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**Anleitung zur Gesundheitspflege
Auf Kauffahrteischiffen**

08. "Man overboard", hypothermia

Chapter Attach. B No.

<p>Possible causes</p> <ul style="list-style-type: none"> * Sudden unconsciousness * Accident * Attempted suicide <p>Possible consequences:</p> <p>Drowning:</p> <ul style="list-style-type: none"> * Dry drowning: Due to glottis cramp, no water enters the lungs. The victim suffocates. * Damp drowning: The glottis cramp relaxes, water enters the lungs. <p>Secondary drowning: Due to damaged lungs as a result of absorbing water, (also due to inhaling yeast), additional body fluids enter the lungs. (hours after the rescue) and leads to the complete picture of drowning.</p> <p>Hypothermia:</p> <ul style="list-style-type: none"> * 1. degree: Muscles trembling (shivering with cold) consciousness, respiration, pulse is present. * 2. degree: Muscles stiff, consciousness blurred, breathing and pulse slowed down. * 3. degree: Muscles rigid, unconsciousness, respiration and pulse hardly detectable. 	<p>B.1.3.1.1.</p> <p>B.3.8.2.1.3.</p> <p>B.2.10</p> <p>B.2.5.1.</p>	
<p>Rescue: The main focus of consideration for the rescue process should Do not depend on the cooperation of the victim.</p> <p>Aim for horizontal rescue.</p> <p>Induce thermal insulation as quickly as possible.</p> <p>Caution!!! : During the rescue</p> <ul style="list-style-type: none"> *a rescue collapse or even a rescue death can occur, caused by changes in the distribution blood throughout the body and a simultaneous decrease in heart performance due to hypothermia. *almost always a so-called "afterdrop" occurs = significant loss of temperature during the rescue. 	<p>C.5.</p>	
<p>First Aid</p> <p>Be prepared for heart – lung resuscitation</p> <p>Prevent every active and passive movement of the patient as much as possible</p> <ul style="list-style-type: none"> 1. degree: Change clothing, lay flat, bed rest until shivering has stopped, hot high energy drinks, administer oxygen if required. 2. degree: Leave wet clothing for the time being, thermal insulation measures, hot drinks only in the case of conscious patients, oxygen, after shivering begins, treatment as with 1. degree. 3. degree: As with 2. degree, in the case of lack of pulse and respiration: Heart-lung resuscitation. 	<p>C.1.1.</p> <p>B.2.5.1.</p>	<p>23.02 – 23.08, 25.02</p> <p>23.02</p> <p>23.02</p>
<p>Further Treatment:</p> <p>Determine causes. Combination: Infarct – drowning – hypothermia?</p> <p>Complete observation of consciousness,</p> <p>Prohibited: to warm up, warm showers, alcohol, nicotine</p>	<p>B.2.5.1</p>	
<p>Further Measures:</p> <ul style="list-style-type: none"> * Frequent checking of respiration, consciousness, circulation (RCC-rule : <u>R</u>espiration, <u>C</u>onsciousness, <u>C</u>irculation) * Make medical appointment * Telemetry of ECG, respiration, oxygenation, temperature, blood pressure, possible trend curve * Hospital examination as soon as possible 		