

On Board Emergencies

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On Board Emergencies March 2014 Bruce L. Etni M.D.

On Board Emergencies

- ▶ Antiseptics, Antibiotics
- ▶ Sunburn
- ▶ Burns
- ▶ Wounds
- ▶ Fractures
- ▶ Fish hooks
- ▶ Jellyfish, etc.
- ▶ Nausea, hypotension

Antiseptics, Antibiotics

- ▶ Betadine
- ▶ H₂O₂
- ▶ Mouthwash
- ▶ Contact solution
- ▶ Neosporin, Bactrim

Sunburn

- ▶ SPF35
- ▶ NSAIDS
- ▶ Topical anti-inflammatory
 - ▶ aloe vera, cortisone cream, paste made out of aspirin, Solarcaine
- ▶ Keep skin dry but keep body hydrated
- ▶ Avoid using soap
- ▶ Avoid reburn
- ▶ Blisters; leave intact. Once open, apply abx

Burns

- ▶ Degrees
- ▶ Cool with water until pain subsides but no ice
- ▶ NSAID
- ▶ Ointment
- ▶ Gauze
- ▶ Hydration
- ▶ Burnt clothing

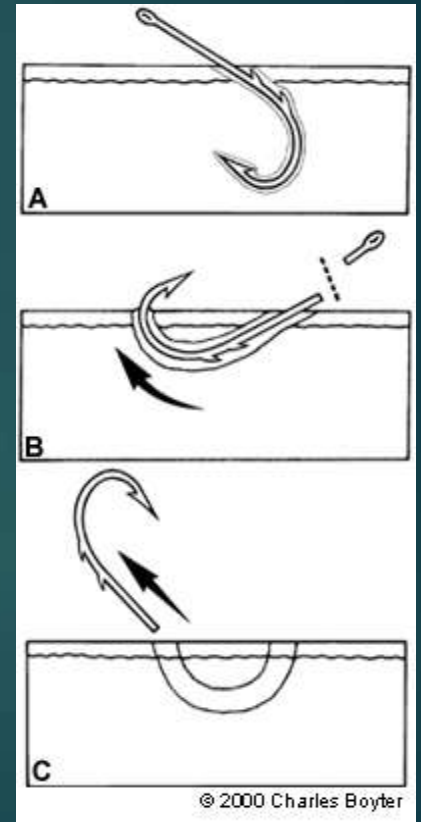
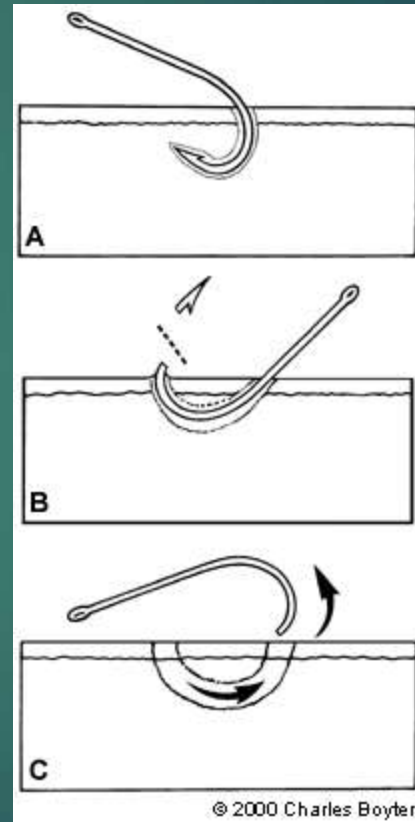
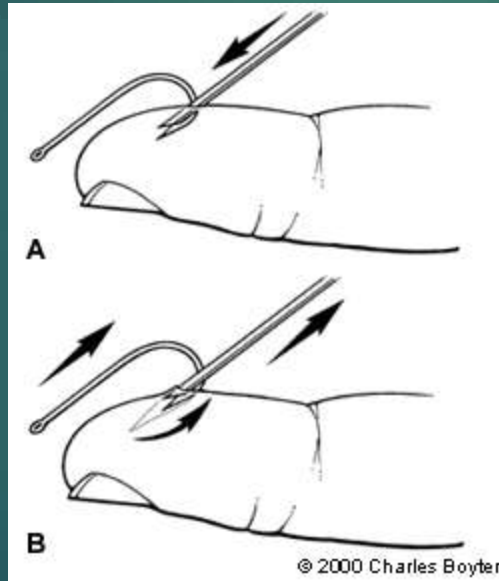
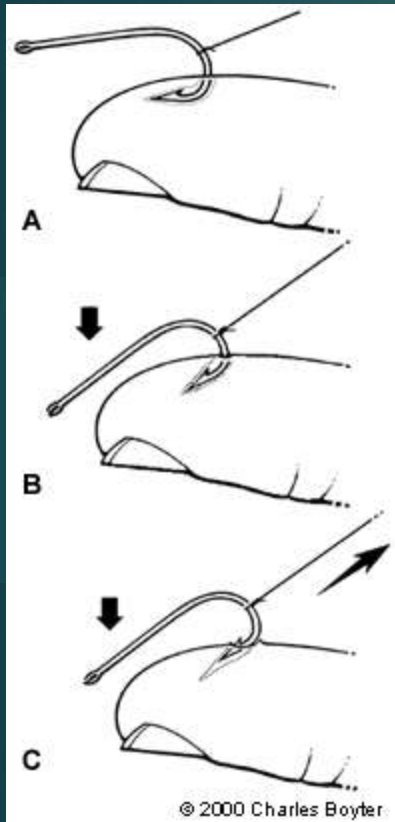
Wounds

- ▶ Cleanse (no matter how small)
- ▶ Antiseptic
- ▶ Flush
- ▶ Stop Bleeding (pressure, pressure points, tourniquet, H_2O_2)
- ▶ Reapproximate, super glue
- ▶ Antibiotics (Cipro, Bactrim)?
 - ▶ not needed in most cases, outside of high risks:
 - ▶ feet
 - ▶ poor circulation
 - ▶ jagged edges
 - ▶ contaminated
 - ▶ particularly deep
 - ▶ aged
 - ▶ low resistance e.g. HCV, diabetes, chemo, etc.

Fractures

- ▶ Closed
- ▶ Open (Don't try to realign the bone or push a bone that's sticking out back in)
- ▶ Generally not emergent except:
 - ▶ bleeding
 - ▶ Open (pierced the skin)
 - ▶ extremity is numb or blue
 - ▶ neck, head or back
- ▶ Stop any bleeding
- ▶ Immobilize; careful with pressure points and circulation
- ▶ Apply ice (in a towel, piece of cloth or some other material)

Fish hooks



Jellyfish, etc.

- ▶ Scrape off with credit card, stick, knife
- ▶ Rinse with H₂O₂, vinegar, lemon juice, meat tenderizer paste. Not fresh water
- ▶ Antibiotic ointment, hydrocortisone cream
- ▶ Solarcaine

Nausea, hypotension

- ▶ Scopace, Transderm – Scop
- ▶ Nausea; Drammamine (meclizine), Benadryl, ginger (pickled, snaps, ale), accupressure
- ▶ Hypotension
 - ▶ faint or breathing in short, rapid breaths, lay the person down with the head slightly lower than the trunk and elevate the legs

The Well Supplied Boat

- ▶ Betadine
- ▶ H₂O₂
- ▶ Solarcaine
- ▶ Antibiotic Ointment
- ▶ Hydrocortisone cream
- ▶ SPF 35
- ▶ NSAID
- ▶ Gauze
- ▶ Contact solution
- ▶ Super glue
- ▶ Meat tenderizer
- ▶ Vinegar
- ▶ Lemon Juice
- ▶ Cipro, Bactrim

Thank You

- ▶ Get a tetanus booster