

On Board Emergencies

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Objectives

- The Medicine Chest
- Universal Precautions
- Know the Crew
- Sunburn
- Nausea and Seasickness
- Heat illness



Objectives

- Trauma

 - Lacerations

 - Burns

 - Fractures and Head Injury

 - Fish hooks

- Chest pain, heart and breathing problems

- Airway Emergencies and low blood pressure

- CPR

- When to call for EVACUATION



The Medicine Chest

Consider your own liability if administering meds

- Non-latex gloves
- For pain – Acetaminophen, Aspirin, NSAIDs
- For infection – Mouthwash, Eye solution, Betadine, Peroxide, Antibiotic Ointment, Cipro, Bactrim
- For Sunburn – SPF35, Solarcaine, Cortisone Cream
- Nausea – Dramamine, Bonine, Claritin, Scopalamine
- Dressing – Gauze, Vaseline, Super Glue
- Hemostasis – Tourniquet, Quick Clot
- Meat tenderizer
- Lemon Juice, Vinegar
- Gatorade



Know your Crew

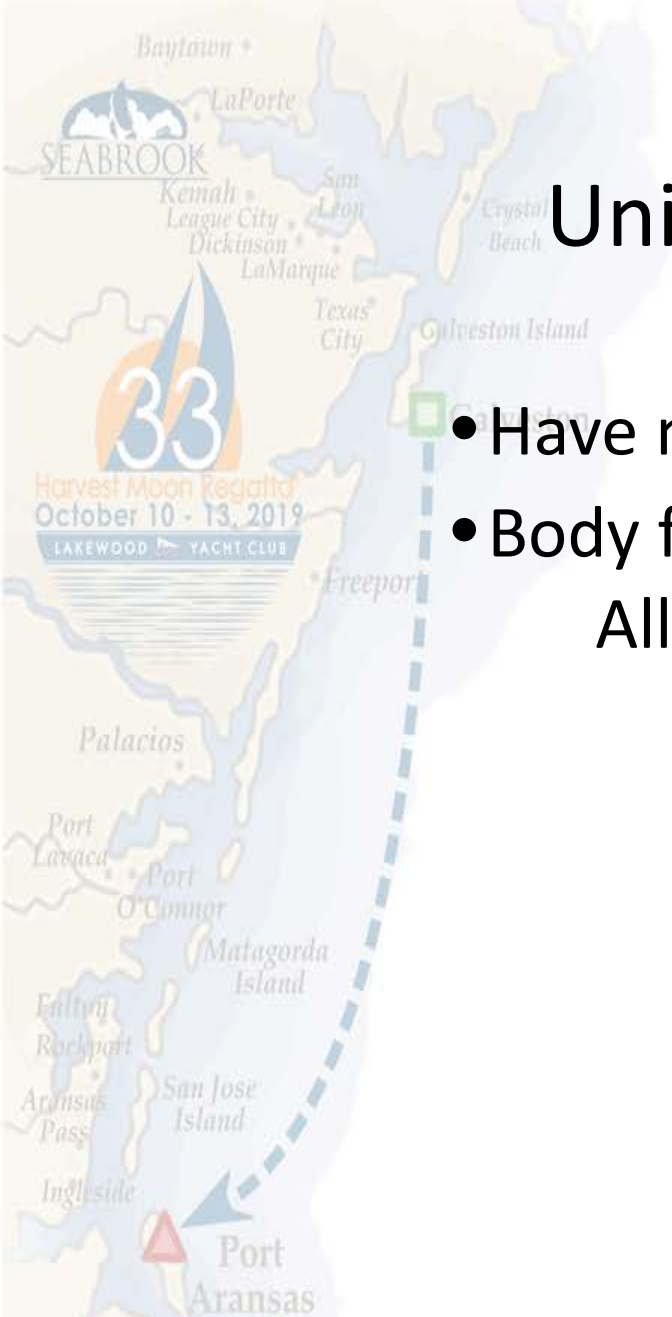
Consider Your legal liability to the crew

- Medical history- Infections – HIV, Hep C, Severe Allergies , Chronic Disease – Asthma, Diabetes, Epilepsy, Recent Surgery or Hospitalizations
- Require crew to bring own meds – insulin, aspirin, anticoagulants, Epipen, nitroglycerin, include seasickness, others
- Crew responsibility – review illness or meds which could impact passage



Universal Precautions

- Have non-latex gloves
- Body fluids
All fluids except Saliva



Sunburn

- May be potentiated by e antibiotics (cyclines, floxcins, sulfas, antidepressants, Benadryl)
- SPF35 minimum
- Treatment – NSAIDs, Topical anti-inflammatory – aloe vera, cortisone cream, aspirin paste, Solarcaine, lotion
- Keep skin dry and body hydrated
- Avoid soap and re-burn
- Blisters – leave intact and if open apply antibiotics
- Eyes – eye patches and ice packs
- som



Nausea and Seasickness

- Nausea (Greek) “ship”
- Caution- Will put you in a vulnerable position on the rail for falling overboard
- Prevention best – Avoid alcohol, Use Ginger (pickled, snaps, ale)
- Drugs – Dramamine, meclizine (Bonine , Antivert), Benadryl, Claritin, Zyrtec, Scopolamine (pills or patch)

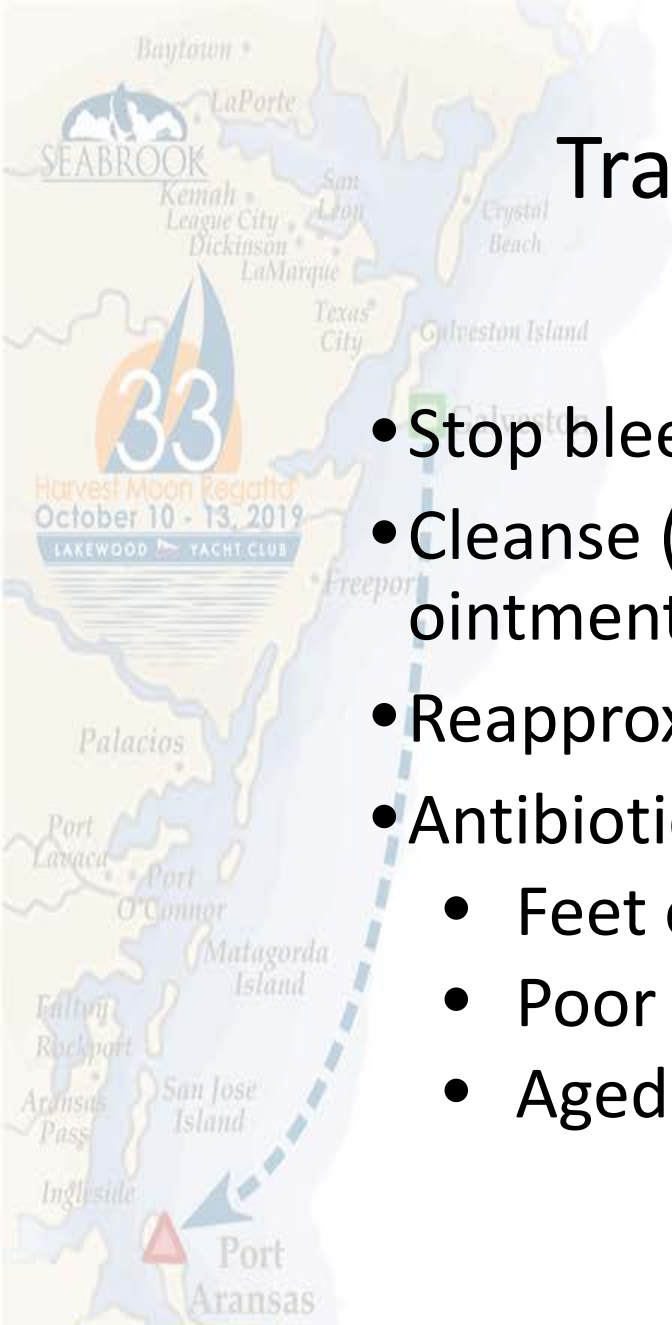
Heat Illness

- Potentiated by
 - Age, fitness, ability to dispel heat, sunburn
 - Dehydration
 - Medications and alcohol
- Heat exhaustion – caused by water and salt depletion
 - Symptoms – nausea, headache, lightheadedness, low blood pressure, confusion
 - Treat – hydration (Gatorade), cooling , laying down
- Heat stroke – heat exhaustion + 104deg, seizure, loss of sweating , delirium, organ failure
 - EVACUATION and hospitalization



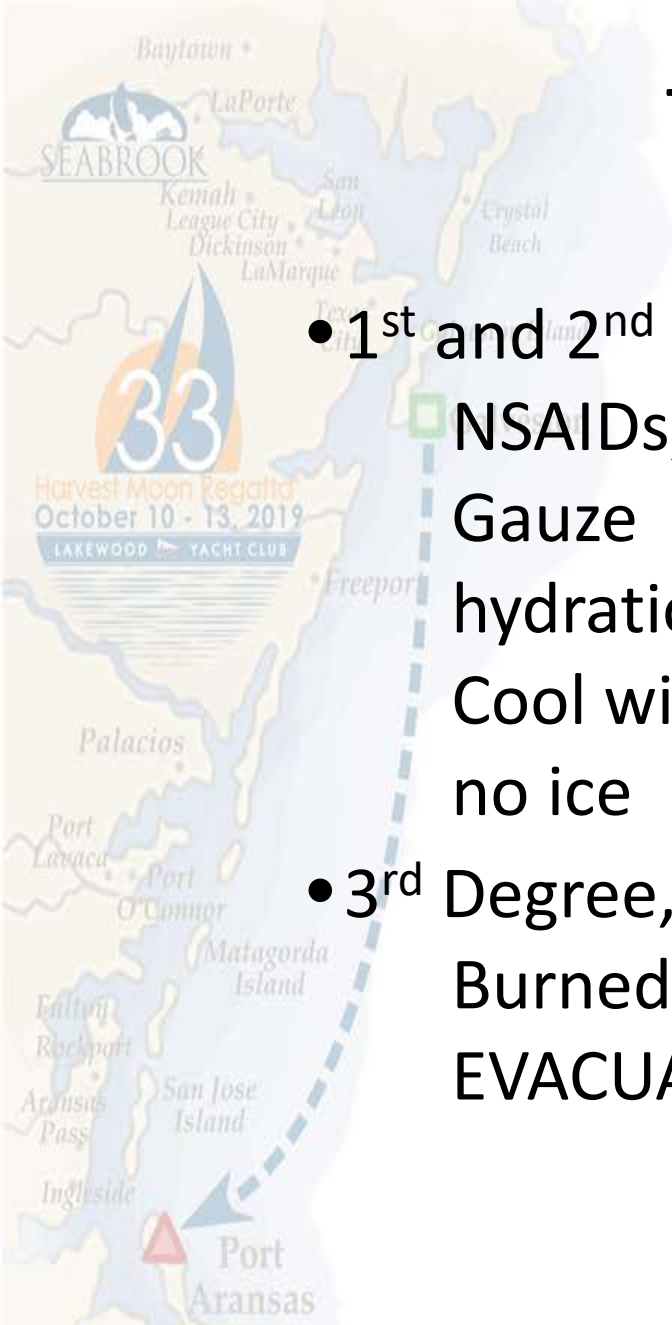
Trauma - Lacerations

- Stop bleeding – pressure, tourniquet
- Cleanse (no matter how small), flush, antiseptic ointment
- Reapproximate – Super Glue, Steri-Strips
- Antibiotics – not needed except in high risk;
 - Feet or contaminated
 - Poor circulation or chronic debilitating disease
 - Aged



Trauma - Burns

- 1st and 2nd Degree;
 - NSAIDs, ointment
 - Gauze
 - hydration
 - Cool with water until pain subsides, Solarcaine, no ice
- 3rd Degree, same treatment plus;
 - Burned clothing should not be removed
 - EVACUATE



Trauma – Fractures and Head Injury

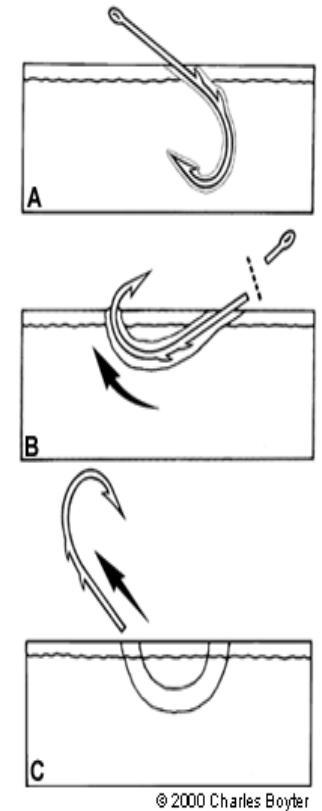
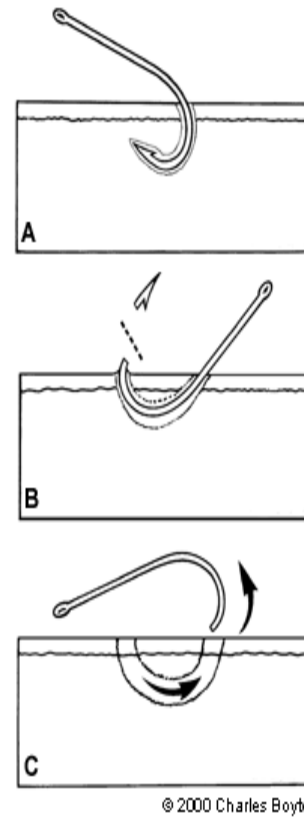
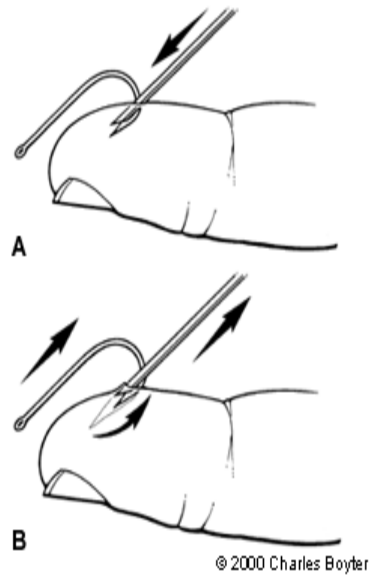
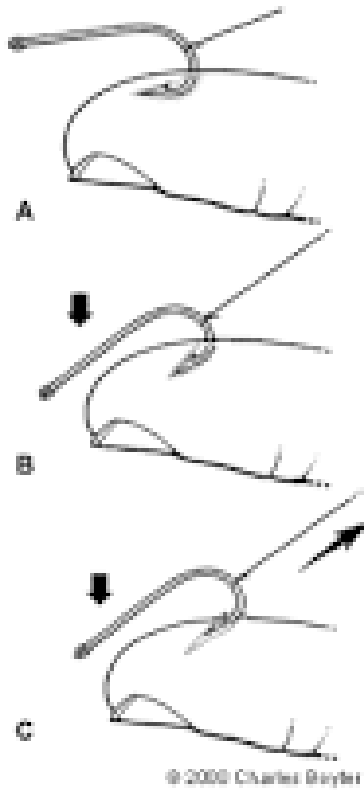
- Fractures

- Closed – not emergent, immobilize by splinting
- Open (Compound with pierced skin) or of Neck, Head, or Back; emergent, tourniquet if bleeding, ice in towel, EVACUATION

- Head injury – nausea, vomiting, confusion, seizure, loss of consciousness, EVACUATION



Trauma - Fish Hooks



Chest Pain

- GERD

- Tums

- Pleuritic and musculoskeletal pain, Pulmonary embolism

- Heart attack

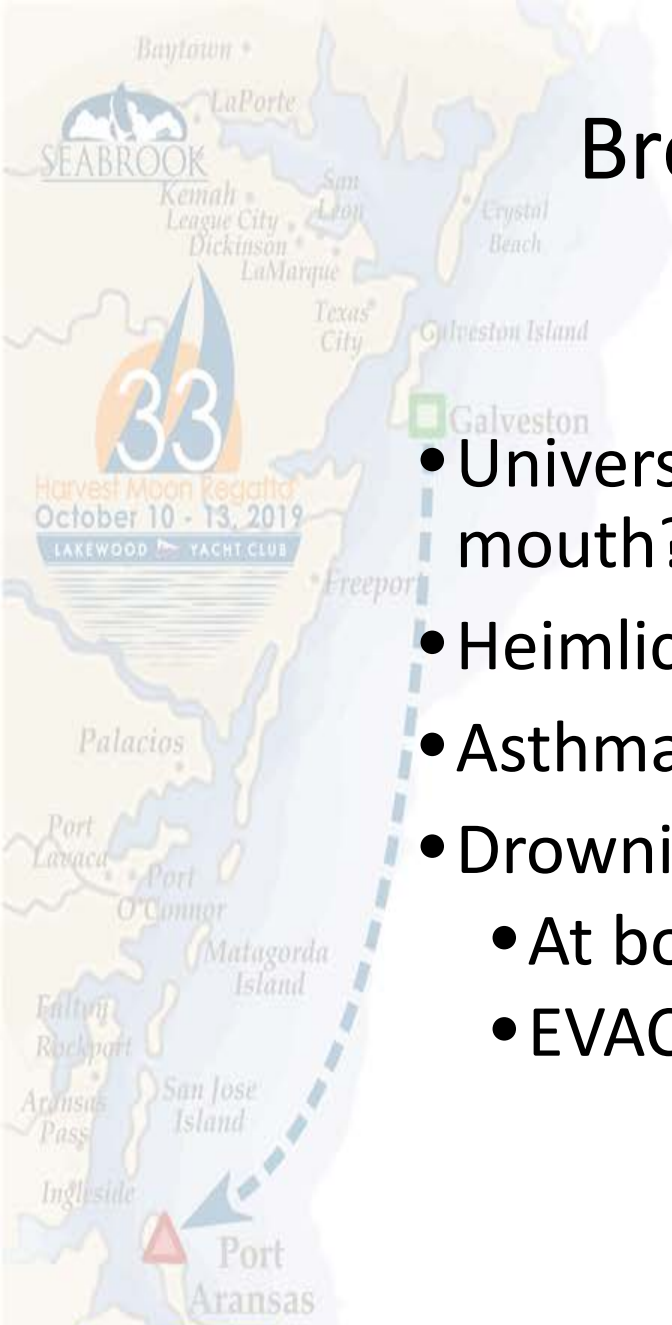
- Symptoms - heavy oppressive crushing feeling, radiation to jaw, neck, arm, upper abdomen

- Treatment - Nitroglycerin, aspirin, EVACUATION



Breathing Problems

- Universal choking sign; obstruction visible in mouth?
- Heimlich if indicated – can not breath or talk
- Asthma? Epipen?
- Drowning – freshwater or salt (more injurious)
 - At boat rail with Seasickness or voiding
 - EVACUATION



Dehydration and Possible Low BP (circulatory hypotension)

- Causes – vomiting, diarrhea, internal or external bleeding, severe allergy, medication
- Symptoms – faint, pale, sweatiness, rapid pulse, cold, thirst, confusion, slurred speech, shortness of breath, unresponsiveness
- Treatment- return blood to heart by elevating legs and lowering head

Push fluids if able to drink (cautiously)

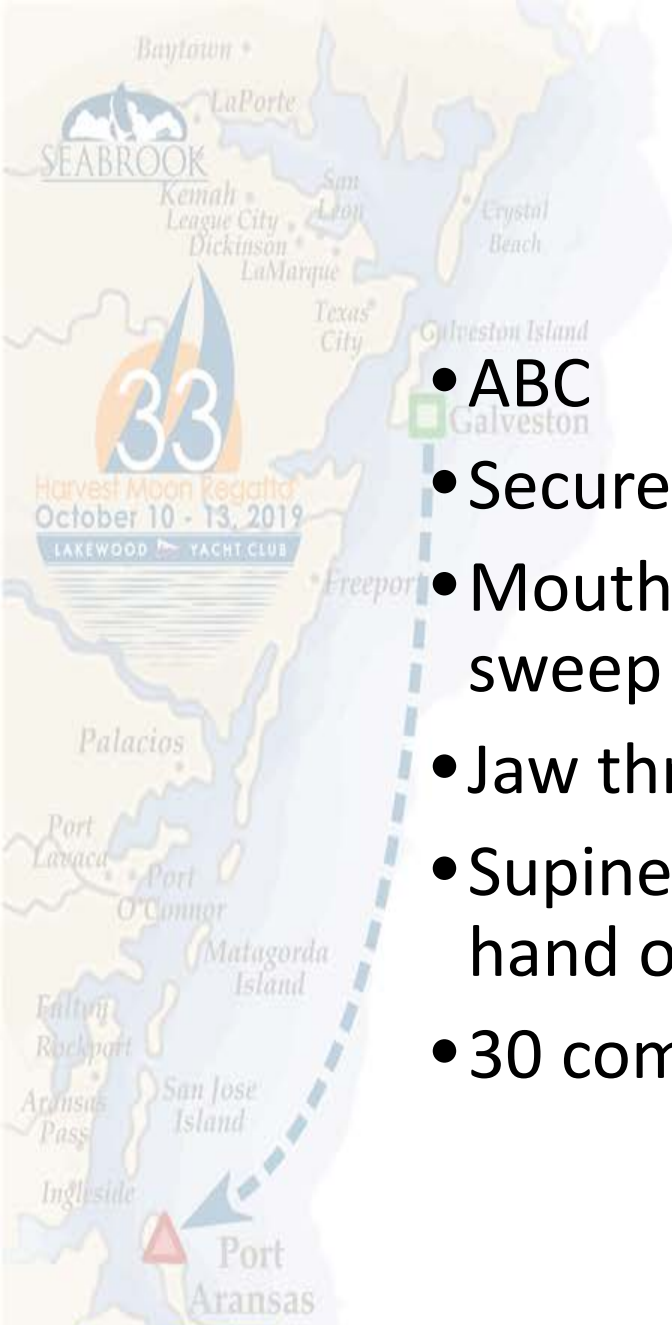
Warm

Possible EVACUATION



CPR

- ABC
- Secure airway
- Mouth to mouth- clear mouth with finger sweep
- Jaw thrust
- Supine, kneeling beside victim's right, sternum, hand over hand
- 30 compressions to 2 mouth to mouth breaths



Vibrio vulnificus, other organisms

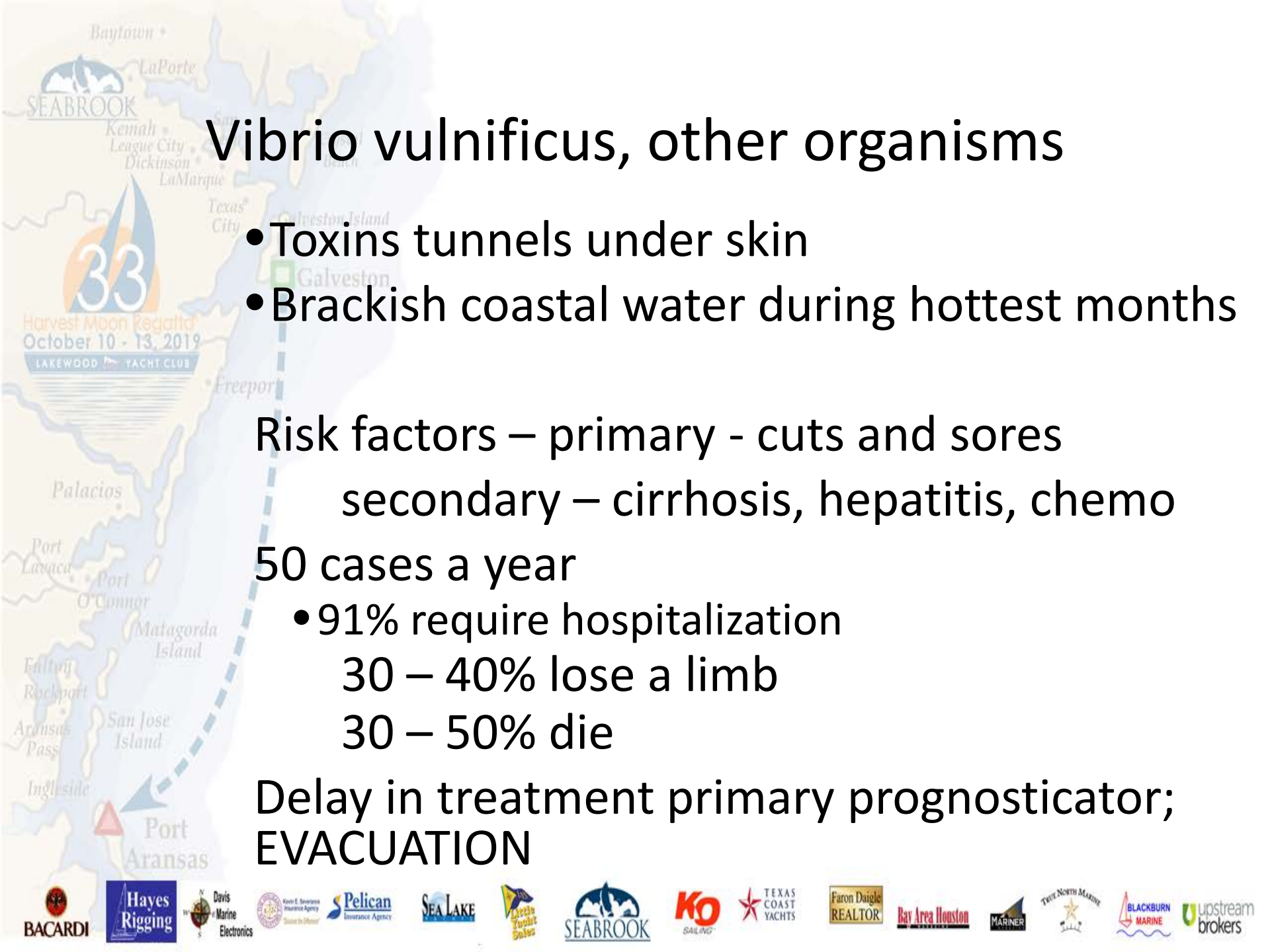
- Toxins tunnels under skin
- Brackish coastal water during hottest months

Risk factors – primary - cuts and sores
secondary – cirrhosis, hepatitis, chemo

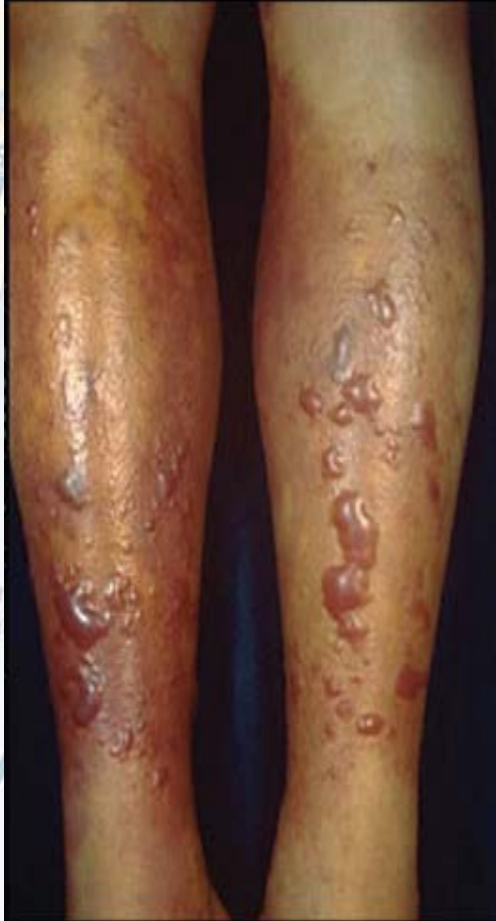
50 cases a year

- 91% require hospitalization
- 30 – 40% lose a limb
- 30 – 50% die

Delay in treatment primary prognosticator;
EVACUATION



Dangerous Waterborne Bacteria



Baytown • LaPorte • San Leon • Beach • Texas City • Galveston Island

SEABROOK

Kemah • League City • Dickinson • LaMarque

33

Harvest Moon Regatta
October 10 - 13, 2019

LAKWOOD YACHT CLUB

Palacios • Port Lavaca • Port O'Connor • Matagorda Island • Fulton • Rockport • Aransas Pass • San Jose Island • Ingleside • Port Aransas

Conditions for Evacuation



- Stroke
- Third degree burns
- Compound fracture
- Numb and blue extremity
- Head injury
- Suspected heart attack
- Drowning
- Seizure
- Suspected flesh eating infection







Thank You!!

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