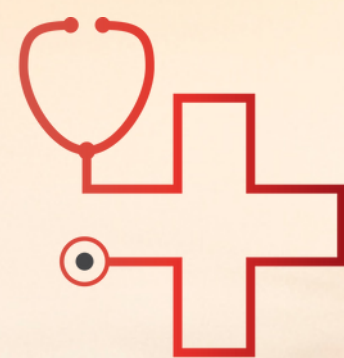




CHECKLIST FOR MEDICS GOING ON EXPEDITION SHIPS FOR SHORT CONTRACTS



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When you sign up to work on board a ship heading into remote areas a lot of detailed preparation is required.

If you fail to prepare, then prepare to fail!

We developed a checklist to help you prepare for your next adventure, please feel free to download & print to reference as needed.

TIME TO DEPARTURE	TASKS
2 months	• Ask the company to send you a copy of the medical kit inventory including all available drugs, diagnostics, stretchers and evac chairs, you will need to know what you have to work with. • You should also be supplied with participant pre-departure health questionnaire data. • Consider whether any adjustments need to be made, taking into account the likely scenarios and health needs of the group.
6 weeks	• Speak to your Medical Indemnity Provider and give them as much detail as possible about the proposed trip so they can supply you with an Indemnity quote. • If this is with your existing provider this will be ‘top up’ cover. If you aren’t able to obtain indemnity immediately then you may need to shop around.

1 month	• Find out who is providing Topside Medical Support (there are many different providers). If there isn't a standard induction package, then contact the provider directly to find out how their system works, how to access the service and what level of cover they can provide. Questions to ask: • When can I call? Is it for emergencies only or anytime for anything? • Are the calls recorded for quality assurance? • Will you send me an email containing the transcript from our call so that I can add it to the persons medical record? • Do you have a set of standing orders that I should be using for administrative and clinical guidance? • Do you have a copy of the ships inventory so that you know what we have available should I require assistance with diagnosing and treating someone? • Will you assist with the arrangements for a medical disembarkation and medical evacuations if we have an emergency onboard? • Will you be able to recommend shoreside facilities for various disorders such as cardiac, respiratory, dental, imaging etc
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1 month (continued)	• Review the companies Medevac Plan. What assets are available locally on the ship and what support is available from the office in the event of a medical emergency? Some scenarios will require disembarkation of the patient at the next port, whilst others may necessitate a boat or helicopter being dispatched directly to the ship to retrieve a patient. • Study the ships layout and casualty evacuation restrictions. Be aware of gangway restrictions, tight corners etc. Familiarise yourself with shipboard stretcher carrying techniques • Study the ships itinerary and make a list of all ports that the ship will visit, alongside a list of all ports that are close by when the ship is at sea. • Enquire which ports have ships agent support for consumable resupply. Check online to see if they have hospitals with an ER and make a note of the following: • Port name • Hospital/ clinic contact details • Departments and services available • Any restrictions with opening times
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3 weeks	• Speak to HR and Crewing to confirm all of your documentation (including travel insurance, VISAs, flights etc is sorted. • Have transfers been arranged to collect you from the airport and take you to the ship? • Do you have excess baggage arranged if you're bringing additional supplies? • Check local and transit restrictions on certain drugs. • Chat to the medic that you are relieving on the ship and find out how things have been going • Ask them to send you a copy of the Maritime Declaration of Health so that you can familiarise yourself with it. This is the document that will be used when the ship is going into port to apply for Free Pratique.
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3 weeks	Questions to ask: • How many patients do you see on average per day? • What is a typical day like? • Is it mainly crew or passengers that you see? • What are the main complaints that people present with? • How many times have you had to refer a person ashore because you couldn't manage them onboard? • Is there a Medical Operations Manual that describes the companies processes for managing the medical facility? • Is there an Outbreak Prevention and Response Plan detailing what should be done if there is a public health issue? • What training has been done with the Stretcher Party (first aiders)? • How often do you practice an emergency (drill)? • What satellite system does the ship subscribe to and have you had issues getting an internet connection? • What do you do if you are running low on supplies? • Who is responsible for ordering them and how long will it take to receive them?
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2 weeks	• Consider what reference material you will need to take with you. Electronic resources on a smartphone or tablet are the most space efficient but don't forget to cache information before you go so you can access without internet. Most of the functionality of the apps listed below are available offline once cached. Resources that we recommend: • <u>BMJ Best Practice app</u> – detailed clinical decision support tool. Requires subscription. Can be used offline. • <u>JRCALC app</u> – Trusted clinical guidelines used by UK paramedics • <u>BNF and BNFC</u> - for prescribing. • <u>Medscape app</u> – useful clinical reference tools and drug interaction checker. • <u>NB Medical</u> - A useful database for primary and urgent care problems, but no offline access and requires subscription. • <u>Oxford Handbook of Expedition and Wilderness Medicine 3rd Edition</u> – a classic quick reference guide. downloaded PDF or hard copy • <u>Mariners Medico Guide</u> – an app that gives you access to all free to use services as well as checklists and flow charts. Approved by the International Chamber of Shipping for use on board all ships and aligns with the STCW Medical Care guidelines. Can be used offline.
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1 week	• Pack your kit. Consider taking your own stethoscope, as the ones bundled with med kits are usually more ‘Fisher Price’ than ‘Littman’!
Day of joining	• Make sure that you meet the Captain and Chief Officer. • You will need to do a handover of the medical facility with the outgoing Doctor, including any specific patients with ongoing health needs. • Check and see if there is a formal handover form, if there isn’t then please click the link below to download a template for guidance. [MS Word] [PDF] • Find out where you have to go in the event of an emergency and make sure you understand the main broadcasts that require medical attendance. Typically medical are required to respond to the following: • Any medical emergency • Fire • Flood • Man Overboard • Enclosed space rescue • Collision (may result in mass casualty so check to see if the ship has a secondary medical position and what kit is in it)

Within the 1st week	• Make sure you have a full tour of the whole ship including all the technical spaces. These are the areas that will be particularly complex when extricating someone. • Arrange a training/ simulation session with the stretcher party so that you can gauge their level of training and rehearse packaging and transferring patients quickly and safely. • Make sure that you learn how to use any piece of kit that you are not familiar with. • Sit down with the Captain and Chief Officer and go through the Medevac plan again together to ensure you are all on the same page.
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QUESTIONS? COMMENTS?

Please get in touch to let us know what you think? Anything we've missed?

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