

Emergency Medicine For Cruisers

-or-

What do I do now?

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**What is the first thing
you should do?**

Scene Safety

**What is the second thing
you should do in a real
emergency?**

**911 or Mayday
(plus 5 blasts)**

Thinking like an EMT

- Panic later
- Protocols
- TLC
- Practice
- No tunnel-vision allowed

The rest of this talk...

- Being prepared
- Heart attacks
- Stroke
- Anaphylaxis
- Trauma
- Other emergencies

Being prepared

- Learn CPR
- Take a first aid class
- Medical history and medications list
- Build a practical first aid kit

Practical first aid kit

- Playmate beer cooler
- 3-4 pairs of gloves in a ziplock bag
- Several sanitary napkins or trauma pads
- Box of band-aids + rolls of tape
- 3 roller gauze bandages
- 10-12 sterile gauze pads

Practical first aid kit

- Turkey baster
- Bottle of chewable aspirin
- Bottle of liquid Benadryl
- Antibiotic wound ointment
- Scissors
- Tweezers

Practical first aid kit

- CPR pocket mask
- Chemical ice packs
- Chemical hand warmers
- First aid book

Waiting for help

- Administer first aid: A-B-C
- Portable VHF/mobile phone
- Clear a path, consider boarding options
- Position patient
- Gather medications, wallet, etc.
- Administer comfort

When help arrives

- Assist with boarding
- Give medical history/medications list
- Answer questions
 - Relevant medical condition
 - What led up to the incident
 - Medication history
- Let them work

Heart attacks

- What is the number one symptom?
- Other signs and symptoms
- Cardiac arrest vs heart attack
- What's the first thing to do?
- What's the second?
- How you can help: A-B-C
- AED's...

Stroke

- Early detection is critical
- You have 3 hours
- Signs and symptoms
- Change in mental status
- Note time of first observed symptoms
- Do not administer food or drink
- Give lots of TLC

Stroke

- S - Smile
- T - Talk/tongue out straight
- R - Raise both hands w/ palms up, hold for 15 secs with eyes closed
- O - OK if they can do all the above
- K
- E

Anaphylaxis

- Signs and symptoms
- What's the first thing to do?
- What's the second?
- How you can help: A-B-C
- Benadryl, EPI pens...

Anaphylaxis



Trauma

- What's the first thing to do?
- What's the second?
- How you can help: A-B-C
- Cervical immobilization
- Bleeding control
- Reduce swelling: R-I-C-E
- Treat for shock, keep patient warm

Other emergencies

- CO poisoning
- Hypothermia/heat stroke
- Respiratory emergencies
- Burns
- Electrocution
- Medical conditions (diabetes, digestive)
- Seizures

