



Category C Medical Stores

Category C Medical Stores, are required by MSN 1905 (M + F) on all coded vessels up to category 2. The numbering refers to the MSN

(Quantities recommended)

The medical stores now consist of a **basic pack** with recommended quantities that assume 10 persons on board. Each treatment requirement is mandatory, but the medicines, dosage strength and quantities are recommendations for best practice. Equivalents may be substituted or quantities varied on the advice of a medical practitioner or pharmacist, but it is the responsibility of the owner and operator to ensure that an equivalent level of treatment is assured.

Additional risk assessed medications and equipment may be carried if an assessment based on the machinery on board, the nature of the work carried out and the type or pattern of operation show the basic pack to be inadequate. Some or all can be selected. A copy of this risk assessment must be carried on board to provide evidence that the additional items are justified, together with the Ship Captain's Medical Guide (edition October 2019), a Controlled Drugs Register and details of the extra training received for their safe use and disposal. The purchase, use and disposal of the controlled drugs must be recorded under the Misuse of Drugs Regulations 2001. Additional locked storage facilities will be required.

Use and storage of medication on board

All medication should be stored securely in a marked container in a cool place, protected from light and damp and be under the supervision of a suitably trained person. If items are used from a sealed pack, they should be replaced, and the pack resealed. A new pack is not required. The location of first aid equipment should be listed in the training manual and covered in the safety brief. The quantities, expiry dates of medicines, bandages and dressings should be checked regularly against the list of contents and out of date items disposed of safely. All instruction leaflets should be kept and consulted before medications are used, and any foreign bought items should be marked with their generic name and instructions for use. Any first aid treatment, including the type and quantity of any medicines given, must be recorded in the logbook, or if a controlled drug, in the Controlled Drugs Register.

If unsure about the use of medications or other treatment, or if there are additional symptoms or medical conditions, seek telemedical medical advice.

Dosage shown is for an ADULT. Get medical advice if the patient is a child.

1. Cardiovascular

(b) Anti-angina preparations

Glyceryl Trinitrate 400mcg/dose 200 dose sublingual spray (1)

GTN causes dilation of the coronary arteries and is used to ease the pain of angina and suspected heart attack. Tablets, lozenges and patches are also found in the kits.

Dosage: Spray under the tongue, keeping the spray button down until the entire dose has been released. GTN should give relief within minutes. If the pain has not eased in 5 minutes give a second dose, and if there is still pain in a further 5 minutes send a Distress Alert and Mayday.

Possible side effects: headache, fast heart rate, nausea, flushed face, dizziness and feeling faint due to low blood pressure.

2. Gastro intestinal system

(d) Anti-diarrhoeal treatment

Loperamide 2mg capsules (Imodium) (30)

Used for the treatment of diarrhoea. The patient may also need treatment for dehydration.

Dosage: 4mg (2 capsules) initially and then 2mg after each loose stool. Maximum 16 mg in 24 hours

Possible side effects: headache, nausea and abdominal cramps.

3. Analgesics, Anti-Spasmodics

(a) Anti-pyrexia, analgesics, anti-inflammatories

Paracetamol 500mg tablets (50)

Used for mild to moderate pain and fever.

Dosage: 1-2 tablets every 4 hours, no more than 8 tablets in 24 hours.

Paracetamol is very dangerous in overdose. Avoid if the patient has liver disease.

AND Ibuprofen OR Naproxen

Ibuprofen 400mg tablets (50)

Used as an anti-inflammatory painkiller for mild to moderate pain from headache, joint and muscle pain.

Dosage: 400mg tablet taken every 8 hours.

Possible side effects: stomach pain, nausea, wheeziness and may exacerbate asthma.

Do not give if patient has indigestion or stomach/duodenal ulcer.

Naproxen 250mg tablet (28)

Used as an anti-inflammatory painkiller for mild to moderate pain, headache, joint and muscle pain

Dosage: 2 tablets, then 1 every 6-8 hours taken with or after food.

Possible side effect: Stomach pains, nausea, wheeziness and may exacerbate asthma.

Do not give if patient has indigestion or stomach/duodenal ulcer.

4. Nervous System

(c) Seasickness

Cinnarizine 15mg tablets (Stugeron)

(60)

Used for motion sickness, nausea, vomiting or vertigo.

Dosage: 1 tablet 8 hourly. 2 tablets, two hours before sailing, can be used as a preventative dose for sea sickness.

Possible side effect: drowsiness.

9. Medicines for external use

(a) Skin medicines

Antiseptic solution

(1)

250 ml solution of Chlorhexidine or wipes for cleaning the skin, equipment or hard surfaces.

Anti-inflammatory/analgesic ointment

NSAID gel, such as Ibuleve or Voltarol 30g

(as required)

Burn treatment

Antiseptic cream

(1)

Can be used on minor wounds, abrasions and minor burns (after cooling)

Medical Equipment

Resuscitation equipment.

Pocket mask (not just a face shield)

(1)

Dressings and suturing equipment

Adhesive elastic bandage

(1)

Disposable gloves S/M/L

(5 pairs of each)

Adhesive dressings (plasters)

(10)

Sterile bandages with unmediated dressings (wound dressings)

(M x2, L x2, XL x1)

Adhesive sutures (pack or 6)

(2)

Sterile gauge swabs (packet of 5)

(2)

Recommended additional items

Safety pins

(6)

Scissors, tough-cut

(1)

Triangular bandages

(4)

Sterile paraffin gauze dressings

(10)

Plastic burn bags

(1)

Also required

First Aid Manual

Latest edition

eg: RYA First Aid Book

or St John's, Red Cross, St Andrews First Aid Manual

First Aid Training

The skipper, or another member of the crew, must hold an MCA Elementary First Aid, Medical First Aid or Medical Care Aboard Ship Certificate, or **an RYA First Aid Certificate** or a Sea Fish Basic First Aid Certificate, provided use of the category C stores was covered. Refresher training must be undertaken as shown on the certificate, or at least every 5 years.

Telemedical Advice Service (TMAS) For Ships At Sea

To obtain radio medical advice or assistance in UK waters call HM Coastguard on VHF radio, prefixing the call Pan-Pan. The call will be directed to a working channel and basic information about the casualty, position, destination and ETA will be requested. The Coastguard will then transfer the call to a doctor at a radio medical advice centre. Following this advice evacuation by helicopter or lifeboat may be organised or the vessel met by a Coastguard Rescue Team and an ambulance on arrival in port. See MGN 623 (M + F)

Addition Risk Assessed items (recommended risk assessed quantity)

Some or all of these items may only be carried following a risk assessment to justify why they are needed. Extra training, locked storage facilities, a safe disposal system and additional publications are also required.

Before using any of these medications consult the Ships Captains Medical Guide or get radio medical advice. Their use must be recorded in the Controlled Drugs Register.

1. Cardiovascular

(f)Antiplatelet drugs

Aspirin 300mg tablets (RA 32)

Dosage: A single 300mg tablet can be used for chest pain, angina, or suspected heart attack or 300mg can be given daily for TIA (mini stroke) or CVA (stroke), or other thrombotic problems

Possible side effects: Indigestion, bleeding. Do not give if the patient has indigestion, a stomach ulcer or asthma.

3. Analgesics Anti-Spasmodic

(b)Strong analgesics

Morphine Sulphate 10mg/1ml injection (RA10)

A very strong opiate painkiller used for severe pain.

Dosage: 5-10mg 4-6 hourly by IM injection. An anti-emetic (anti-sickness) should also be given.

Possible side effects: Nausea, vomiting, drowsiness, constipation, and respiratory depression in overdose or if used inappropriately. Avoid if the patient has breathing problems or a head injury.

AND Naloxone (must be available if Morphine Sulphate is carried)

Naloxone 400mcg/1ml injection

(RA10)

Used for the reversal of opiate overdose

Dosage: 100–200mcg by IV or IM injection. Repeat 100mcg injection every 2 minutes depending on response. It has a short action so may need to be repeated to reverse longer acting opiates

Possible side effects: May cause low or high blood pressure, heart arrhythmias or collapse

OR

Tramadol 100mg/2ml injection

(RA10)

An opiate painkiller for moderate to severe pain

Dosage: 50-100mg IV or IM injection over 2-3 minutes, 4-6 hourly

Possible side effects: Nausea, vomiting, drowsiness, constipation or respiratory depression in overdose. Avoid if the patient has breathing problems, a head injury or epilepsy.

Methoxyflurane 3ml inhalator

(RA1)

An inhaled anaesthetic painkiller for moderate to severe pain. It is only available in certain countries.

Dosage: Self-administered 3-6ml as required under the supervision of trained personnel only. Avoid use on consecutive days, max 15ml per week.

Possible side effects: Cough, dizziness, drowsiness, headache. Avoid if the patient has cardiovascular or liver disease, impaired consciousness or respiratory depression.

6. Respiratory System

(a)Asthma

Salbutamol 100mcg/dose 200 dose inhaler

(RA1)

Anti-bronchospasm (wheeze) drug for asthma and other forms of wheezing.

Dosage: 200mcg (2 puffs) 6-8 hourly using a spacer if the attack is severe.

Possible side effects: Tremor, headache or increased pulse rate.

Spacer

(RA1)

Equipment

Tourniquet

(RA1)

Disposable syringes 2ml/5ml/10ml

(RA as required)