MARINE
FIRST AID & MEDICAL KITS

Presentation by
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First Aid Committee

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Tonight’s Objectives

Tonight’s Objectives Are to Help You:

1. Understand the Issues in First Aid Preparedness
2. Choose a First Aid/Medical Manual
3. Understand the Types of First Aid/Medical Kits
Tonight’s Objectives

4. Know What Individual Medical History Information is Needed For a Medical Emergency

5. Know How to Give An Accurate and Clear Medical Status Report to Coast Guard Medical Personnel.
Tonight’s Objectives

**Lastly, But Most Important:**

6. **Motivate You** to

   A. Prepare Yourself and Your Crew For an On the Water Medical Emergency

   B. Have the Necessary First Aid/Medical Supplies

   C. Have Them in a Readily Accessible Location
Handouts

1. First Aid/Medical Book List (Including Pet First Aid) and a Listing of First Aid Kits to Evaluate

2. Crew Medical History Form

3. Recommended Medications

4. Coast Guard Call Form

5. A Copy of The Presentation is Available by E-mail from:

   “dondeta@q.com”
What You Need For Medical Emergencies

1. **Basic Medical Skills & The Confidence to Use Them**

2. **Communication With Medically Trained Personnel**

3. **Appropriate Medical Supplies**
Basic Medical Skills

First You Need **Confidence and Basic Medical Skills**.

**These Can Come From Red Cross or EMT Classes:**
- First Aid Courses
- CPR/AED Courses

**Special Classes:**  *(Coming Soon From NOSPS)*
- Wound Treatment & Closure
- Travel Meds
- Ditch Bag/Survival Kit
Basic Medical Skills Can Also Come From Publications:

- Books
- Pamphlets
- Videos
Basic Medical Skills

We Can Divide Publications by **How Detailed** They Are

The first type is a simple:

- Flash Card,
- Fold-Out
- Booklet

These provide instructions for:

**Immediate Basic Emergency Care:**

- **ABCD** – Airway/Breathing/Circulation/Defibrillation

And **Minor Wound Care**
Quick Emergency First Aid Instructions

For the First Few Minutes of a Medical Emergency
Basic Medical Skills

Quick Emergency First Aid Instructions


Basic Medical Skills

- The Best First Aid Kits Include Flash Cards or Labels with Basic Instructions for Emergency

- Some Even Include Advanced Medical Aid Books
Intermediate First Aid Books

Good for Coastal Cruising Within 6 hours of Medical Aid
Basic Medical Skills

These books have more detailed, but still basic instructions

Intermediate First Aid Books:


Comprehensive Emergency Medical Care Books

For Medical Emergencies More Than 6 Hours From Medical Aid
Basic Medical Skills

- Comprehensive Emergency Medical Care Books Cover Wide Range of Medical Issues Such As:
  - Reducing Shoulder or Knee Dislocations
  - Suturing, Stapling or Closing Wounds
  - Spinal Injury
  - Fishhook Removal
  - Skin Infections
  - Eye Injuries
  - Emergency Childbirth
Basic Medical Skills

Comprehensive Emergency Medical Care Books:


   Free Download at: www.fas.org/irp/doddir/milmed/ships/pdf


What You Need For Medical Emergencies

**Communication**

The *Second Need* in a Medical Emergency is **Communication** for Medical Advice and Aid:

1. The Coast Guard for Evacuation and Medical Aid
2. Other Boaters (Maybe with Medical Training)
3. A Tele-Medicine Emergency Physician Service
Communication

Two-Way Methods of Communication
Send For Help and Receive Medical Instructions

1. VHF
2. SSB or Ham Radio
3. Satellite Phone
4. Cell Phone
Communication

One-Way Methods of Communication
Send For Help, But No Medical Instructions

1. E-Mail (Indirect Only)
2. SPOT-2 Satellite SOS & Prearranged Message
3. EPIRB/PRB SOS & Prearranged Message
4. Visual Signals (Smoke, Flares, etc.)
U S Coast Guard Emergency Call Response Forms

- INITIAL SAR CHECK-SHEET
  - Position
  - Number of Persons Aboard
  - Nature of Distress
  - Description of Vessel
USCG Emergency Call Response Forms

If a Medical Emergency

MEDEVAC/MEDICO FORM (Evaluated by Flight Surgeon)

Method of Notification
Reporting Source (SSB, VHF)
Position (Geographic, Lat/Lon)
Vessel Description
Patient Information
Patient Vital Signs
Existing Local Weather Conditions
Time to Medical Aid

Coast Guard Response Times Are Variable

- Distance
- Fog
- Wind/Waves
- Other Rescues
- Location of Resources

Under Worst Case Over 24 Hours Even in the San Juans.
Time to Medical Aid

Usually 1.5 to 6 Hours to Medical Aid

Puget Sound and San Juan & Gulf Islands (Port Angeles, P.T., Bellingham, Patricia Bay, BC)
Strait of Georgia & Desolation Sound (Comox (AF Air), Victoria, Powell River, Campbell River)
Broughtons to Cape Caution (Comox (AF Air), Port Hardy)

Longer Response Times

North BC to Prince Rupert (Prince Rupert, Port Hardy)
SE Alaska (Juneau, Sitka (Air), Ketchikan, Petersburg)
What You Need For Medical Emergencies

Medical Supplies

Most Standard First Aid Kits Do Not Contain Supplies for serious injury.

- Large cuts or Wounds
- Severe Sprains
- Fractures
- Burns
Medical Supplies

Standard Box Kits
Medical Supplies

Even if Medical Aid is Within One Hour You Might be Required to:

- Stop Bleeding
- Immobilize a Fracture
- Cover a Serious Burn
- Treat Shock
- Perform CPR
- Treat an Allergic Reaction
Improvising Medical Supplies

- Many boaters do not have a comprehensive First Aid or Medical/Trauma Kit.

- When a medical emergency occurs away from fast medical aid we may have to improvise needed materials.

- Think about what a needed item does.

- Then try to find something on board that will do the same thing.
Improvising Medical Supplies

If Your Kit Does Not Have What You Need Improvise!

**Spinal Injury - Stretcher Board**
- Interior Cabin Door & Duct Tape

**Neck Injury - Cervical Collar**
- Rolled Towel and Duct Tape
- Inflated PFD (Manual Inflation)
- Sam Splint
Improvising Medical Supplies

Broken Bones or Sprains - Splint/SAM Splint
   Fishing Pole Sections & Duct Tape
   Dinghy Paddle
   Spoon or Popsicle Stick for Finger Splint

Severe Bleeding - Trauma Pad/QuikClot Sponge
   Diapers, Kotex or Tampon
   Microwaved - Washcloth/Towel/Chamois
   Spray Afrin Nasal Spray on Wound
Improvising Medical Supplies

Antibiotic/Antifungal
  Tea Tree Oil

Wound Irrigation Syringe
  Ziploc Bag with Pin Hole
  Surgical Glove with Pin Hole

Wound Closure - Staples/Seri Strips/Sutures
  Duct Tape (thin strips)
  Super Glue (Jell Type)
Individual Medical Supplies

Each Individual Should Have Their Own Basic Kit:

- Individual Prescriptions and Supplies (Allergies, Diabetic, etc.)
- Sun Glasses
- Eye Glass Repair Kit
- Chapstick
- Sun Block
- Bug Repellant
- Analgesics (Aleve, Advil, Tylenol)
- Antacids & Prilosec/Ranitidine
- Seasick Meds
- Epi Pen
- Glucose/Glucagon
- Other Individual Items (Consult Your Doctor)
Talk to Your Care Provider About Your Own Individual Needs

Prescriptions

AED

Epi-Pen

Glucose Paste

Splints or Braces (carpal tunnel, knee, ankle)
Other Important Items to Consider for Emergencies

- AED
- Epi-Pen
- Oxygen
- Oximeter
- Hypothermia Thermometer
- Stethoscope
- Blood Pressure Monitor
Three Types of First Aid/Medical Kits

1. **Minor Wound Kit/Supplies**
   Kitchen Drawer Kit
   Every Day Use
   Replenish as Needed

2. **Excursion Kit**
   Dinghy Exploration
   Hiking
   Ditch Bag

3. **Emergency Medical Kit**
   Most Comprehensive
   Open only in Emergency Situations
Ships Medical Supplies

Kit Contents Are a Function of Four Factors:

1. Length of Time for Medical Aid to Arrive
2. Medical Skills and First Aid Training of Captain & Crew
3. Confidence to Use Kit Contents
4. Size of Crew (Most Kits are 1-6 or 1-2)
MARINE
FIRST AID & MEDICAL KITS

To Be Continued

During the March 14th Meeting We Will Make Recommendations on Kits & Kit Contents.

Are There Any Questions of the Panel?
MARINE
FIRST AID & MEDICAL KITS
Part II

First Aid Committee

CATHERINE BILYARD, ARNP & GORDON BILYARD, HsB

MARGARET SCHWARZ, RN & DOUG SCHWARZ, HsB

DETA STEM RPh & DONALD STEM, HsB
Tonight’s Objectives

Tonight’s Objectives Are to Help You:

1. Understand the Types of First Aid/Medical Kits

2. Evaluate and Select a First Aid/Medical Kit

3. **And** Have the Necessary First Aid/Medical Supplies on Board **When They Are Needed**

   in a **Readily Accessible Location**
Tonight’s Objectives

10. And Have the Necessary First Aid/Medical Supplies on Board When They Are Needed in a Readily Accessible Location
Three Alternatives For 1st Aid Kits

Purchase An Appropriate Level Kit (Expensive)

Purchase A Lower Level Kit and Supplement (Most Economical)

Make up Your Own (More Expensive)
Ships Medical Supplies

Three Types of First Aid/Medical Kits

1. **Minor Wound Kit/Supplies**
   - Kitchen Drawer Kit
   - Every Day Use
   - Replenish as Needed

2. **Excursion Kit**
   - Dinghy Exploration
   - Hiking
   - Ditch Bag

3. **Emergency Medical Kit**
   - Most Comprehensive
   - Open only in Emergency Situations
Ships Medical Supplies

Minor Wound Kit (Kitchen Drawer Kit)
- Fabric Band-Aids
- Small Gauze Pads
- Surgical Tape or Self Stick Wrap
- Antibiotic Ointment
- Sterile Wipes
- Insect Bite Ointment
- Hydrocortisone Cream
Ships Medical Supplies

Excursion/Hiking Kit (Get Back to Boat Kit)

Trauma Kit
- Trauma/Abdominal Pad 5” X 9” or 8” X 10”
- Large Gauze Pads
- QuikClot
- Self Adhesive Tape or Surgical Tape
- Seri Strips
- Triple Antibiotic Ointment

Sprain & Fracture Kit
- SAM Splint
- Duct Tape
- Ace or Elastic Self Adhering Compression Bandage
- Instant Ice Pack
Excursion/Hiking Kit

Medication & Wound Care
- Antiseptic Wipes
- Triple Antibiotic Ointment
- After Bite Wipe
- Antihistamine (Benadryl)
- Aspirin
- Ibuprofen
- Tweezers & Safety Pins

Minor Wound
- Fabric Adhesive Bandages (Band-Aid's)
- Small Gauze Dressings
- Gauze Roll
- Moleskin
Excursion/Hiking Kits
Excursion/Hiking Kits

**Adventure Medical Field Trauma Kit** ($37) + SAM splint & Cold Pack

**Adventure Medical Kit Ultralight/Watertight**

Model .9 - 1-4 People 1-4 Days ($36) + SAM splint & Cold Pack
Model .7 - 1-2 People 1-4 Days ($27) + Trauma Pad, SAM & Cold Pack

**Tactical Trauma Kit** (29.97) Cheaper Than Dirt
+ Trauma Pad, SAM & Cold Pack

If No Trauma Pad Supplement w/Combat Pad or Less Expensive Substitute
Ship’s First Aid Kit - > 6 Hours

Recommended Minimum Contents

• Less than 6 Hours Kits

• Additional Items for Six or More Hour Medical Kits
Ship’s First Aid Kit - > 6 Hours

Instruments & CPR

CPR One Way Face Shield, Laerdal
Pencil
Safety Pins
Scissors, Bandage with Blunt Tip
Splinter Picker/Tick Remover Forceps
Ship’s First Aid Kit - > 6 Hours

Bandage Materials

- Bandage, Adhesive, Fabric, 1" x 3"
- Bandage, Adhesive, Fabric, 2" x 4.5"
- Bandage, Adhesive, Fabric, Fingertip
- Bandage, Adhesive, Fabric, Knuckle
- Bandage, Conforming Gauze, 2"
- Bandage, Stockinette Tubular, 1" x 4"
- Dressing, Gauze, Sterile, 4" x 4", Pkg./2
- Dressing, Non-Adherent, Sterile, 3" x 4"
- Eye Pad, Sterile
Ship’s First Aid Kit - > 6 Hours

Bleeding

Gloves, Nitrile (Pair)
QuikClot Sponge
Trauma Pad, 5” x 9” or
  - Tampon
  - Kotex
  - Diaper
Ship’s First Aid Kit - > 6 Hours

Wound Care

After Cuts & Scrapes Antiseptic Wipe
Cotton Tip Applicator, Pkg./2
Povidone Iodine, 3/4 oz
Syringe, Irrigation, 20 cc, 18 Gauge Tip
Tape, 1" x 10 Yards
Tincture of Benzoin Topical Adhesive
Triple Antibiotic Ointment, Single Use
Wound Closure Strips, 1/4" x 4", Pkg./10
Ship’s First Aid Kit - > 6 Hours

Fracture/Sprain

Bandage, Elastic (Ace) with Velcro, 3"
Bandage, Triangular
Cold Pack
SAM® Splint, 4" x 36"
Ship’s First Aid Kit - > 6 Hours

Burn/Blister Care

- Moleskin, Pre-Cut & Shaped (11 pieces)
- Aloe Vera Gel with Lidocaine, 6 ml
- Burn-Away (Tea Tree & Aloe)
Ship’s First Aid Kit - > 6 Hours

Medications

- Acetaminophen (500 mg)
- After Bite Wipe
- Antihistamine (Diphenhydramine 25 mg)
- Aspirin (325 mg)
- Eye Wash, 2/3 oz, (20 ml)
- Ibuprofen (200 mg)
- Meclizine (HCl 25 mg) (Nausea)
Time to Medical Aid

Less than Six Hours - Basic First Aid Kits

Adventure Medical Kit - Marine 400 ($100)
Recommended w/Supplements

Fieldtex Products - Day Pak Medical Kit ($100)
Recommended w/Supplements

First Aid Only (AAA) - Emergency Preparedness Plus
First Aid Kit $25 (Add SAM Splint, Steri-Strips)
Basic First Aid Kits
Larger Medical Kits Contain:

- Additional Items Not Found In Smaller Kits
- Larger Quantities of Similar Items
Ship’s Medical Kit - 6 to 24 Hours

Additional Items:

**Instruments/CPR**

Airway, Oral, (Set of 6 sizes)
EMT Shears, 4"
Thermometer, Disposable
Tongue Depressor, Wooden
Scalpel with Handle, Sterile, Disposable, #11 Blade
Ship’s Medical Kit - 6 to 24 Hours

Bandage Materials

- Bandage, Elastic, Self Adhering, 2"
- Bandage, Waterproof Assorted.
- Dressing, Gauze, Sterile, 2" x 2"
- Dressing, Gauze, Sterile, 3" x 3"
- Dressing, Transparent, 2 3/8" x 2 3/4"
- Dressing, Transparent, 4" x 4 3/4"
Ship’s Medical Kit - 6 to 24 Hours

**Bleeding**

- Hand Wipes
- Trauma Pad, 8" x 10"
Ship’s Medical Kit - 6 to 24 Hours

Wound Care

- Stapler & Staple Remover (Amazon)
- Suture & Suture Removal Kit
- Alcohol Swab
- Super Glue/Dermabond
Ship’s Medical Kit - 6 to 24 Hours

Fracture/Sprain

Extra Instant Ice Packs
Extra SAM Splint
SAM® Splint, Finger
Ship’s Medical Kit - 6 to 24 Hours

Burn Care

GlacierGel (Large Oval)
GlacierGel (Small Rectangular)
Burnaway Plus (Tea Tree Oil & Aloe)
Ship’s Medical Kit - 6 to 24 Hours

Medications

After Sting
Chewable Baby Aspirin (4 for heart attack)
Cold Medicine, Medicidin-D, Pkg./2
Cortisone Cream 1%, 1/32 oz (.9 g)
Imodium (Loperamide HCl 2 mg), Pkg./1
Pepto-Bismal (Bismuth Subsalicylate), Pkg./2
Laxative, Metamucil Psyllium Fiber, 12.2 g
Nasal Decongestant Spray, 1/2 fl oz
Oral Rehydration Salts
Pepcid
What You Need For Medical Emergencies

Medical Supplies

Supplemental Items That May Not Be In Kits

- Permanent Marker – Sharpe
- Reflective Survival Blanket
- Field Surgical Kit
- Automatic External Defibrillator (AED)
- Oxygen Kit
- Irrigation Kit
- Dental Kit
- Albuterol Inhaler (Rx)
What You Need For Medical Emergencies

Medical Supplies

Supplementary Items That May Not Be In Kits

- Gel Ankle Splint
- Duct Tape
- QuikClot
- Tweezers
- EMT Shears
- Thermometer
- Safety Pins
- Pencil/Pen and Note Pad
- Flash Light (Forehead Mount)
Comprehensive Medical Kits
Ship’s Medical Kit - 6 to 24 Hours

6-24 Hours to Medical Aid – Comprehensive Medical Kit

**Adventure Medical Kit** - Marine 1000 ($250)
Recommended w/Supplements

**OceanMedix** - Dr. Blue’s Emergency Medical Kit ($330)

**Fieldtex Products** - Coastal Cruising Medical Sea Pak ($360)

**Cheaper Than Dirt** – Master First Aid Kit ($100)
Offshore
Greater Than 24 Hours from Medical Aid

Adventure Medical Marine 2000/3000 ($690/$498)
Fieldtex Products - Trans Ocean Pak ($775)
Fieldtex Products - Trans Ocean Medical Sea Pak ($485)
or
Emergency Medical Services/Tele-Medicine Service
Custom Medical Kit and Training (Very Expensive)
Ship’s Medical Kit - Offshore
Global Medical/Telemedicine Services

1. Pacific International Maritime Medical Services. (Portland, OR)
3. MedAire (Medical Advisory Systems, Tempe, AZ)
4. Universal Marine Medical Supply Company (Brooklyn, N.Y.)
You Don’t Need a First Aid Kit Until You Need It,
And Then You Really Need It!

1. Get an Appropriate Kit or Kits
2. Become Familiar with the Contents
3. Learn First Aid Skills
4. Gain Confidence In Your Ability
5. Keep It In An Accessible Place
Handouts & A Copy of Slides Are Available by Request At:

dondeta@q.com