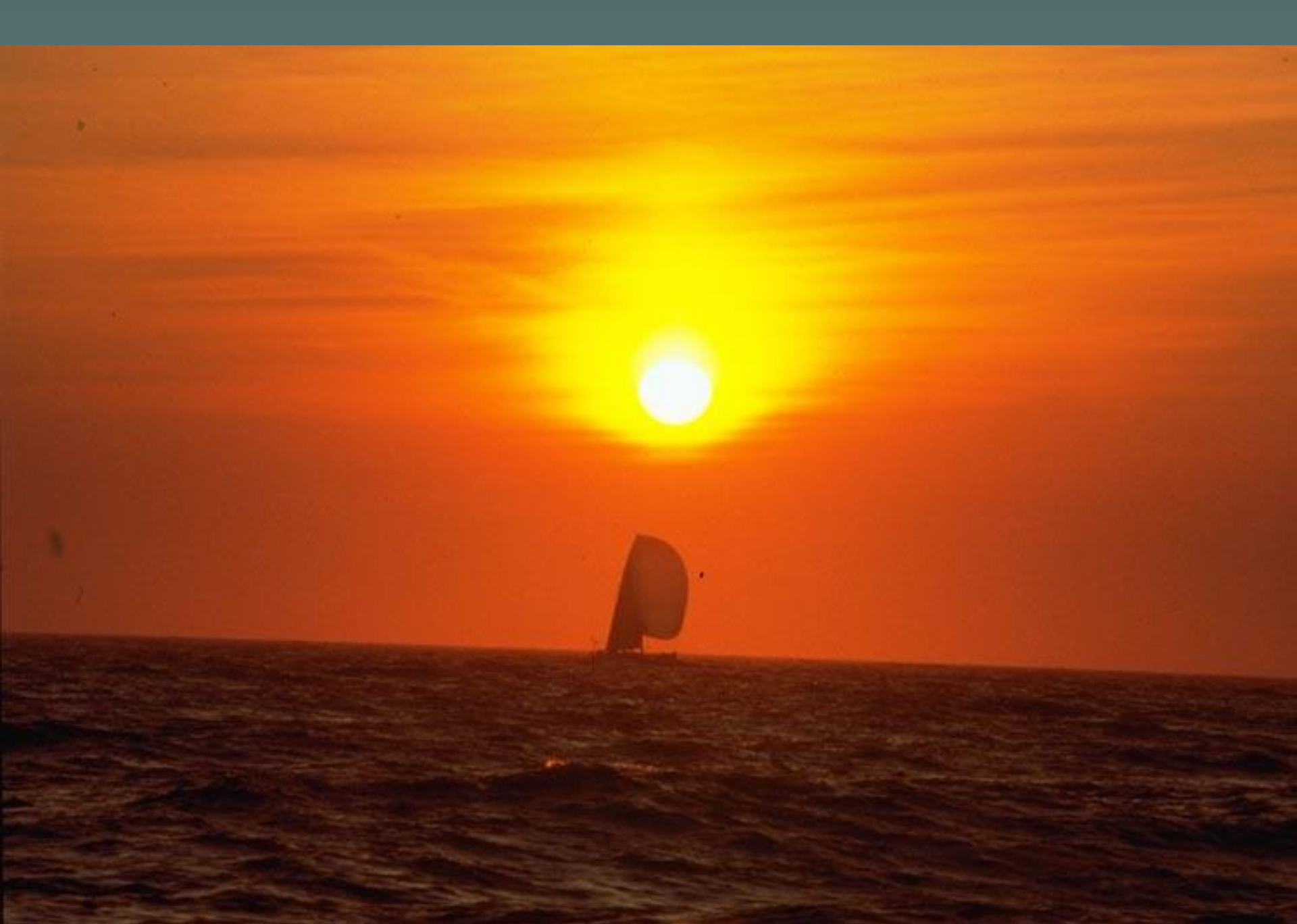
Foot twisted in this direction

The Total Package For a Round the World Yacht



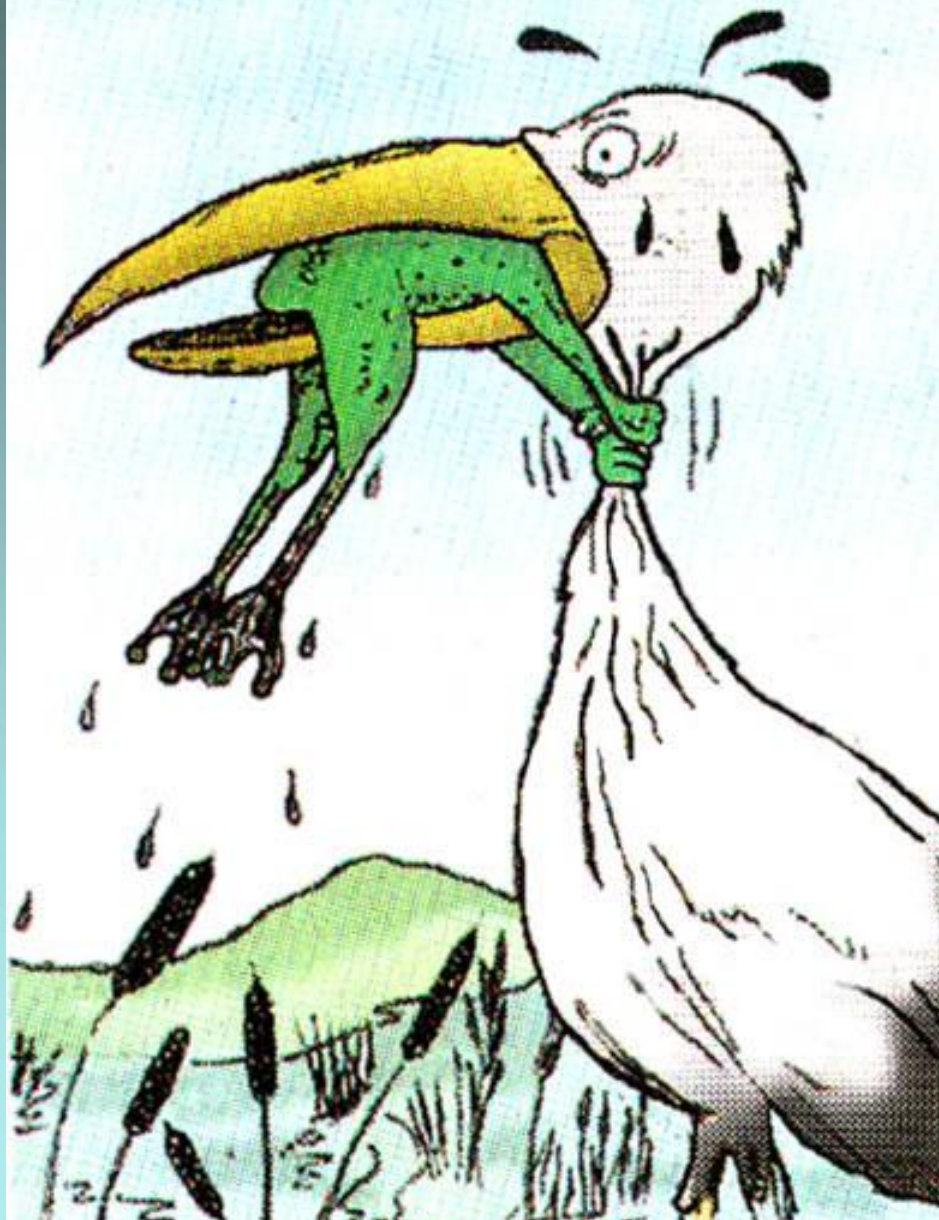








Never ever give up



Keep Your Sunnyside Up

‘The secret of reaping the greatest fruitfulness
and greatest enjoyment from life is to live
dangerously’

Friedrich Nietzsche



Thank You









Keep Your Sunnyside Up

- Passion
- Endeavour
- Enthusiasm
- Commitment

Keep Your Sunnyside Up

‘If you gaze for long in to the abyss, the abyss
also gazes in to you’

Friedrich Nietzsche



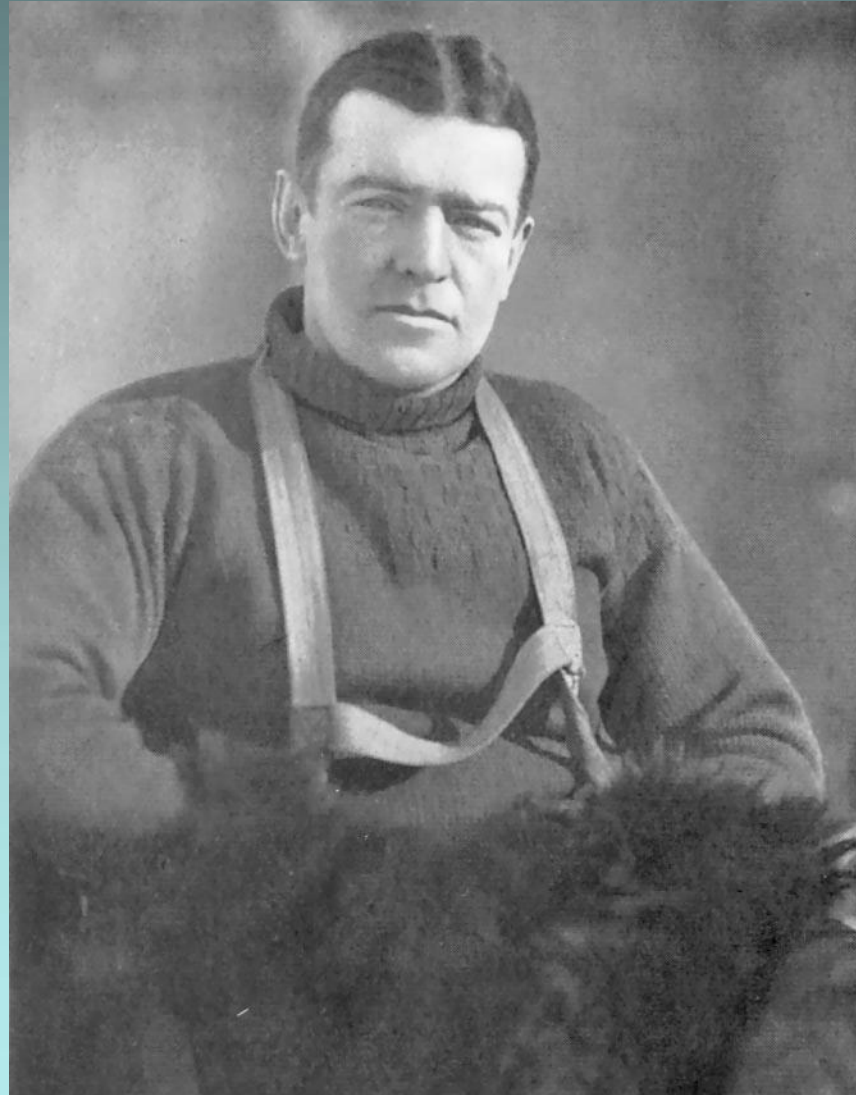
Keep Your Sunnyside Up

‘All men dream, but not equally. Those who dream by night in the dusty recesses of their minds, wake in the day to find it was vanity; but the dreamers of the day are dangerous men, for they may act their dreams with open eyes, to make it possible’

T.E.Lawrence



**‘Men wanted for hazardous journey.
Small wages. Bitter cold.
Long months of complete darkness.
Constant danger. Safe return doubtful.
Honour and recognition in case of success’**



Keep Your Sunnyside Up

‘For all of us there are many kinds of joy as yet unexperienced, many activities untried, many fields of knowledge unexplored.

We must not spend too large a fraction of life over one, or the next will escape us.

It is life, after all, that is the greatest field of exploration.’

Sir Martin Conway



Keep Your Sunnyside Up

‘It is never too late to be what you
might have been’

George Eliot







TOSHIBA

TOSHIBA

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Medical Log

Leg	Complaint	Treatment
Leg 1	Southampton – Rio de Janeiro	
	Seasickness	Domperidone & Cinnarizine
	Seasickness	Domperidone & Cinnarizine
	Seasickness	Domperidone & Cinnarizine
	Seasickness	Domperidone & Cinnarizine
	Headache	Ibuprofen
	Constipation	Lactulose
	Flu	Ibuprofen & Rest
→	Hand Abscess and Lymphangitis	Ibuprofen, Amoxicillin & Flucloxacillin Drainage
	Seasickness	Domperidone & Cinnarizine
	Broken Toe	Splinting & Ibuprofen
	Sprained Finger	Splinting & Ibuprofen
	Headache	Codydramol
	Shoulder Bruising	Ibuprofen
	Constipation	Lactulose
	Sunstroke	Rest & Fluids
→	Leg Abscess	Incision, Drainage, Wicking, Amoxicillin & Flucloxacillin, Ibuprofen,
	Bruised Hand	Ibuprofen, Bandaging

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Medical Log

Leg	Complaint	Treatment
Leg 2	Rio-de Janeiro - Wellington	
	Seasickness	Domperidone & Cinnarizine
	Seasickness	Domperidone & Cinnarizine
	Diarrhoea	Codeine Phosphate
	Diarhrhoea	Codeine Phosphate
→	Leg Abscess	Incision, Drainage, Wicking, Amoxicillin & Flucloxacillin, Ibuprofen, Rest
→	Leg Abscess	Incision, Drainage, Wicking, Amoxicillin & Flucloxacillin, Ibuprofen, Rest
→	Fractured Ribs	Ibuprofen
	Sprained Back	Ibuprofen, Rest
	Fractured Ribs	Ibuprofen, Rest
	Seasickness	Domperidone & Cinnarizine
	Constipation	Lactulose
	Flu	Ibuprofen,
	Exacerbation of Psoriasis	Hydrocortisone Cream 1.5%
	Flu	Ibuprofen
→	Fractured Ulna	Ibuprofen, Rest
	Bruised Head & ?Concussion	Rest, Ibuprofen, Observation

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Medical Log

Leg	Complaint	Treatment
Leg 3	Wellington - Sydney	
	Seasickness	Domperidone & Cinnarizine
	Seasickness	Domperidone & Cinnarizine
	Sore Throat	Strepsils Plus
	Headache	Ibuprofen
→	Thigh Abscess	Incision, Drainage, Wicking, Amoxicillin & Flucloxacillin, Ibuprofen, Rest

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Medical Log

Leg	Complaint	Treatment
Leg 5	Cape Town - Boston	
	Seasickness	Domperidone & Cinnarizine
	Seasickness	Domperidone & Cinnarizine
	Headache	Ibuprofen
	Flu	Ibuprofen, Rest
	Skin Infection	Amoxicillin, Flucloxacillin
→	Elbow Abscess	Drainage, Flucloxacillin, Ibuprofen, Rest
	Sore Eyes	Optrex
	Constipation	Lactulose
	Indigestion	Ranitidine
	Sunburn	Piriton
	Sore Shoulders	Ibuprofen, Massage
	Diarrhoea &	Metronidazole &
	Abdo Pain	Codeine Phosphate
	Antibiotic Intolerance	Stopped Metronidazole!
	Athletes Foot	Miconazole spray

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Medical Log

Leg	Complaint	Treatment
Leg 6	Boston - Southampton	
	Seasickness	Domperidone & Cinnarizine
	Indigestion	Gaviscon, Ranitidine
	Diarrhoea	Codeine Phosphate
	Constipation	Lactulose
	Allergic Reaction	Piriton
	Flu	Ibuprofen
	Migraine	Ibuprofen, Codydramol
	Boil	Lancing & Dressing
	Indigestion	Ranitidine & Gaviscon



