

# OFF SHORE IS OFF SHORE



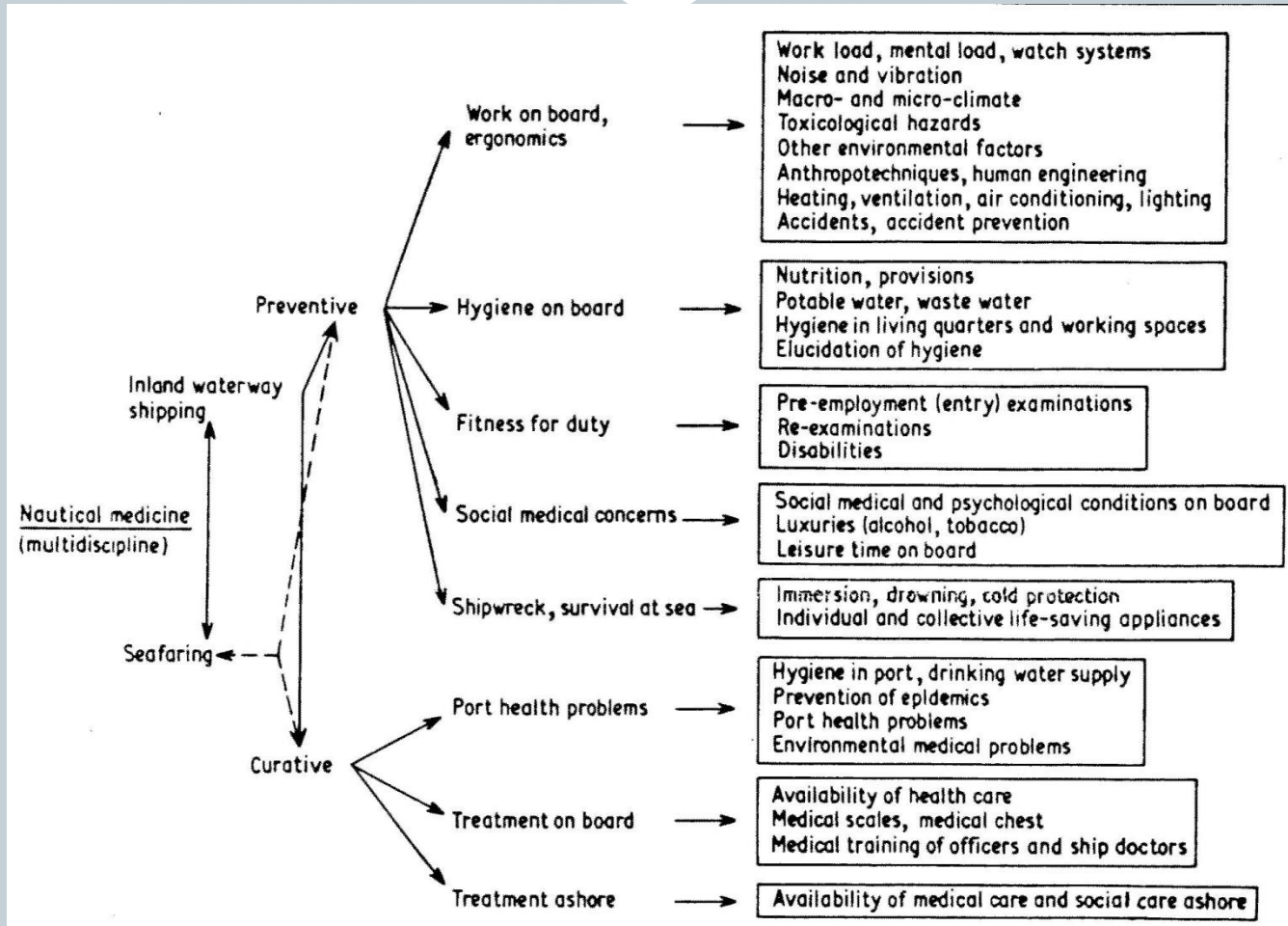
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ISAF MEDICAL COMMISSION



- Sport sailors and merchant mariners share not only the risks of the open seas, but also the legal environment of different instruments of international law, influencing their safety and their health

# MARITIME MEDICINE

7th European Nautical Medical Meeting Hamburg 1989



# Medical help off shore



- Sea is basically an isolated environment with limited options for medical care

# The quality of medical help on board still depends on:



- the medical training of the person providing medical help
- quality of the medical manual used
- quality of the medical chest on board
- quality of radio medico advice from shore (TMAS).

# ISAF



ISAF Offshore Special Regulations (OSR) of specific relevance are:

- OSR 4.08 First Aid Manual and First Aid Kit
- OSR 6.05 Medical Training (Mandatory Medical Training)

# ISAF



- OSR – Appendix N - Medical Training for an “OSR Compliant First Aid Course”
  - *(Note First Aid Training was removed from the ISAF Offshore Personal Safety Course a couple of years ago due to apparent legal issues in some countries regarding who is permitted to deliver first aid training.)*
- OSR – Appendix H – ISAF Code for the Organisation of Oceanic Races
  - *In particular Item 19: Regarding Telemedical Assistance Service (TMAS)*
- ISAF Medical Commission - Guidelines for Safety at Designated Regattas

# IMO



- In May 2012 the IMO Maritime Safety Committee published :

“Basic Safety Guidance for Yacht Races or Oceanic Voyages by Non-Regulated Craft”



# IMHA



- *ILO/IMO International Medical Guide for Ships, 3<sup>rd</sup> Ed (IMGS 3)*
- Guidance to the International Medical Guide for Ships 3rd edition: Interim advice regarding the best use of the medical chest for ocean-going merchant vessels without a doctor onboard
- ILO/IMO Guidelines on the medical examinations of seafarers



- From: Adam Pereira [mailto:[adampereira007@gmail-.com](mailto:adampereira007@gmail-.com)]
- Sent: 30 March 2014 17:32
- To: ISAF Secretariat
- Subject: ISAF.com | Website Enquiry | General Enquiries
- 
- Title: Mr
- 
- Name: Adam Pereira
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- E-mail: [adampereira007@gmail-.com](mailto:adampereira007@gmail-.com)
- 
- Phone Number: 0034 671 325 826
- 
- Country: Spain
- 
- Type of Enquiry: About Sailing
- 
- Comments:
- 
- **Would you allow an all Diabetic n(type 1) team to compete in the Volvo Ocean Race also would you allow a Diabetic (type 1) to compete in the Mini Transat (single handed).**

ICD-10 (diagnostic codes)	Condition (justification for criteria)	Incompatible with reliable performance of routine and emergency duties safely or effectively – expected to be temporary (T) – expected to be permanent (P)	Able to perform some but not all duties or to work in some but not all waters (R) Increased frequency of surveillance needed (L)	Able to perform all duties worldwide within designated department
D50–89 Not listed separately	<b>Other diseases of the blood and blood-forming organs</b> <i>Varied recurrence of abnormal bleeding and also possibly reduced exercise tolerance or low resistance to infections</i>	T – While under investigation P – Chronic coagulation disorders	Case-by-case assessment for other conditions	Case-by-case assessment
<b>E00–90</b>	<b>Endocrine and metabolic</b>			
E10	<b>Diabetes – Insulin using</b> <i>Acute impairment from hypoglycaemia. Complications from loss of blood glucose control Increased likelihood of visual, neurological and cardiac problems</i>	T – From start of treatment until stabilized P – If poorly controlled or not compliant with treatment. History of hypoglycaemia or loss of hypoglycaemic awareness. Impairing complications of diabetes	R, L – Subject to evidence of good control, full compliance with treatment recommendations and good hypoglycaemia awareness Fit for near coastal duties without solo watchkeeping. Time limited until next specialist check-up. Must be under regular specialist surveillance	Not applicable
E11–14	<b>Diabetes – Non-insulin treated, on other medication</b> <i>Progression to insulin use, increased likelihood of visual, neurological and cardiac problems</i>	T – Distant waters and watchkeeping until stabilized	R – Near coastal waters and non-watchkeeping duties until stabilized R – Near coastal waters, no solo watchkeeping if minor side effects from medication. Especially when using sulphonylureas L – Time limited if compliance poor or medication needs frequent review. Check diet, weight and vascular risk factor control	When stabilized, in the absence of impairing complications
	<b>Diabetes – Non-insulin treated, treated by diet alone</b> <i>Progression to insulin use, increased likelihood of visual, neurological and cardiac problems</i>	T – Distant waters and watchkeeping until stabilized	R – Near coastal waters and non-watchkeeping duties until stabilized L – Time limited when stabilized, if compliance poor. Check diet, weight and vascular risk factor control	When stabilized, in the absence of impairing complications

# IMHA/ISAF 2015 WORKSHOP PROPOSAL

1	Workshop title	MARITIME HEALTH IN OFF SHORE RACING
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2	Purpose	Reach consensus and make report	Education	Enable wide exchange of views	Other
		X	X	X	

3	Objective	IMHA/ISAF position paper on best practices for medical help on board off-shore racing boats
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4	Goals	<p>To map current regulations in off shore racing related to health</p> <p>To map available practical cases on the topic</p> <p>To map knowledge and materials to be used for teaching</p> <p>To evaluate ILO/IMO Guidelines on the Medical examinations of seafarers in respect off shore racing</p> <p>To evaluate WHO International Medical Guide for Ships 3<sup>rd</sup> edition - Medical Chest in respect of off shore racing</p> <p>To evaluate WHO/IMO/ILO International Medical Guide for Ships in respect of off shore racing</p> <p>To evaluate OSR 4.08 First Aid Manual and First Aid Kit</p> <p>To evaluate “First Aid for Lifeboat Crews”</p> <p>To evaluate medical manual for offshore medicine - The Skippers Medical Emergency Handbook</p> <p>To evaluate IMO Model Courses in Medical Training in respect of offshore racing</p> <p>To evaluate OSR 6.05 Medical Training (Mandatory Medical Training)</p> <p>To evaluate OSR – Appendix H – ISAF Code for the Organisation of Oceanic Races</p> <p>To evaluate IMO Maritime Safety Committee “Basic Safety Guidance for Yacht Races or Oceanic Voyages by Non-Regulated Craft</p> <p>To evaluate ISAF MC Guidelines for Safety at Designated Regattas</p> <p>To evaluate current status of TMAS (Tele-medical advice for ships) in respect of off shore racing</p> <p>To identify the basic principles of medical protocol for off shore racing events</p> <p>To explore the need of future joint projects</p>
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# ISAF Annual Conference 2014



- Jerome Pels – ISAF Secretary
- Alf Magne Horneland – IMHA President
- Nebojsa Nikolic – ISAF MC
- Mark Tomson MD
- Roger Nilson MD
- Simon Forbes – ISAF Staff
- Henry Thorpe – ISAF Staff