

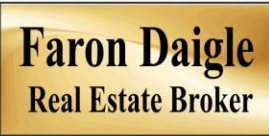
HARVEST MOMENTUM

On Board Emergencies Wasim Khan M.D.

September 28, 2024

2024 REGATTA

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Trauma - Lacerations

Stop bleeding – pressure points,
tourniquet, 1/2 strength peroxide,
Quick Clot

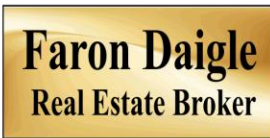
Cleanse (no matter how small),
flush, mouthwash, antiseptic
ointment

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Trauma – Lacerations

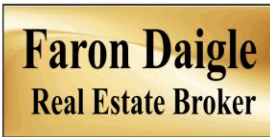
Continued

Reapproximate – Super Glue, Steri-Strips

Antibiotics – not needed except in high risk

- Feet or contaminated
- Poor circulation or chronic debilitating disease
- Aged

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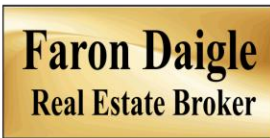
Medical History

- Name
- Date of birth
- Allergies
- Current Medications
- Current and Past Medical Problems
- Past Surgeries
- Emergency Contact
- Advance Directive?
- Medical Insurance, copy of card front and back if possible

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Over-the-Counter Medications

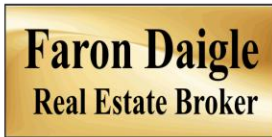
- Nausea and Motion Sickness
 - dramamine more for nausea
 - meclizine less drowsy and helps motion sickness can start before
 - Trip
- Heartburn
 - nexium good to take after recovery from vomiting as well
 - Pepcid - helps with allergy as well
 - Mylanta, Maalox, Tums
- Diarrhea
 - Immodium
 - Pepto Bismal

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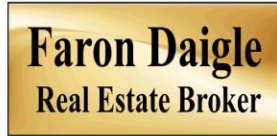
Questions?

Wasim Khan M.D.

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