An Roinn Iompair
Department of Transport

Marine Notice No. 60 of 2021

This Marine Notice supersedes
Marine Notice No. 36 of 1997 and Marine Notice No. 28 of 2001

Notice to all Shipowners, Fishing Vessel Owners, Agents, Shipmasters, Skippers, Fishermen and Seafarers

Minimum Safety and Health Requirements for Improved Medical Treatment on Board Vessels

1. Introduction:

The *European Union (Minimum Safety and Health Requirements for Improved Medical Treatment on Board Vessels) Regulations, 2021* (S.I. No. 591 of 2021) transposes into Irish law European Council Directive 92/29/EEC (as amended) concerning the minimum health and safety requirements for improved medical treatment on board vessels. These Regulations give effect to the Directive in full, included amendments to the Annexes set out in European Commission Directive (EU) 2019/1834, detailing requirements of medical supplies and equipment to be carried on board for each category of vessel.

In line with the requirements set out in the Annexes to the revised Directive, the medicine and required dosage under each category is outlined in this Marine Notice in order to assist vessel owners in complying with the Directive.

Owners and masters[1] of Irish vessels are required to comply with the requirements of the amended Directive from **20 November 2021**.

[1] Reference to a master in this notice also refers to a skipper.

2. Application:

The legislation applies to all vessels, including fishing vessels, (apart from the exemptions listed below) broken down into the following categories:

Category A: Seagoing or sea-fishing vessels, with no limitation on length of trips.

Category B: Seagoing or sea-fishing vessels making trips of:

- less than 150 nautical miles from the nearest port with adequate medical equipment; and,
- less than 175 nautical miles from the nearest port with adequate medical equipment and which remain continuously within range of the helicopter rescue services.

Category C:

- Harbour vessels, boats and craft staying within 30 nautical miles of the shore or with no cabin accommodation other than a wheelhouse; and,
- lifeboats and life-rafts.

The Regulations do not apply to warships, non-commercial pleasure craft, vessels operating on inland waterways and harbour tugs. If non-commercial pleasure craft require medical advice, they should follow the guidelines in Section 6 of this Marine Notice.

3. Medical Stores:

Taking into account the nature and duration of the voyage, ports of call, nature of the cargo, type of work to be carried out during the voyage, the number of crew on board, and the area of operation of the vessel, the owner must:

a) provide the vessel with the medical supplies and equipment specified in Annex II of the Directive. Details of medicines and medical equipment under each of the headings set out in Annex II and required quantities for each category of vessel are set out in **Appendix 1** of this notice;

b) provide a water-tight medicine chest containing the required medical supplies and equipment as set out in Annex II of the Directive for Category C vessels for each life-raft and/or lifeboat on the vessel. Details of medicines and medical equipment under

each of the headings set out in Annex II and required quantities for category C vessels are specified in **Appendix 1** of this notice;

c) provide relevant antidotes in line with Annex II of the Directive where the vessel carries a dangerous substance (as specified in **Appendix 2** of this notice) including all life-rafts and lifeboats. Details of antidotes under each heading set out in Annex II along with required quantities are specified in **Appendix 1** of this notice for each category of vessel; and,

d) take all measures necessary to ensure that the vessel, and all life-rafts and lifeboats on the vessel, carry the required medical supplies and medical equipment and, if required, relevant antidotes, at all times.

In relation to paragraph (c), a ferry-type vessel with a journey of less than 2 hours duration need only have antidotes for that category of vessel which are required to be administered in cases of extreme emergency and within a period of time that does not exceed the normal duration of a journey.

It is the responsibility of the master to ensure that the medical supplies are correctly stored on the vessel and maintained in good condition and are replenished/replaced where necessary. The master must also ensure that a checklist of the medical supplies is kept for the category of vessel, including for any life-raft or lifeboat, as set out in **Appendix 3** of this notice. Finally, the master must take all necessary measures to ensure that any medical supplies required for a medical emergency are obtained as soon as possible.

The sample Requisition Form at **Appendix 4** of this notice should be used when obtaining drugs from a pharmacist.

Drugs must be stored to ensure that they will meet the standards at the time of use. Where no specific storage temperature is given, drugs should be stored at room temperature between 15 - 25º centigrade. Some of the drugs should be kept under refrigeration, 2 - 5º centigrade, but care must be taken not to freeze them, otherwise they will lose their potency, or the ampoules will be broken.

4. Medical Guides:

It is the responsibility of the owner of a vessel to:

a) provide the vessel with the most recent edition of the guide to the use of medicines, medical equipment and antidotes as specified in **Appendix 5** of this notice for that category of vessel;

b) provide each life-raft or lifeboat with the most recent edition of the guide to the use of the medicines, medical equipment and antidotes that is specified for category C vessels in **Appendix 5** of this notice;

c) ensure the guides referred to at (a) and (b) above are in a language and format understood by the master; and,

d) take all necessary measures to ensure that the guide to the use of medicines, medical equipment and antidotes are carried on board each vessel, at all times.

The master of a vessel must ensure that the guide to the use of medicines, medical equipment and antidotes are:

a) maintained in good condition; and,

b) kept within reasonable proximity to the medical supplies on board the vessel.

A general guide on the use of medicines is contained in **Appendix 6** of this notice.

The master is permitted to delegate the use and maintenance of medical supplies to an appropriately trained competent crew member. Both the master and any designated crew member must ensure that they renew their medical training at least once every five years.

5. Sickbay and Medical Doctors:

The owner of a vessel of 500gt or more, with a crew of 15 or more, and engaged on a voyage of more than 3 days duration must provide the vessel with a sick bay.

The owner of a new fishing vessel of 500gt or more, with a crew of 15 or more, and engaged on a voyage of more than 3 days duration or a new fishing vessel of 45 metres or more in length regardless of number of crew or duration of voyage, must ensure that a separate sick bay is provided. For the purposes of this requirement a new fishing vessel is defined as a vessel for which:

(a) the building or a major conversion contract has been placed on or after 16 November 2017;

(b) the building or a major conversion contract has been placed before 16 November 2017 and which is delivered three years or more after that date; or,

(c) in the absence of a building contract, on or after 16 November 2017 –

(i) the keel is laid;
(ii) construction identifiable with a specific vessel begins; or,
(iii) assembly has commenced comprising at least fifty tonnes or one percent of the estimated mass of all structural material, whichever is less.

The owner of a vessel with 100 or more persons on board and engaged on an international voyage of more than 3 days duration must ensure the vessel is provided with a medical doctor.

The master of a new fishing vessel must, whenever necessary, make a cabin available for a fisherman who suffers from illness or injury.

6. Medical Advice by Radio:

MEDICO Cork is the designated Radio Medical Consultation Centre for Ireland. The unit is available to provide vessels at sea with free medical advice by radio on a 24-hour basis. The unit can be contacted through the Irish Coast Guard Radio Stations at Dublin, Valentia and Malin Head. See **Appendix 7** of this notice, which contains guidelines on consulting MEDICO Cork.

Note: Marine Notices are issued purely for maritime safety and navigation reasons and should not be construed as conferring rights or granting permissions.

Irish Maritime Administration,
Department of Transport,
Leeson Lane, Dublin 2, D02 TR60, Ireland.

05/11/2021 – Updated 30 September 2022

Encl:

Appendix 1 Medicines to be carried on Board Category A, B and C Vessels
Appendix 2 Dangerous Substances
Appendix 3 Checklists for the Inspection of Medical Supplies
Appendix 4 Sample requisition form for use when obtaining prescription drugs
Appendix 5 Medical Guide to be carried on board a vessel
Appendix 6 Use of Medicines
Appendix 7 Telemedical Support

For any technical assistance in relation to this Marine Notice, please contact:
The Marine Survey Office, email: MSO@transport.gov.ie
For general enquiries, please contact the Maritime Safety Policy Division, email:
MaritimeSafetyPolicyDivision@transport.gov.ie
Written enquiries concerning Marine Notices should be addressed to:
Dept. of Transport, Maritime Safety Policy Division, Leeson Lane, Dublin 2, D02 TR60, Ireland.
email: MarineNotices@transport.gov.ie or visit us at: www.gov.ie/transport

Appendix 1

Medicines to be carried on Board Category A, B and C Vessels

*Note: Quantities marked * are sufficient regardless of crew size*

Medical Treatment Requirements *(Ref: Annex II of Directive 92/29/EEC as amended by Directive 2019/1834)*	Medicine and Dosage	Quantity for 10 Workers, by Category of Vessel A	B	C
1. Cardiovascular				
1. (a) Cardiovascular Sympathomimetics	Adrenaline (Epinephrine) 1:1,000 Solution for Injection	10*	5*	-
1. (b) Anti-angina preparations	Glyceryl Trinitrate (GTN) 400 micrograms per metered dose, Sublingual Spray and Glyceryl Trinitrate (GTN) 5mg/24 hours Transdermal Patch	1 unit 2	1 unit 2	1 unit -
1. (c) Diuretics	Frusemide / Furosemide i) 40mg tablets ii) 10mg/1ml inj. (2ml ampoule)	 28* 2	 28* -	 - -
1. (d) Anti-haemorrhagics including Utertonics (Only if there are women on board)	i) Phytomenadione (Vitamin K1) 2mg/0.2ml ii) Syntometrine 500mcgs/5I %v/v (Ergometrine 500mcg, Oxytocin 5 iU)	1* 2*	1* 1*	- -

Medical Treatment Requirements *(Ref: Annex II of Directive 92/29/EEC as amended by Directive 2019/1834)*	Medicine and Dosage	Quantity for 10 Workers, by Category of Vessel		
		A	B	C
1. (e) Anti-hypertensive	Atenolol 50mg tablets	28	5	-
1. (f) Anti-platelet	Aspirin 300mg dispersible Tab	10	10	5
2. Gastro-intestinal system				
2. (a) Medicines for gastric and duodenal disorders 2. a(i) Medicine for treatment of stomach ulcer and gastritis a(ii) Antacid mucous dressings	i) Cimetidine 400 mg Tablet or Omeprazole 20mg or equivalent and ii) Proprietary antacid solution of choice	56 As required	28 As required	- -
2. (b) Anti-emetics	i) Prochlorperazine maleate 5mg buccal tablets (Stemetil) or equivalent ii) Prochlorperazine mesylate 12.5mg/ml Solution for Intramuscular Injection iii) Hyoscine hydrobromide 0.3mg tablets (Kwells) or Cinnarizine 15mg (Stugeron)	50* 10* 60	50* - 60	- - 60
2. (c) laxatives	Glycerol 4G Suppositories	12	-	-
2. (d) Anti-diarrhoeal	Loperamide 2mg capsules	30	30	30
2. (e) Haemorrhoid preparations	Proprietary preparation of choiceAl	1 box or tube	1 box or tube	-

Medical Treatment Requirements *(Ref: Annex II of Directive 92/29/EEC as amended by Directive 2019/1834)*	Medicine and Dosage	Quantity for 10 Workers, by Category of Vessel A	B	C
3. Analgesics and anti-spasmodics				
3. (a) Analgesics, anti-pyretics and anti-inflammatory preparations	i) Paracetamol 500mg tablets and ii) Ibuprofen 400mg tablets and iii) Diclofenac sodium 50mg or 100mg suppository	100 100 10	50 50 -	50 50 -
3. (b) Powerful analgesics	i) Codeine Phosphate 30mg tablets ii) Morphine Sulphate 10mg in 1ml injection (1ml ampoule) iii) Methoxyflurane 3ml Inh or Tramadol 50mg/ml in 1ml injection	28 10 2 10	28 10 2 10	- - - -
3. (c) Spasmolytics	Hyoscine butylbromide 10mg tablets.	56	56	-
4. Nervous system				
4. (a) Anxiolytics	i) Diazemuls injection 5mg per ml, (2ml ampoules) ii) Diazepam 5mg tablets	5* 28*	- 28*	- -
4. (b) Neuroleptics	i) Haloperidol 5mg/ml in 1ml and ii) Olanzapine 10mg tablets	10 30	- 30	- -

Medical Treatment Requirements *(Ref: Annex II of Directive 92/29/EEC as amended by Directive 2019/1834)*	Medicine and Dosage	Quantity for 10 Workers, by Category of Vessel A	B	C
4. (c) Seasickness remedies	Hyoscine hydrobromide 0.3mg tablets or Cinnarizine 15mg (Stugeron)	Use 2b(iii)	Use 2b(iii)	Use 2b(iii)
4. (d) Anti-epileptics	Diazepam rectal dispenser 10mg in 2.5ml	5	5	-
4. (e) Alcohol withdrawal	Thiamine 100mg tablets	100	100	-
5.Anti-allergies and anti-anaphylactics				
5. (a) Anti-histamines	Cetirizine 10mg tablets or equivalent antihistamine.	30*	30*	-
5. (b) glucocorticoids	i) Hydrocortisone 100mg injection powder for reconstitution in water ii) 10ml water for injection iii) Prednisolone 5mg tablets	3 20 28	1 20 28	- -
6. Respiratory system				
6. (a) Bronchospasm preparations	i) Salbutamol inhaler 100 micrograms per metered dose. 200 dose inhaler ii) Beclomethasone 100 micrograms per metered dose inhaler	5 5	1 1	- -
6. (b) Anti-tussives	Proprietary cough mixture or mucolytic (e.g. Carbocysteine)	As required	As required	-
6. (c) Medicines used for colds and sinusitis	Paracetamol 500mg tablets or Proprietary cold remedy containing Paracetamol	Use 3a(i) As required	Use 3a(i) As required	- -

Medical Treatment Requirements *(Ref: Annex II of Directive 92/29/EEC as amended by Directive 2019/1834)*	Medicine and Dosage	Quantity for 10 Workers, by Category of Vessel A	B	C
7. Anti-infection				
7. (a) Antibiotics	i) Benzylpenicillin – benzylpenicillin sodium 600mg Powder for Solution for Injection	10	2	-
	ii) 10ml water for injection.	Use 5b(ii)	Use 5b(ii)	
	iii) Ciprofloxacin (as hydrochloride) 500mg tablets.	20	10	-
	iv) Cefuroxime injection 750mg vial	10	-	-
	v) Erythromycin 250mg tablets.	28	28	-
	vi) Doxycycline 100mg capsules	28	-	-
	vii) Metronidazole 400mg tablets	21	14	-
7. (b) Anti-parasitics	Mebendazole 100mg tablets	6*	6*	-
7. (c) Anti-tetanus vaccines and Immunoglobulin (fridge storage)	Tetanus Vaccine (0.5ml ampoule) (Fridge storage) or Tetanus & Diphtheria Vaccine (Fridge storage)	5*	1*	-
7. (d) Anti-malaria medicines	(Carriage shall be dependent upon operational area) Doxycycline 100mg	As Per 7a(vi)	As Per 7a(vi)	-

Medical Treatment Requirements *(Ref: Annex II of Directive 92/29/EEC as amended by Directive 2019/1834)*	Medicine and Dosage	Quantity for 10 Workers, by Category of Vessel A	B	C
8. Compounds promoting rehydration, caloric intake and plasma expansion				
8. WHO Generic Formula	Sodium chloride & dextrose rehydration salts or Sachets of Oral Rehydration Salts or Formula A. *(*BP Oral powder in sachet to provide Na=35mmol,K=20mmol, Cl =37mmol, HCO^3=18mmol and glucose 200mmol when reconstituted in a litre of water) or Proprietary equivalent e.g. Dioralyte.	1 Box (16-20)	1 Box (16-20)	- -
9. Medicines for external use				
9. (a) Skin medicines				
9. a(i) Antiseptic solutions	100ml or 500ml solution or pre-impregnated wipes containing 0.015% w/v chlorhexidine and 0.15% w/v cetrimide or equivalent	1* bottle or 1 pack wipes	1* bottle or 1 pack wipes	1* bottle or 1 pack wipes
9. a(ii) Antibiotic ointments	Neomycin / Bacitracin cream 15g tube or equivalent	1	1	-
9. a(iii) Anti-inflammatory	Hydrocortisone 1% cream w/w 15g tube	2	2	-
9. a(iv) Analgesic ointments	Proprietary NSAID gel /ointment	2	1	As required
9. a(v) Anti-mycotic skin creams	Miconazole nitrate 2% topical cream 30g or equivalent Clotrimazole 500mg pessary or equivalent (if women onboard).	4 2	2 1	- -
9. a(vi) Burn preparations	Silver Sulphadiazine 1% cream 50g tube or equivalent and Proprietary burns gel e.g. Hydrogel	2 -	1 -	- 1

Medical Treatment Requirements *(Ref: Annex II of Directive 92/29/EEC as amended by Directive 2019/1834)*	Medicine and Dosage	Quantity for 10 Workers, by Category of Vessel		
		A	B	C
9. a(vii) Miscellaneous Skin Preparations	Permethrin 5% dermal cream and Zinc ointment, BP (containing zinc oxide 15%) 100g or equivalent	4* 1*	- -	- -
9 (b) Eye medicines				
9. b(i) Antibiotic and anti-inflammatory	Chloramphenicol 1% 4g tube or Fucithalmic 10mg/ml	4	1	-
9. b(ii) Anaesthetic drops	Amethocaine hydrochloride 0.5% 0.5ml	20	20	-
9. b(iii) Saline solution for eyewash	0.9% Saline Eyewash 500ml (Recommend 500ml eyewash stations are situated around areas at high risk for chemical splash injuries to eyes – e.g. Galley, Engineering and Engine Rooms)	2	1	-
9. b(iv) Hypotonic myotic drops	Pilocarpine nitrate 2% 0.5ml	20	20	-
9. b(v) Diagnostic drops	Fluorescein sodium 1% eye drops	20	20	-

Medical Treatment Requirements *(Ref: Annex II of Directive 92/29/EEC as amended by Directive 2019/1834)*	Medicine and Dosage	Quantity for 10 Workers, by Category of Vessel A	B	C
(c) Ear medicines				
9. c(i) Anaesthetic and anti-inflammatory solutions	Sofradex ear/eye drops or equivalent containing Framycetin Sulphate 0.5%w/v (5mg/ml),Gramicidin 0.005%w/v (0.05mg/ml), Dexamethasone sodium metasulphobenzoate 0.05%w/v (0.5mg/ml).	1*	1*	-
9. c(ii) Decongestant solution	Ephedrine nasal drops BP 0.5% ephedrine hydrochloride (10ml bottle)	1*	1*	-
9. (d) Medicines for oral and throat infections				
9. d (i) Antiseptic mouthwashes	Chlorhexidine gluconate 0.2% mouthwash 300 ml	1	1	-
9. d (ii)Topical Dental Analgesia	Oil of Cloves	1	1	
9. (e) Local anaesthetics				
9. e (i) Local anaesthetic for injection	Lidocaine 1% 10ml	10	5	-
9. e (ii) Local anaesthetic gel	Lignocaine 2% / chlorhexidine 0.25% lubricant gel	10	-	-

Medical Equipment to be carried on board Category A, B and C Vessels

Medical Equipment Requirements *(Ref. Annex II of EC Directive 92/29 as amended by Directive 2019/1834)*	Specification	Quantity by Category of Vessel		
		A	B	C
1. Resuscitation equipment				
Ambu bag (or equivalent); supplied with large, medium and small masks	Ambu bag (or equivalent); supplied with large, medium and small masks	1	1	-
Appliance for the administration of oxygen with pressure-reducing valve such that ship's industrial oxygen can be used, or oxygen container	*Oxygen giving set comprising of the following or equivalent*: i) Oxygen reservoir (minimum 2L/200 bar recommend additional 2L/200bar) ii) 1 flow meter unit giving a minimum setting of not less than 4ltrs per minute iii) 1 pressure regulating unit iv) 1 set of tubing v) 5 x 24% oxygen disposable face masks vi) 5 x high concentration oxygen disposable face masks with a reservoir. Each part constructed so that it can only be assembled in the correct manner	1	1	-
Mechanical aspirator to clear upper respiratory passages	Aspirator to clear airways (manual, hand operated) and Disposable catheter to fit Aspirator (yankauer)	1 2	1 2	- -

Medical Equipment Requirements *(Ref. Annex II of EC Directive 92/29 as amended by Directive 2019/1834)*	Specification	Quantity by Category of Vessel A	B	C
2. Dressing and suturing equipment				
Tourniquets	Tourniquet designed for massive haemorrhage control (e.g. CAT or SOF Tourniquet)	2	2	2
Disposable Skin Stapler Suture kit with needles:	i) Skin Staple Gun ii) Staple Removal Tool ii) Disposable Suture Pack containing: - 1 Scissors - 1 Needle Holder - 1 Toothed Forcep - 1 Non-toothed Forcep iii) Sterile non-absorbable, monofilament sutures swaged to a half circle needle with a cutting edge. 2 sizes recommended e.g. 16mm (5-0) & 26mm (3-0) iv) Sterile absorbable sutures swaged to a half circle needle 1 size e.g. 26mm (3-0)	1 1 2 6 (of each size) 3	1 1 2 6 (of each size) 3	- - - - -
Adhesive elastic bandage	Adhesive elastic bandage 7.5cm x 4m	4	1	1
Gauze strip	Crepe bandage 7.5cm x 4m	4	4	-
Tubular gauze for finger bandage	20m length with applicator (or equivalent)	1	1	-
Sterile gauze compresses	Packet containing 5 sterile gauze pads size 7.5cm x 7.5cm (or equivalent)	10	5	1
Sterile sheet for burns victims	Roll Cling Film (strong food standard acceptable)	1	1	-

Medical Equipment Requirements *(Ref. Annex II of EC Directive 92/29 as amended by Directive 2019/1834)*	Specification	Quantity by Category of Vessel		
		A	B	C
Triangular sling	Triangular sling	4	4	-
Disposable gloves	Latex free, vinyl or Nitrile type	1 box large	1 box large	1 box large
Adhesive dressings	Assorted sterile	40	40	20
Sterile compression bandages	i) medium, No.1 (12x10) cm ii) large, No.2 (20x15) cm iii) extra-large, No.3 (28x20) cm	5 5 4	3 3 2	2 2 1
Adhesive sutures or zinc oxide bandages	6mm x 75mm Adhesive Skin Closures *12mm x 100mm Adhesive Skin Closures*	6 6	6 6	6 6
Vaseline gauze	Vaseline gauze (small box)	1 box	1 box	
3. Instruments				
Disposable scalpels	"10 blade" or equivalent Scalpel	2	-	-
instrument box made of suitable material		1	1	-
Scissors	i) Stainless steel dressing scissors ii) Sharp pointed scissors	1 1	1 1	- -
Dissecting forceps	Toothed dissecting forceps	1	1	-
Haemostatic clamps	Curved Kelly Forceps	1	1	-
Disposable razors	Disposable razors	5	-	-
4. Examination and monitoring equipment				
Disposable tongue depressors		10	10	-
Reactive strips for urine analysis	Multistix Reagent strips	1 box	-	-
Temperature charts		1 pad	1pad	-

Medical Equipment Requirements *(Ref. Annex II of EC Directive 92/29 as amended by Directive 2019/1834)*	Specification	Quantity by Category of Vessel A	B	C
Medical evacuation sheets		1 pad	-	-
Stethoscope		1	1	-
sphygmomanometer		1	1	-
Medical thermometer		3	1	-
Hypothermic thermometer		1	1	-
Quick malaria test, carriage shall be dependent upon operational area				
5. Equipment for injection, perfusion, puncture and catheterisation				
Bladder drainage equipment (suitable for men and women)	Bladder drainage set: - Urinary Catheter (size 12 CH/F and Size 16 CH/F) - Catheterisation / Dressing Pack (drape, dressing tray, swabs) - Urine collection bag (leg bag) - Urinary catheter spigots	2 of each 2 2 2	2 of each 2 2 2	- - - -
Intravenous infusion set for rectal hydration and wound irrigation	Intravenous giving set: - NaCl 0.9% 500ml - IV Infusion Set - Urinary catheter (as above)	5 5 As above	5 5 As Above	-
Disposable syringes	2ml (or 3ml) 5ml 10ml 20ml	10 10 10 10	5 5 5 5	-

Medical Equipment Requirements *(Ref. Annex II of EC Directive 92/29 as amended by Directive 2019/1834)*	Specification	Quantity by Category of Vessel		
		A	B	C
Disposable needles (continued)	(21G) 0.8mm (23G) 0.5mm	15 15	10 10	- -
6. General medical equipment				
Personal protective medical and nursing equipment				
Bedpan	(stainless steel or sterilisable plastic)	1	-	-
Hot water bottle	With fabric cover	1	-	-
Urine bottle		1	-	-
Icebag (ice pack)		1	-	-
7. Immobilization and setting equipment				
Set of splints of different sizes for the extremities:				
Malleable finger splint		1	1	-
Malleable forearm and hand splint		1	1	-
Splints – simple, vacuum (inflatable only if others unavailable)	Set of four (half leg, full leg, half arm and full arm)	1	1	-
Thigh splint - (Traction)	e.g. Thomas splint, Donway , CT or KED	1	1	-
Collar for neck immobilisation	Adult size pack of 3, small, medium and large or adjustable collar	1	1	-
8. Disinfection, disinsectisation and prophylaxis				
Water – disinfection compound	In liquid form - litre	5	-	-
Liquid insecticide	In liquid form – litre	5	-	-
Powder insecticide	In powder form – 500g	5	-	-

Recommended Additional Medical Equipment to be carried on Board

Category A, B and C Vessels

Recommended Additional Medical Equipment	Quantity by Category of Vessel		
	A	B	C
Face masks disposable	6	6	-
Plastic measuring jug 1/2 litre size	1	1	-
Disposable paper towels	100	100	-
Latex free sterile surgical disposable gloves (large)	5prs	5prs	-
Waterproof plastic sheeting, size 1m x 2m	2	1	-
Lotion bowl (size at least 200mm x 90mm, stainless steel or sterilisable plastic, to be marked "medical")	1	-	-
Kidney dish (size 250mm stainless steel or sterilisable plastic)	1	-	-
Safety pins, rustless medium	6	6	6
Magnifying glass 7.5cm diameter with handle	1	1	-
Nail brush	1	1	-
Stretcher equipment (A system for trauma management, i.e. immobilisation and stretcher equipment most suited for treatment on the vessel concerned)	1	1	-
Body bag – large size	1	1	-
Vessels in malarial areas only – microscope slides in individual transit containers	5	5	-
Emergency Dental Kit 1) Excavator double ended Guys' pattern G2 2) Filling paste inserter (for inserting filling paste into the tooth) 3) Dental mirror size 4 on handle 4) Cavit (temporary dental filling) tube	1 Set of all items	-	-
Scissors stainless steel or disposable	1 pair	1 pair	-
Triangular bandages about 90cm x 127cm	4	4	-
Sterile paraffin gauze dressings or equivalent	10	10	-
Plastic burn bags	1	1	-

Cling Film	1	1	
Kit for protection against blood transmitted diseases (to be carried in all vessels trading in malarial areas where medical facilities are limited and emergency shore based treatment is necessary) *(To be kept in heavy gauge polythene bag, and labelled "to be used only for the treatment of…." Insert the name of the seafarer going ashore for emergency treatment).* Each kit to contain the following : (1) 10 x 2 ml syringes (2) 10 x 10 ml syringes (3) 20 x 21G 0.8mm needles (4) 1 blood giving set (5) 1 blood taking set (6) pack of pre injection site swabs (7) Disposable latex free gloves 2 pairs (large size)	1	-	-

Vessels Carrying Dangerous Substances

Antidotes to be carried on Board Category A, B and C Vessels

Antidote Requirements	Antidotes and Dosage	Hazardous Goods Transported	Quantity by Category of Vessel A	B	C
1. Medicines					
General	Ascorbic acid (Vitamine C) tablets X 1g	Mercury	12	12	2
Cardio-vascular	i) Atropine sulphate 0.6 mg injection	Carbamate-based organic phosphorous pesticides, Nicotine and its compounds	10	5	1
	ii) Methylene blue 1% 10ml ampule or prefilled injection or 5mg/ml equivalent	Nitrates, Nitrides, Amonio Compounds, Aromatic Nitrates	5	2	1
Gastro-intestinal system	i) Activated charcoal X 5g	Drug & Law enforcement/Customs vessels. High risk of Deliberate Self Poisoning of Pharmaceuticals	2	2	1
	ii) Ethyl Alcohol 10% in 10ml	Methyl Alcohol (Methanol), Antifreeze (Ethylene glycol)	10	10	
	iii) Polyethylene Glycol	Phenols, Nitrophenols, Picrates. Drug & Law enforcement/Customs vessels	8	4	
Nervous system	i) Calcium Chloride 10ml	Oxalates, Fluorine and Fluorides	6	6	1
Respiratory system	i) Hydroxocobalamin 5G (200ml)	Cyanide	10	2	-
Anti-infective	As Per Infective Agent	As Per Infective Agent			

For external use	i) Calcium lactate gluconate gel 2% or Calcium gluconate 10ml Amps + lubricating Jelly 100G	Oxylates, Fluorine and Fluorides	5	5	10
2. Medical equipment					
Necessary for the administration of oxygen (including maintenance requisites)	A minimum of 44L/200 bar oxygen of which there should be at least: One complete portable set with 2L/200 bar oxygen ready for use with a spare cylinder of 2L/200 bar and One oxygen cylinder of 40 L/200 bar with one flowmeter unit (two ports) for supplying oxygen for two persons at the same time. If more than one non-portable oxygen cylinder is used, there must be two flowmeter units for supplying of oxygen to two persons at the same time		Yes	Yes	

See the International Maritime Dangerous Goods Code (Supplement)

Appendix 2

Dangerous Substances

The substances listed below are to be taken into account in whatever form they are carried on board, including the form of waste or cargo residues,-

- explosive substances and objects,
- gases: compressed, liquified or dissolved under pressure,
- inflammable liquids,
- inflammable solids,
- substances liable to spontaneous combustion,
- substances which, on contact with water, give off inflammable gases,
- combustible substances,
- organic peroxides,
- toxic substances,
- infectious substances,
- radioactive substances,
- corrosive substances,
- various dangerous substances, i.e. any other substances which experience has shown, or may show, to be dangerous, so that antidotes need to be applied.

Appendix 3

Checklists for the Inspection of Medical Supplies

Medicines to be carried on Board Category A Vessels

Quantities marked * are sufficient regardless of crew size

	Medicine and dosage	Required Quantity	Actual Quantities on Board	Comment
1	**Cardiovascular**			
1(a)	**Cardiovascular Sympathomimetics** Adrenaline (Epinephrine) 1:1,000 Solution for Injection	10*		
1(b)	**Anti-Angina preparations** Glyceryl Trinitrate (GTN) 400 micrograms per metered dose, Sublingual Spray and Glyceryl Trinitrate (GTN) 5mg/24 hours Transdermal Patch	1 Unit 2		
1(c)	**Diuretics** Frusemide / Furosemide i) 40mg tablets ii) 10mg/1ml inj. (2ml ampoule)	28* 2		
1(d)	**Anti-haemorragics including uterotonics (only if there are women on board)** i) Phytomenadione (Vitamin K1) 2mg/0.2ml ii) Syntometrine 500mcgs/5l %v/v (Ergometrine 500mcg, Oxytocin 5 iU)	1* 2*		
1(e)	**Anti-hypertensive** Atenolol 50mg tablets	28		
1(f)	**Anti-platelet** Aspirin 300mg dispersible tablets	10		
2	**Gastro-Intestinal System**			
2(a) **2a (i)** **2a(ii)**	**Medicines for gastric and duodenal disorders** **Medicines for treatment of stomach ulcer and gastritis** Antacid mucous dressings i) Cimetidine 400 mg Tablet or Omeprazole 20mg or equivalent and ii) Proprietary antacid solution of choice	56 As required		

2(b)	**Anti-emitics** i) Prochlorperazine maleate 5mg buccal tablets (Stemetil) or equivalent ii) Prochlorperazine mesylate 12.5mg/ml Solution for Intramuscular Injection iii) Hyoscine hydrobromide 0.3mg tablets (Kwells) or Cinnarizine 15mg (Stugeron)	50* 10* 60		
2(c)	**Laxatives** Glycerol 4G Suppositories	12		
2(d)	**Anti-diarrhoeal** Loperamide 2mg capsules	30		
2(e)	**Haemorrhoid preparations** Proprietary of choice	1 box or tube		
3	**Analgesics and anti- spasmodics**			
3(a)	**Analgesics, anti-pyretics and anti-inflammatory preparations** i) Paracetamol 500mg tablets and ii) Ibuprofen 400mg tablets and iii) Diclofenac sodium 50mg or 100mg suppository	100 100 10		
3(b)	**Powerful analgesics** i) Codeine Phosphate 30mg tablets ii) Morphine Sulphate 10mg in 1ml injection (1ml ampoule) iii) Methoxyflurane 3ml Inh or Tramadol 50mg/ml in 1ml injection	28 10 2 10		
3(c)	**Spasmolytics** Hyoscine butylbromide 10mg tablets.	56		
4	**Nervous system**			
4(a)	**Anxiolytics** Diazemuls injection 5mg per ml, (2ml ampoules) Diazepam 5mg tablets	5* 28*		
4(b)	**Neuroleptics** i) Haloperidol 5mg/ml in 1ml and ii) Olanzapine 10mg tablets	10 30		
4(c)	**Seasickness remedies** Hyoscine hydrobromide 0.3mg tablets or Cinnarizine 15mg (Stugeron)	Use 2 (b) (iii)		
4(d)	**Anti-epileptics** Diazepam rectal dispenser 10mg in 2.5ml	5		

5	**Anti-allergies and anti-anaphylactics**			
5(a)	**Anti-histamines** Cetirizine 10mg tablets or equivalent antihistamine.	30*		
5(b)	**glucocorticoids** i) Hydrocortisone 100mg injection powder for reconstitution in water ii) 10ml water for injection iii) Prednisolone 5mg tablets	3 20 28		
6	**Respiratory System**			
6(a)	**Bronchospasm preparations** i) Salbutamol inhaler 100 micrograms per metered dose. 200 dose inhaler ii) Beclomethasone 100 micrograms per metered dose inhaler	5 5		
6(b)	**Anti-tussives** Proprietary cough mixture or mucolytic (e.g. Carbocysteine)	As required		
6(c)	**Medicines used for colds and sinusitis** Paracetamol 500mg tablets or Proprietary cold remedy containing Paracetamol	Use 3(a)(i) as required		
7	**Anti-infection**			
7(a)	**Antibiotics** (i) Benzylpenicillin – benzylpenicillin sodium 600mg Powder for Solution for Injection ii) 10ml water for injection. (iii) Ciprofloxacin (as hydrochloride) 500mg tablets. (iv)Cefuroxime injection 750mg vial (v) Erythromycin 250mg tablets. (vi) Doxycycline 100mg capsules. (vii) Metronidazole 400mg tablets.	10 Use 5(b)(ii) 20 10 28 28 21		
7(b)	**Anti-parasitics** Mebendazole 100mg tablets	6*		
7(c)	**Anti-tetanus vaccines and Immunoglobulin (fridge Storage)** Tetanus Vaccine (0.5ml ampoule) (Fridge storage) or Tetanus & Diphtheria Vaccine (Fridge storage)	5*		

7(d)	**Anti-malaria medicines** Doxycycline 100mg (Carriage shall be dependent upon operational area)	As per 7(a)(vi)		
8	**Compounds promoting rehydration, caloric intake and plasma expansion** Sodium chloride & dextrose rehydration salts or Sachets of Oral Rehydration Salts or Formula A. (BP Oral powder in sachet to provide Na=35mmol, K=20mmol, Cl =37mmol, HCO^3=18mmol and glucose 200mmol when reconstituted in a litre of water) or Proprietary equivalent e.g. Dioralyte.	1 box (16-20)		
9	**Medicines for external use**			
9(a)	**Skin Medicines**			
9(a)(i)	**Antiseptic Solutions** 100ml or 500ml solution or pre-impregnated wipes containing 0.015% w/v chlorhexidine and 0.15% w/v cetrimide or equivalent	1* bottle or 1 pack wipes		
9(a)(ii)	**Antibiotic ointments** Neomycin / Bacitracin cream 15g tube or equivalent	1		
9(a)(iii)	**Anti-inflammatory** Hydrocortisone 1% cream w/w 15g tube	2		
9(a)(iv)	**Analgesic ointments** Proprietary NSAID gel /ointment	2		
9(a)(v)	**Anti-mycotic skin creams** Miconazole nitrate 2% topical cream 30g or equivalent Clotrimazole 500mg pessary or equivalent (if women onboard).	4 2		
9(a)(vi)	**Burn preparations** Silver Sulphadiazine 1% cream 50g tube or equivalent	2		
9(b)	**Eye medicines**			
9(b)(i)	**Antibiotic and Anti-inflammatory** Chloramphenicol 1% 4g tube or Fucithalmic 10mg/ml	4		
9(b)(ii)	**Anaesthetic drops** Amethocaine hydrochloride 0.5% 0.5ml	20		
9(b)(iii)	**Saline solution for eyewash** 0.9% Saline Eyewash 500ml	2		
9(b)(iv)	**Hypotonic myotic drops** Pilocarpine nitrate 2% 0.5ml	20		

9(c)	**Ear medicines**			
9(c)(i)	**Anaesthetic and Anti-inflammatory solutions** Sofradex ear/eye drops or equivalent containing Framycetin Sulphate 0.5%w/v (5mg/ml),Gramicidin 0.005%w/v (0.05mg/ml), Dexamethasone sodium metasulphobenzoate 0.05%w/v (0.5mg/ml).	1*		
9d	**Medicines for oral and throat infections**			
9(d)(i)	**Antiseptic mouthwashes** Chlorhexidine gluconate 0.2% mouthwash 300 ml	1		
9e	**Local anaesthetics**			
9(e)(i)	**Local anaesthetic for injection** Lidocaine 1% 10ml	10		
9(e)(ii)	**Local anaesthetic gel** Lignocaine 2% / chlorhexidine 0.25% lubricant gel	10		
	Covid 19 Antigen tests			

MEDICAL EQUIPMENT TO BE CARRIED ON BOARD
CATEGORY A VESSELS

	Medical Equipment Requirements	Quantity	Actual Equipment on Board	Comment
1	**Resuscitation Equipment**			
	Ambu bag (or equivalent); supplied with large, medium and small masks	1		
	Appliance for the administration of oxygen with pressure-reducing valve such that ship's industrial oxygen can be used, or oxygen container *Oxygen giving set comprising of the following or equivalent*: i) Oxygen reservoir (minimum 2L/200 bar recommend additional 2L/200bar)) ii) 1 flow meter unit giving a minimum setting of not less than 4ltrs per minute iii) 1 pressure regulating unit iv) 1 set of tubing v) 5 x 24% oxygen disposable face masks vi) 5 x high concentration oxygen disposable face masks with a reservoir. Each part constructed so that it can only be assembled in the correct manner	1		
	Mechanical aspirator to clear upper respiratory passages Aspirator to clear airways (manual, hand operated) and Disposable catheter to fit Aspirator (yankauer)	 1 2		

2	**Dressing and suturing equipment**			
	Tourniquets Tourniquet designed for massive haemorrhage control (e.g. CAT or SOF Tourniquet)	2		
	Disposable Skin Stapler **Suture kit with needles:** i) Skin Staple Gun ii) Staple Removal Tool iii) Disposable Suture Pack containing: - 1 Scissors - 1 Needle Holder - 1 Toothed Forcep - 1 Non-toothed Forcep iv) Sterile non-absorbable, monofilament sutures swaged to a half circle needle with a cutting edge. 2 sizes recommended e.g. 16mm (5-0) & 26mm (3-0) v) Sterile absorbable sutures swaged to a half circle needle 1 size e.g. 26mm (3-0)	1 1 2 6 of each size 3		
	Adhesive elastic bandage Adhesive elastic bandage 7.5cm x 4m	4		
	Gauze Strip Crepe bandage 7.5cm x 4m	4		
	Tubular gauze for finger bandage 20m length with applicator (or equivalent)	1		
	Sterile gauze compresses Packet containing 5 sterile gauze pads size 7.5cm x 7.5cm (or equivalent)	10		
	Sterile sheet for burns victims Roll Cling Film (strong food standard acceptable)	1		
	Triangular sling	4		
	Disposable gloves Latex free, vinyl or Nitrile type	1 box large		
	Adhesive dressings Assorted sterile	40		
	Sterile compression bandages i) medium, No.1 (12x10) cm ii) large, No.2 (20x15) cm iii) extra-large, No.3 (28x20) cm	5 5 4		
	Adhesive sutures or zinc oxide bandages 6mm x 75mm Adhesive Skin Closures 12mm x 100mm Adhesive Skin Closures	6 6		
	Vaseline gauze Vaseline gauze (small box)	1 box		
3	**Instruments**			
	Disposable scalpels “10 blade” or equivalent Scalpel	2		

	instrument box made of suitable material	1		
	Scissors i) Stainless steel dressing scissors ii) Sharp pointed scissors	 1 1		
	Dissecting forceps Toothed dissecting forceps	 1		
	Haemostatic clamps Curved Kelly Forceps	 1		
	Disposable razors Disposable razors	 5		
4	**Examination and monitoring equipment**			
	Disposable tongue depressors	10		
	Reactive strips for urine analysis Multistix Reagent strips	 1box		
	Temperature charts	1 pad		
	Medical evacuation sheets	1 pad		
	Stethoscope	1		
	Sphygmomanometer	1		
	Medical thermometer	3		
	Hypothermic thermometer	1		
	Quick malaria test Carriage shall be dependent upon operational area			
5	**Equipment for injection, perfusion, puncture and catheterisation**			
	Bladder drainage equipment (suitable for men and women) **Bladder drainage set:** - Urinary Catheter (size 12 CH/F and Size 16 CH/F) - Catheterisation / Dressing Pack (drape, dressing tray, swabs) - Urine collection bag (leg bag) - Urinary catheter spigots	 2 of each 2 2 2		
	Intravenous infusion set for rectal hydration and wound irrigation Intravenous giving set: - NaCl 0.9% 500ml - IV Infusion Set Urinary catheter (as above)	 5 5 As above		
	Disposable syringes 2ml (or 3ml) 5ml 10ml 20ml	 10 10 10 10		

	Disposable needles (continued) (21G) 0.8mm (23G) 0.5mm	 15 15		
6	**General medical equipment**			
	Personal protective medical and nursing equipment			
	Bedpan (stainless steel or sterilisable plastic)	1		
	Hot water bottle with fabric cover	1		
	Urine bottle	1		
	Icebag (ice pack)	1		
7	**Immobilization and setting equipment**			
	Set of splints of different sizes for the extremities:			
	Malleable finger splint	1		
	Malleable forearm and hand splint	1		
	Splints – simple, vacuum (inflatable only if others unavailable) Set of four (half leg, full leg, half arm and full arm)	1		
	Thigh splint - (Traction) e.g. Thomas splint, Donway , CT or KED	1		
	Collar for neck immobilisation Adult size pack of 3, small, medium and large or adjustable collar	1		
8	**Disinfection, disinsectisation and prophylaxis**			
	Water – disinfection compound In liquid form - litre	5		
	Liquid insecticide In liquid form - litre	5		
	Powder insecticide In powder form -500g	5		

RECOMMENDED ADDITIONAL MEDICAL EQUIPMENT TO BE CARRIED ON BOARD CATEGORY A VESSELS

Recommended Additional Medical Equipment	Quantity	Actual Quantities on Board	Comment
Face masks disposable	6		
Plastic measuring jug1/2 litre size	1		
Disposable paper towels	100		
Latex free sterile surgical disposable gloves (large)	5 pairs		
Waterproof plastic sheeting, size 1m x 2m	2		
Lotion bowl (size at least 200mm x 90mm, stainless steel or sterilisable plastic, to be marked "medical")	1		
Kidney dish (size 250mm stainless steel or sterilisable plastic)	1		
Safety pins, rustless medium	6		

Magnifying glass 7.5cm diameter with handle	1		
Nail brush	1		
Stretcher equipment (A system for trauma management, i.e. immobilisation and stretcher equipment most suited for treatment on the vessel concerned)	1		
Body bag – large size	1		
Vessels in malarial areas only – microscope slides in individual transit containers	5		
Emergency Dental Kit 1) Excavator double ended Guys' pattern G2 2) Filling paste inserter (for inserting filling paste into the tooth) 3) Dental mirror size 4 on handle 4) Cavit (temporary dental filling) tube	1 Set of all items		
Scissors stainless steel or disposable	1 pair		
Triangular bandages about 90cm x 127cm	4		
Sterile paraffin gauze dressings or equivalent	10		
Plastic burn bags	1		
Cling Film	1		
Kit for protection against blood transmitted diseases (to be carried in all vessels trading in malarial areas where medical facilities are limited and emergency shore based treatment is necessary) *(To be kept in heavy gauge polythene bag, and labelled "to be used only for the treatment of…." Insert the name of the seafarer going ashore for emergency treatment).* Each kit to contain the following : (1) 10 x 2 ml syringes (2) 10 x 10 ml syringes (3) 20 x 21G 0.8mm needles (4) 1 blood giving set (5) 1 blood taking set (6) pack of pre injection site swabs (7) Disposable latex free gloves 2 pairs (large size)	1		

VESSELS CARRYING DANGEROUS SUBSTANCES

ANTIDOTES TO BE CARRIED ON BOARD CATEGORY A VESSELS

Antidote Requirements	Hazardous Goods Transported	Quantity	Actual Quantities on Board	Comment
1. Medicines				
General Ascorbic acid (Vitamine C) tablets X 1g	Mercury	12		

Cardio-vascular i) Atropine sulphate 0.6 mg injection ii) Methylene blue 1% 10ml ampule or prefilled injection or 5mg/ml equivalent	Carbamate-based organic phosphorous pesticides, Nicotine and its compounds Nitrates, Nitrides, Amonio Compounds, Aromatic Nitrates	10 5		
Gastro-intestinal system i) Activated charcoal X 5g ii) Ethyl Alcohol 10% in 10ml iii) Polyethylene Glycol	Drug & Law enforcement/Customs vessels. High risk of Deliberate Self Poisoning of Pharmaceuticals Methyl Alcohol (Methanol), Antifreeze (Ethylene glycol) Phenols, Nitrophenols, Picrates. Drug & Law enforcement/Customs vessels	2 10 8		
Nervous system i) Calcium Chloride 10ml	Oxalates, Fluorine and Fluorides	6		
Respiratory system i) Hydroxocobalamin 5G (200ml)	Cyanide	10		
Anti-infective As Per Infective Agent	As Per Infective Agent			
For external use i) Calcium lactate gluconate gel 2% or Calcium gluconate 10ml Amps + lubricating Jelly 100G	Oxylates, Fluorine and Fluorides	5		
2. Medical Equipment				
Necessary for the administration of oxygen (including maintenance requisites)	A minimum of 44L/200 bar oxygen of which there should be at least: One complete portable set with 2L/200 bar oxygen ready for use with a spare cylinder of 2L/200 bar and One oxygen cylinder of 40 L/200 bar with one flowmeter unit (two ports) for supplying oxygen for two persons at the same time. If more than one non-portable oxygen cylinder is used, there must be two flowmeter units for supplying of oxygen to two persons at the same time			

Checklists for the Inspection of Medical Supplies
Medicines to be carried on Board Category B Vessels

Quantities marked * are sufficient regardless of crew size

	Medicine and Dosage	Required Quantity	Actual Quantities on Board	Comment
1	**Cardiovascular**			
1(a)	**Cardiovascular Sympathomimetics** Adrenaline (Epinephrine) 1:1,000 Solution for Injection	5*		
1(b)	**Anti-Angina preparations** Glyceryl Trinitrate (GTN) 400 micrograms per metered dose, Sublingual Spray and Glyceryl Trinitrate (GTN) 5mg/24 hours Transdermal Patch	1 Unit 2		
1(c)	**Diuretics** Frusemide / Furosemide i) 40mg tablets	28*		
1(d)	**Anti-haemorragics including uterotonics (only if there are women on board)** i) Phytomenadione (Vitamin K1) 2mg/0.2ml ii) Syntometrine 500mcgs/5l %v/v (Ergometrine 500mcg, Oxytocin 5 iU)	1* 1*		
1(e)	**Anti-hypertensive** Atenolol 50mg tablets	28		
1(f)	**Anti-platelet** Aspirin 300mg dispersible tables	10		
2	**Gastro-Intestinal System**			
2(a) **2a (i)** **2a(ii)**	**Medicines for gastric and duodenal disorders** **Treatment of stomach ulcer and gastritis** Antacid mucous dressings i) Cimetidine 400 mg Tablet or Omeprazole 20mg or equivalent and ii) Proprietary antacid solution of choice	28 As required		
2(b)	**Anti-emitics** i) Prochlorperazine maleate 5mg buccal tablets (Stemetil) or equivalent iii) Hyoscine hydrobromide 0.3mg tablets (Kwells) or Cinnarizine 15mg (Stugeron)	50* 60		

2(d)	**Anti-diarrhoeal** Loperamide 2mg capsules	30		
2(e)	**Haemorrhoid preparations** Proprietary of choice	1 box or tube		
3	**Analgesics and anti- spasmodics**			
3(a)	**Analgesics, anti-pyretics and anti-inflammatory preparations** i) Paracetamol 500mg tablets and ii) Ibuprofen 400mg tablets	50 50		
3(b)	**Powerful analgesics** i) Codeine Phosphate 30mg tablets ii) Morphine Sulphate 10mg in 1ml injection (1ml ampoule) iii) Methoxyflurane 3ml Inh or Tramadol 50mg/ml in 1ml injection	28 10 2 10		
3(c)	**Spasmolytics** Hyoscine butylbromide 10mg tablets.	56		
4	**Nervous system**			
4(a)	**Anxiolytics** Diazepam 5mg tablets	28*		
4(b)	**Neuroleptics** ii) Olanzapine 10mg tablets	30		
4(c)	**Seasickness remedies** Hyoscine hydrobromide 0.3mg tablets or Cinnarizine 15mg (Stugeron)	Use 2 (b) (iii)		
4(d)	**Anti-epileptics** Diazepam rectal dispenser 10mg in 2.5ml	5		
5	**Anti-allergies and anti-anaphylactics**			
5(a)	**Anti-histamines** Cetirizine 10mg tablets or equivalent antihistamine.	30*		
5(b)	**glucocorticoids** i) Hydrocortisone 100mg injection powder for reconstitution in water ii) 10ml water for injection iii) Prednisolone 5mg tablets	1 20 28		
6	**Respiratory System**			
6(a)	**Bronchospasm preparations** ii) Salbutamol inhaler 100 micrograms per metered dose. 200 dose inhaler ii) Beclomethasone 100 micrograms per metered dose inhaler	1 1		

6(b)	**Anti-tussives** Proprietary cough mixture or mucolytic (e.g. Carbocysteine)	As required		
6(c)	**Medicines used for colds and sinusitis** Paracetamol 500mg tablets or Proprietary cold remedy containing Paracetamol	Use 3(a)(i) as required		
7	**Anti-infection**			
7(a)	**Antibiotics** (j) Benzylpenicillin – benzylpenicillin sodium 600mg Powder for Solution for Injection (ii) 10ml water for injection. (iii) Ciprofloxacin (as hydrochloride) 500mg tablets. (iv)Erythromycin 250mg tablets. (v) Metronidazole 400mg tablets	2 Use 5(b)(ii) 10 28 14		
7(b)	**Anti-parasitics** Mebendazole 100mg tablets	6*		
7(c)	**Anti-tetanus vaccines and Immunoglobulin (fridge Storage)** Tetanus Vaccine (0.5ml ampoule) (Fridge storage) or Tetanus & Diphtheria Vaccine (Fridge storage)	1*		
7(d)	**Anti-malaria medicines** Doxycycline 100mg (Carriage shall be dependent upon operational area)	As per 7(a)(vi)		
8	**Compounds promoting rehydration, caloric intake and plasma expansion** Sodium chloride & dextrose rehydration salts or Sachets of Oral Rehydration Salts or Formula A. (BP Oral powder in sachet to provide Na=35mmol, K=20mmol, Cl =37mmol, HCO^3=18mmol and glucose 200mmol when reconstituted in a litre of water) or Proprietary equivalent e.g. Dioralyte.	1 box (16-20)		
9	**Medicines for external use**			
9(a)	**Skin Medicines**			
9(a)(i)	**Antiseptic Solutions** 100ml or 500ml solution or pre-impregnated wipes containing 0.015% w/v chlorhexidine and 0.15% w/v cetrimide or equivalent	1* bottle or 1 pack wipes		

9(a)(ii)	**Antibiotic ointments** Neomycin / Bacitracin cream 15g tube or equivalent	1		
9(a)(iii)	**Anti-inflammatory** Hydrocortisone 1% cream w/w 15g tube	2		
9(a)(iv)	**Analgesic ointments** Proprietary NSAID gel /ointment	1		
9(a)(v)	**Anti-mycotic skin creams** Miconazole nitrate 2% topical cream 30g or equivalent Clotrimazole 500mg pessary or equivalent (if women onboard).	2 1		
9(a)(vi)	**Burn preparations** Silver Sulphadiazine 1% cream 50g tube or equivalent	1		
9(b)	**Eye medicines**			
9(b)(i)	**Antibiotic and Anti-inflammatory** Chloramphenicol 1% 4g tube or Fucithalmic 10mg/ml	1		
9(b)(ii)	**Anaesthetic drops** Amethocaine hydrochloride 0.5% 0.5ml	20		
9(b)(iii)	**Saline solution for eyewash** 0.9% Saline Eyewash 500ml	1		
9(b)(iv)	**Hypotonic myotic drops** Pilocarpine nitrate 2% 0.5ml	20		
9(c)	**Ear medicines**			
9(c)(i)	**Anaesthetic and Anti-inflammatory solutions** Sofradex ear/eye drops or equivalent containing Framycetin Sulphate 0.5%w/v (5mg/ml),Gramicidin 0.005%w/v (0.05mg/ml), Dexamethasone sodium metasulphobenzoate 0.05%w/v (0.5mg/ml).	1*		
9d	**Medicines for oral and throat infections**			
9(d)(i)	**Antiseptic mouthwashes** Chlorhexidine gluconate 0.2% mouthwash 300 ml	1		
9e	**Local anaesthetics**			
9(e)(i)	**Local anaesthetic for injection** Lidocaine 1% 10ml	5		
	Covid 19 Antigen tests			

MEDICAL EQUIPMENT TO BE CARRIED ON BOARD CATEGORY B VESSELS				
	Medical Equipment Requirements	**Quantity**	**Actual Equipment on Board**	**Comments**
1	**Resuscitation Equipment**			
	Ambu bag (or equivalent); supplied with large, medium and small masks	1		
	Appliance for the administration of oxygen with pressure-reducing valve such that ship's industrial oxygen can be used, or oxygen container *Oxygen giving set comprising of the following or equivalent*: ii) Oxygen reservoir (minimum 2L/200 bar recommend additional 2L/200bar) ii) 1 flow meter unit giving a minimum setting of not less than 4ltrs per minute iii) 1 pressure regulating unit iv) 1 set of tubing iv) 5 x 24% oxygen disposable face masks vi) 5 x high concentration oxygen disposable face masks with a reservoir. Each part constructed so that it can only be assembled in the correct manner	1		
	Mechanical aspirator to clear upper respiratory passages Aspirator to clear airways (manual, hand operated) and Disposable catheter to fit Aspirator (yankauer)	1 2		
2	**Dressing and suturing equipment**			
	Tourniquets Tourniquet designed for massive haemorrhage control (e.g. CAT or SOF Tourniquet)	2		
	Disposable Skin Stapler **Suture kit with needles:** v) Skin Staple Gun ii) Staple Removal Tool vi) Disposable Suture Pack containing: - 1 Scissors - 1 Needle Holder - 1 Toothed Forcep - 1 Non-toothed Forcep vii) Sterile non-absorbable, monofilament sutures swaged to a half circle needle with a cutting edge. 2 sizes recommended e.g. 16mm (5-0) & 26mm (3-0) viii) Sterile absorbable sutures swaged to a half circle needle 1 size e.g. 26mm (3-0)	1 1 2 6 of each size 3		

	Adhesive elastic bandage Adhesive elastic bandage 7.5cm x 4m	1		
	Gauze Strip Crepe bandage 7.5cm x 4m	4		
	Tubular gauze for finger bandage 20m length with applicator (or equivalent)	1		
	Sterile gauze compresses Packet containing 5 sterile gauze pads size 7.5cm x 7.5cm (or equivalent)	5		
	Sterile sheet for burns victims Roll Cling Film (strong food standard acceptable)	1		
	Triangular sling	4		
	Disposable gloves Latex free, vinyl or Nitrile type	1 box large		
	Adhesive dressings Assorted sterile	40		
	Sterile compression bandages ix) medium, No.1 (12x10) cm ii) large, No.2 (20x15) cm iii) extra-large, No.3 (28x20) cm	3 3 2		
	Adhesive sutures or zinc oxide bandages 6mm x 75mm Adhesive Skin Closures 12mm x 100mm Adhesive Skin Closures	6 6		
	Vaseline gauze Vaseline gauze (small box)	1 box		
3	**Instruments**			
	instrument box made of suitable material	1		
	Scissors x) Stainless steel dressing scissors ii) Sharp pointed scissors	1 1		
	Dissecting forceps Toothed dissecting forceps	1		
	Haemostatic clamps Curved Kelly Forceps	1		
4	**Examination and monitoring equipment**			
	Disposable tongue depressors	10		
	Temperature charts	1 pad		
	Stethoscope	1		
	Sphygmomanometer	1		
	Medical thermometer	1		
	Hypothermic thermometer	1		
	Quick malaria test Carriage shall be dependent upon operational area			
5	**Equipment for injection, perfusion, puncture and catheterisation**			

	Bladder drainage equipment (suitable for men and women) **Bladder drainage set:** - Urinary Catheter (size 12 CH/F and Size 16 CH/F) - Catheterisation / Dressing Pack (drape, dressing tray, swabs) - Urine collection bag (leg bag) - Urinary catheter spigots	2 of each 2 2 2		
	Intravenous infusion set for rectal hydration and wound irrigation Intravenous giving set: - NaCl 0.9% 500ml - IV Infusion Set Urinary catheter (as above)	5 5 As above		
	Disposable syringes 2ml (or 3ml) 5ml 10ml 20ml	5 5 5 5		
	Disposable needles (continued) (21G) 0.8mm (23G) 0.5mm	10 10		
6	**General medical equipment**			
7	**Immobilization and setting equipment**			
	Set of splints of different sizes for the extremities:			
	Malleable finger splint	1		
	Malleable forearm and hand splint	1		
	Splints – simple, vacuum (inflatable only if others unavailable) Set of four (half leg, full leg, half arm and full arm)	1		
	Thigh splint – (Traction) e.g. Thomas splint, Donway , CT or KED	1		
	Collar for neck immobilisation Adult size pack of 3, small, medium and large or adjustable collar	1		

RECOMMENDED ADDITIONAL MEDICAL EQUIPMENT TO BE CARRIED ON BOARD CATEGORY B VESSELS

Recommended Additional Medical Equipment	Quantity	Actual Quantities on Board	Comment
Face masks disposable	6		
Plastic measuring jug1/2 litre size	1		
Disposable paper towels	100		

Latex free sterile surgical disposable gloves (large)	5 pairs		
Waterproof plastic sheeting, size 1m x 2m	1		
Safety pins, rustless medium	6		
Magnifying glass 7.5cm diameter with handle	1		
Nail brush	1		
Stretcher equipment (A system for trauma management, i.e. immobilisation and stretcher equipment most suited for treatment on the vessel concerned)	1		
Body bag – large size	1		
Vessels in malarial areas only – microscope slides in individual transit containers	5		
Scissors stainless steel or disposable	1 pair		
Triangular bandages about 90cm x 127cm	4		
Sterile paraffin gauze dressings or equivalent	10		
Plastic burn bags	1		
Cling Film	1		

VESSELS CARRYING DANGEROUS SUBSTANCES

ANTIDOTES TO BE CARRIED ON BOARD CATEGORY B VESSELS

Antidote Requirements	Hazardous Goods Transported	Quantity	Actual Quantities on Board	Comment
1. Medicines				
General Ascorbic acid (Vitamine C) tablets X 1g	Mercury	12		
Cardio-vascular xi) Atropine sulphate 0.6 mg injection	Carbamate-based organic phosphorous pesticides, Nicotine and its compounds	5		
ii) Methylene blue 1% 10ml ampule or prefilled injection or 5mg/ml equivalent	Nitrates, Nitrides, Amonio Compounds, Aromatic Nitrates	2		
Gastro-intestinal system i) Activated charcoal X 5g	Drug & Law enforcement/Customs vessels. High risk of Deliberate Self Poisoning of Pharmaceuticals	2		
ii) Ethyl Alcohol 10% in 10ml	Methyl Alcohol (Methanol), Antifreeze (Ethylene glycol)	10		
iii) Polyethylene Glycol	Phenols, Nitrophenols, Picrates. Drug & Law enforcement/Customs vessels	4		

Nervous system i) Calcium Chloride 10ml	Oxalates, Fluorine and Fluorides	6		
Respiratory system i) Hydroxocobalamin 5G (200ml)	Cyanide	2		
Anti-infective As Per Infective Agent	As Per Infective Agent			
For external use xii) Calcium lactate gluconate gel 2% or Calcium gluconate 10ml Amps + lubricating Jelly 100G	Oxylates, Fluorine and Fluorides	5		
2. Medical Equipment				
Necessary for the administration of oxygen (including maintenance requisites)	A minimum of 44L/200 bar oxygen of which there should be at least: One complete portable set with 2L/200 bar oxygen ready for use with a spare cylinder of 2L/200 bar and One oxygen cylinder of 40 L/200 bar with one flowmeter unit (two ports) for supplying oxygen for two persons at the same time. If more than one non-portable oxygen cylinder is used, there must be two flowmeter units for supplying of oxygen to two persons at the same time			

Medicines to be carried on Board Category C Vessels

Quantities marked * are sufficient regardless of crew size

	Medicine and Dosage	Required Quantity	Actual Quantities on Board	Comment
1	**Cardiovascular**			
1(b)	**Anti-Angina preparations** Glyceryl Trinitrate (GTN) 400 micrograms per metered dose, Sublingual Spray	1 Unit		
1(f)	**Anti-platelet** Aspirin 300mg dispersible tablets	5		
2	**Gastro-Intestinal System**			
2(b)	**Anti-emitics** iii) Hyoscine hydrobromide 0.3mg tablets (Kwells) or Cinnarizine 15mg (Stugeron)	60		
2(d)	**Anti-diarrhoeal** Loperamide 2mg capsules	30		
3	**Analgesics and anti- spasmodics**			
3(a)	**Analgesics, anti-pyretics and anti-inflammatory preparations** xiii) Paracetamol 500mg tablets and xiv) Ibuprofen 400mg tablets	50 50		
4	**Nervous system**			
4I	**Seasickness remedies** Hyoscine hydrobromide 0.3mg tablets or Cinnarizine 15mg (Stugeron)	Use 2 (b) (iii)		
9	**Medicines for external use**			
9(a)	**Skin Medicines**			
9(a)(i)	**Antiseptic Solutions** 100ml or 500ml solution or pre-impregnated wipes containing 0.015% w/v chlorhexidine and 0.15% w/v cetrimide or equivalent	1* bottle or 1 pack wipes		
9(a)(iv)	**Analgesic ointments** Proprietary NSAID gel /ointment	As required		
9(a)(vi)	**Burn preparations** Proprietary burns gel e.g. hydrogel	1		

MEDICAL EQUIPMENT TO BE CARRIED ON BOARD CATEGORY C VESSELS				
	Medical Equipment Requirements	**Quantity**	**Actual Equipment on Board**	**Comments**
2	**Dressing and suturing equipment**			
	Tourniquets Tourniquet designed for massive haemorrhage control (e.g. CAT or SOF Tourniquet)	2		
	Adhesive elastic bandage Adhesive elastic bandage 7.5cm x 4m	1		
	Sterile gauze compresses Packet containing 5 sterile gauze pads size 7.5cm x 7.5cm (or equivalent)	1		
	Disposable gloves Latex free, vinyl or Nitrile type	1 box large		
	Adhesive dressings Assorted sterile	20		
	Sterile compression bandages i) medium, No.1 (12x10) cm ii) large, No.2 (20x15) cm iii) extra-large, No.3 (28x20) cm	2 2 1		
	Adhesive sutures or zinc oxide bandages 6mm x 75mm Adhesive Skin Closures 12mm x 100mm Adhesive Skin Closures	6 6		

RECOMMENDED ADDITIONAL MEDICAL EQUIPMENT TO BE CARRIED ON BOARD CATEGORY C VESSELS			
Recommended Additional Medical Equipment	**Quantity**	**Actual Quantities on Board**	**Comment**
Safety pins, rustless medium	6		

VESSELS CARRYING DANGEROUS SUBSTANCES ANTIDOTES TO BE CARRIED ON BOARD CATEGORY C VESSELS				
Antidote Requirements	**Hazardous Goods Transported**	**Quantity**	**Actual Quantities on Board**	**Comment**
1 Medicines				
General Ascorbic acid (Vitamine C) tablets X 1g	Mercury	2		
Cardio-vascular xv) Atropine sulphate 0.6 mg injection	Carbamate-based organic phosphorous pesticides, Nicotine and its compounds	1		
ii) Methylene blue 1% 10ml ampule or prefilled injection or 5mg/ml equivalent	Nitrates, Nitrides, Amonio Compounds, Aromatic Nitrates	1		

Gastro-intestinal system i) Activated charcoal X 5g	Drug & Law enforcement/Customs vessels. High risk of Deliberate Self Poisoning of Pharmaceuticals	1		
Nervous system i) Calcium Chloride 10ml	Oxalates, Fluorine and Fluorides	1		
Anti-infective As Per Infective Agent	As Per Infective Agent			
For external use i) Calcium lactate gluconate gel 2% or Calcium gluconate 10ml Amps + lubricating Jelly 100G	Oxylates, Fluorine and Fluorides	10		

Appendix 4 Sample Requisition Form for use when obtaining Prescription Drugs[2]

Prescription drugs should be obtained from a pharmacist. A requisition form, based on the sample below, should be completed, signed by the owner or master of the vessel and presented to the pharmacist.

Drugs Requisition Form

To: …… (Name and address of pharmacist)

……

Please Supply: …….

……

(name, strength and quantity of drugs in words and figures)

The above drugs are required for the medical stores of the vessel named …….……. in compliance with the **European Union (Minimum Safety and Health Requirements for Improved Medical Treatment on Board Vessels) Regulations 2021**.

From: Name [capital letters] ……...

Address: ……. (Address of the Ship or the Ship owner)

……..

Occupation: …….

Signature: …… Date: ……

It is not necessary for the Master or Ship owner to personally receive the drugs from the pharmacist, but if the drugs are received by a delegated person the requisition form must be endorsed accordingly.

I empower …….……. to receive the above drugs on my behalf. A specimen of their signature is provided below:

Specimen signature of person empowered: ……

Occupation of person empowered: ……

Signature of Master / Ship owner: …….

[2]Regard should be had to the Misuse of Drugs Regulations 2017 SI 173/2017 when procuring medicines

Appendix 5

Medical Guide to be carried on board a vessel

Category of Vessel	Medical Guide
Category A	(i) Ship's Captain's Medical Guide published by HMSO; or (ii) International Medical Guide for Ships published by the World Health Organisation.
Category B	(i) Ship's Captain's Medical Guide published by HMSO; or (ii) International Medical Guide for Ships published by the World Health Organisation
Category C Category C - life-rafts and lifeboats	(i) First Aid at Sea published by International Log Book; (ii) First Aid Manual (St. John Ambulance or Irish Red Cross) or (iii) BIM Guidelines. First Aid Instructions, in English on waterproof paper.

In addition, vessels of all Categories, other than life-rafts and lifeboats, should carry a copy of this Marine Notice or subsequent replacements.

Appendix 6

USE OF MEDICINES

This table is a brief guide to the drugs detailed in this Marine Notice and is designed to be used in conjunction with the Ship Captain's Medical Guide.

The list of side effects is not comprehensive and is a guide only. The common or important side effects only are listed. If a drug might be causing a problem which is not listed, seek Telemedical Support (see section 7 of this Marine Notice).

Ref. No.	*Drug*	*Type of Drug / Uses*	*Doses / Route*
1. Cardio-Vascular			
1. a	Adrenaline (Epinephrine) 1:1,000 Solution for Injection	Heart stimulant Anaphylactic shock (Severe allergy with collapse)	0.5 to 1.0ml by IM injection
Side effect: Anxiety, tremor, high blood pressure, rapid irregular heartbeat. *Only use in severely ill, collapsed patients with loss of blood pressure / severe breathing problems.*			
1. b	Glyceryl Trinitrate (GTN) 400 micrograms per metered dose, Sublingual Spray Glyceryl Trinitrate (GTN) 5mg/24 hours Transdermal Patch	Anti-angina (heart pain) suspected heart attack or heart pain	1-2 sprays under tongue (repeat as required – 5min intervals) Apply patch every 24 hours
Side effects: Throbbing headache, flushing, dizziness, faintness, low blood pressure			
1. c	Frusemide / Furosemide i) 40mg tablets ii) 10mg/1ml inj. (2ml ampoule)	Diuretic (water tablet) swelling / fluid retention breathlessness due to heart failure	(i) 40mg (1 tab) once daily (ii) 2ml by IM injection
Side effects: Frequent Urination. Few in short term, low dose use.			

Ref. No.	Drug	Type of Drug / Uses	Doses / Route
1. d (i)	Phytomenadione (Vitamin K1) 2mg/0.2ml	Anti-haemorrhage drug for new born babies	0.2ml (1amp) by IM injection single dose
1. d (ii)	Syntometrine 500mcgs/5l %v/v (Ergometrine 500mcg, Oxytocin 5 iU)	Anti-haemorrhage drug used immediately after delivery of baby or for bleeding after miscarriage	1ml (1amp) by IM Injection single dose
Side effects: Nausea, vomiting, headache, dizziness, abdominal pain.			
1. e	Atenolol 50mg tablets	Anti-hypertension (high BP) drug, may be useful for angina	50mg (1 tab) once daily
Side effects: Tiredness, slow pulse, low blood pressure, heart failure			
2. Gastro-intestinal			
2. a (i) (ii)	Cimetidine 400 mg Tablet or Omeprazole 20mg or equivalent and Proprietary antacid solution of choice	Anti-acid drug for heartburn, dyspepsia, stomach and duodenal ulcers	400mg (1 tab) twice daily or 20 - 40mg daily or equivalent (follow label instructions) Follow label instructions
Side effects: Few at normal doses for short periods			
2. b (i)	Prochlorperazine maleate 3mg or 5mg buccal tablets or equivalent	Anti-sickness drug used for sickness due to ear problems (vertigo) and nausea due to drugs e.g. morphine	3mg (1 tab) dissolve under tongue twice daily. or 5mg (1 tab) tablets are swallowed whole twice daily
Side effects: Dry mouth, blurred vision, rapid pulse			
2. b (ii)	Prochlorperazine mesylate 12.5mg/ml Solution for Intramuscular Injection	Anti-sickness drug and anti-histamine useful for severe motion sickness and for severe allergic reactions	25mg (1 amp) by IM injection

Ref. No.	Drug	Type of Drug / Uses	Doses / Route
Side effects: Drowsiness, dry mouth, blurred vision			
2. b (iii)	Hyoscine hydrobromide 0.3mg tablets (Kwells) or Cinnarizine 15mg (Stugeron)	Anti-sickness tablet	0.3mg (1 tab) 6 hourly max 3 in 24hrs or 15mg every 8 hours
Side effects: Drowsiness, dry mouth, dizziness blurred vision			
2. c	Glycerol 4G Suppositories	Lubricant laxative used to encourage passage of stools	4g suppository inserted in the rectum
2. d	Loperamide 2mg tablets	Control of diarrhoea	4mg initially then 2mg after each loose stool (max 5 tablets in 24 hours)
Side effects : Drowsiness, dizziness, abdominal cramps			
2. e	Proprietary Haemorrhoid preparation of choice	Haemorrhoid treatment	Follow label instructions
3. Analgesics and antispasmodics			
3. a (i)	Paracetamol 500mg tablets	"Simple" painkiller suitable for most mild to moderate pain.	1gm (2 tabs) 6 hourly (Max 4g/24 hours)
Side effects : Few at correct dose, very dangerous in overdose & poisonous to liver			
3. a(ii)	Ibuprofen 400mg	Anti-inflammatory painkiller, suitable for headache, limb pain	400mg (1 tab) 8 hourly
Side effects: Stomach pains, nausea, wheeziness. Do not give if patient has stomach / duodenal ulcer or asthma			
3 a(iii)	Diclofenac sodium 50mg or 100mg suppository	Anti-inflammatory painkiller suitable for most pain, especially bone, joint and muscle pain	50mg (up to 3 via the rectum daily) Or 100mg suppository every 16 hours

Ref. No.	Drug	Type of Drug / Uses	Doses / Route
Side effects: Stomach pains, nausea, wheeziness. Do not give if patient has stomach / duodenal ulcer or asthma.			
3. b(i)	Codeine phosphate 30mg tablets	Strong painkiller suitable for moderate to severe pain.	30mg (1 tab) 6 hourly
Side effects : Nausea, vomiting, constipation, respiratory depression in overdose			
3. b(ii)	Morphine sulphate 10mg injection	Very strong painkiller suitable for all severe pain	10mg (1 amp) 4-6 hourly by IM injection as per Telemedical Support
Side effects: Nausea, vomiting, drowsiness, respiratory depression in overdose or if used inappropriately.			
3. b(iii)	Methoxyflurane 3ml Inh or Tramadol 50mg/ml in 1ml injection	Very strong painkiller and sedative whilst being inhaled. suitable for painful procedures such as splinting a broken bone. Moderately strong painkiller suitable for all severe pain	Follow administration guidelines on box. Inhale slowly taking deep breaths (max 2 devices) Or Tramadol 50mg IV every 8 hours
Methoxyflurane Side effects: Intoxicated and inappropriate behaviour whilst breathing device. Wears off rapidly on taking device away. *Tramadol Side effects: Nausea, vomiting, drowsiness, psychosis. Respiratory depression in overdose or if used inappropriately.*			
4. Nervous System			
4. a(i) (ii)	Diazepam injection 5mg per ml, (2ml ampoules) Diazepam 5mg tablets	Anti-anxiety, sedation medication. Can help with muscle spasm in injury and low back pain. Used in the management of alcohol withdrawal	As per discussion with Telemedical support
Side effects: Drowsiness, light headedness, confusion, headache, respiratory depression. Avoid with strong painkillers			

Ref. No.	Drug	Type of Drug / Uses	Doses / Route
4. b (i) (ii)	Haloperidol 5mg/ml in 1ml and Olanzapine 10mg tablets	Anti-psychosis (acute madness) drug. Sedates and controls symptoms in acute psychosis especially violent or disturbed patients.	25mg by IM Injection in divided doses to two sites every 8 hourly and 25mg tablet 8 hourly
Side effects: Drowsiness, dry mouth, retention of urine. Acute spasms or twitches. If occur reduce dose or stop treatment.			
4. c	Hyoscine hydrobromide 0.3mg tablets Or Cinnarizine 15mg (Stugeron)	Seasickness remedies	See 2b (iii)
Side effects: See 2b (iii)			
4. d	Diazepam rectal dispenser 10mg in 2.5ml	Anti-epileptic medication used to stop fits	10mg per rectum up to a maximum of 2 doses
Side effects: See 4 (a)			
4. e	Thiamine 100mg tablets	Alcohol withdrawal	300mg daily
Side effects: Few reported			
5. Anti-allergic and anti-anaphylactics			
5. a	Cetirizine 10mg tablets or equivalent antihistamine	Anti-allergy medication useful in controlling itching rashes and hay fever like symptoms due to allergy	10mg once daily only
Side effects: Drowsiness and slowed reactions (Usually only in older anti-histamine type medications).			
5. b(i)	Hydrocortisone 100mg injection	Anti-allergy steroid for serious allergies causing severe symptoms or collapse	100mg by IM injection, 8 hourly if repeated

Ref. No.	Drug	Type of Drug / Uses	Doses / Route
	(has to be made up in 2mls water for injection, discard 8ml of water before mixing)		
Side effects:: Few for single dose or short course			
5. b (iii)	Prednisolone 5mg tablets	Anti-allergy steroid also useful in treatment of acute asthma.	5 – 20mg once daily more in severe asthma
Side effects : Few for single dose or short course			
6. Respiratory system			
6. a (i)	Salbutamol inhaler 100 microgram metered dose	Anti-bronchospasm (wheeze) drug used to treat asthma and allergic wheezing	200 micrograms (2 puffs) 3-4 times daily
Side effects : Tremor, headache, increased pulse rate			
6. a (ii)	Beclomethasone / Beclometasone 100 microgram metered dose	Anti-asthma steroid taken by inhalation usually administered 5mins after salbutamol. Short course	200 micrograms (2 puffs) 3-4 times daily
Side effects : oral candida – rinse mouth with water after use			
6. b	Proprietary cough mixture or mucolytic (e.g. Carbocysteine)	Productive chesty cough Dry cough	Follow label instructions
Side effects: See Package Label			
6. c	Paracetamol 500mg	See 3a(i)	See 3a(i)
Side effects: See 3a(i)			
7. Anti-infection			
7. a (i)	Benzlpenicillin 600mg injection (has to be made up in 2mls water for injection, discard 8ml of water before mixing)	First line antibiotic for serious infections such as cellulitis and meningitis	1200 mg by IM injection, 6 hourly
Side effects: Few unless patient allergic to Penicillins. Always check before giving if possible			
6. a (iii)	Ciprofloxacin hydrochloride	Broad spectrum (general purpose) antibiotic	500mg twice daily

Ref. No.	Drug	Type of Drug / Uses	Doses / Route
	500mg tablets		
Side effects: Nausea, diarrhoea, abdominal pain, rashes, allergic reaction, can weaken tendons in prolonged doses			
7. a (iv)	Cefuroxime 750mg injection (has to be made up in 2mls water for injection, discard 8ml of water before mixing)	Broad spectrum antibiotic, useful to protect against infection in major wounds	750mg by IM injection 8 hourly
Side effects: Nausea, diarrhoea, abdominal pain, rashes, allergic reaction. Care when used in penicillin allergic patients			
7. a (v)	Erythromycin 250mg tablets	General purpose antibiotic, useful in penicillin allergic patients	250-500mg, 6 hourly
Side effects: Nausea, diarrhoea, abdominal pain, rashes, allergic reaction. Care when used in Penicillin allergic patients			
7. a(vi)	Doxycycline 100mg capsules	Antibiotic useful for sexually transmitted diseases, sinusitis and atypical pneumonia	100mg once daily
Side effect : Nausea, vomiting, diarrhoea, rashes, headache *Ensure patient sits upright and dose is administered with a large glass of water to prevent tablet lodging in oesophagus*			
7. b	Mebendazole 100mg tablets	Anti-parasite drug for treatment of gut infestation e.g. threadworms	100mg single dose Repeat after 2 weeks if necessary
Side effects : Rare			
7. c	Tetanus vaccine 0.5ml injection (+ Diphtheria vaccine)	For protection against tetanus infection either in unprotected or as a booster after injury	0.5ml by IM or deep subcutaneous injection
Side effects: Rare. Not required if patient has previously received the vaccine in the last ten years.			
7. d	Doxycycline 100mg capsules	(see 7a(vi)	(see 7a(vi)

Ref. No.	Drug	Type of Drug / Uses	Doses / Route
8. Compound promoting rehydration			
8)	Oral rehydration salts sachets	Used to treat dehydration in vomiting and diarrhoea or severe illness	Follow instructions on sachet
Side effects: Nil.			
9. Medicines for external use			
9. a (i)	100ml or 500ml solution or pre-impregnated wipes containing 0.015% w/v chlorhexidine and 0.15% w/v cetrimide or equivalent	For cleaning skin wounds and disinfection	Follow instructions on bottle / packaging
Side effects: Nil unless applied to large areas			
9. a (ii)	Neomycin / Bacitracin cream 15g tube or equivalent	Topical bacterial infections	Apply two to three times daily
Side effects: Rare / nil in normal use			
9. a (iii)	Hydrocortisone cream 1% 15mg tube	Anti-inflammatory weak steroid cream. Useful in eczema type rashes, allergic rashes, bites etc.	Applied to affected area sparingly, no more than three times per day
Side effects: Encourages spread of infection do not apply to broken skin or rashes due to skin infection e.g. ringworm			
9. a (iv)	Proprietary NSAID gel /ointment	Anti-inflammatory	Apply two to three times daily
Caution in asthmatics			
9. a (v)	Miconazole nitrate 2% cream 30gm tube	Anti-fungal cream for treatment of ringworm etc.	Applied to infected area twice a day
Side effects: Rare / nil in normal use Advise patient to avoid scratching to prevent spread of fungal infection			
9. a (v)	Clotrimazole 500mg pessary	Treatment of vaginal or vulval thrush	Insert 1 pessary (single dose)
Side effects: Rare / nil in normal use			

Ref. No.	Drug	Type of Drug / Uses	Doses / Route
	Silver sulphadiazine 1% cream 50gm tube	Anti-bacterial cream for protection against infection in burns.	Applied to burn under dressing or alone. Cleaned off at dressing changes and re-applied.
Side effects: Allergic reactions, burning, itching, Unusual.			
9. a (vi)	Proprietary burns gel e.g. Hydrogel	Treatment of skin burns	Apply liberally and frequently as required
Side effects: Allergic reactions, burning, itching, Unusual.			
9. a (vii)	Permethrin 5% dermal cream	Scabies infection	Apply to whole body from neck down (avoid head and face) and leave for 24 hours. Shower off
Side effects:			
9. a (vii)	Zinc ointment BP 100g tube or equivalent	Moisturising ointment for dry skin conditions	Applied to affected area as required 3-4 times daily
Side effects: Nil in normal use. Contains animal fat.			
9. b (i)	Chloramphenical eye ointment 1% Fucithalmic 10mg/ml	General purpose eye antibiotic use after foreign body / minor injury and for conjunctivitis	Both products: Instill into eye twice daily. Continue for two days after symptoms resolve
Side effects : Unusual, but cam cause eye irritation			
9. b (ii)	Amethocaine hydrochloride 0.5% eyedrops	Local anaesthetic drops for eye. Useful for numbing eye before removing foreign bodies and for acute pain e.g. in arc eye	Instill 1-2 drops into affected eye, do not use repeatedly
Side effects: Rare if used one off. Care to avoid eye injury whilst numbed			

Ref. No.	Drug	Type of Drug / Uses	Doses / Route
9. b (iii)	Saline solution for eyewash	For irrigating eyes in case of chemical splash or other foreign body	Irrigate liberally
Side effects: mild discomfort			
9. b (iv)	Pilocarpine nitrate 2% eye drops	Drops constrict the pupil, used to treat raised pressure in the eye (glaucoma)	Instill 2 drops 3-6 times per day
Side effects: blurred vision and headache			
9. b(v)	Fluorescein sodium 1% eye drops	Used to detect scratches or lesions on the front of the eye (cornea).	Instill 1-2 drops for examination
Side effects: Nil in normal use			
9. c(i)	Sofradex ear/eye drops or equivalent containing Framycetin Sulphate 0.5%w/v (5mg/ml),Gramicidin 0.005%w/v (0.05mg/ml), Dexamethasone sodium metasulphobenzoate 0.05%w/v (0.5mg/ml).	General purpose antibiotic/ anti-inflammatory ear drops for infection of the outer ear canal	Instill 3 drops into the affected ear 3-4 times per day
Side effects: Nil in normal use			
9. c(ii)	Ephedrine nasal drops BP 0.5% 10ml dropper bottle	Nasal decongestant	Instill 1-2 drops into each nostril 3 times a day
Side effects: Nose bleeds. Use for short periods only			
9. d (i)	Chlorhexidine gluconate 0.2% mouth wash 300ml bottle	Antiseptic mouthwash for sore throats, mouth sores etc.	Rinse mouth with 10 mls twice per day
Side effects: Nil in normal use			

Ref. No.	Drug	Type of Drug / Uses	Doses / Route
9. d(ii)	Oil of cloves 10ml bottle	Natural oil with local anaesthetic properties useful in treating toothache	Apply sparingly to affected tooth as required by symptoms
Side effects: Nil in normal use			
9. e(i)	Lignocaine hydrochloride 1% 25mg in 5ml injection	Local anaesthetic injection for numbing small wounds for treatment	Inject around wound edges, 2-5mls usually sufficient, no more than 20mls in an adult
Side effects: Fits, heart problems in overdose			
9. e(ii)	Lignocaine 2% / chlorhexidine 0.25% lubricant gel	Used to numb urethra for insertion of urinary catheter	Instil from pre-filled syringe
Side effects: Rare but can cause irritation			

Appendix 7

Telemedical Support

Masters of Irish Registered Vessels have access to emergency medical advice through the Health Service Executive's 24-hour Emergency Telemedical Support Unit, **MEDICO Cork**. This service is only accessible through the **Irish Coast Guard** (calls on either VHF or MF radio, or telephone call "112" or "999" and ask for the Coast Guard). It is recommended that you follow these instructions before seeking Telemedical Support:

(i) Write down on a sheet of paper the answers to the basic questions below and have the answers ready before beginning the consultation.

(ii) Have to hand the list of medicines in your vessel's medicine kit. Do not hesitate to state if any of the medicines are not stocked.

Basic Questionnaire

1. **Patient's Personal Details**
   (i) Full Name
   (ii) Date and place of birth
   (iii) Function on board

2. **Location**
   (i) Provide an estimate of time to steam to a named Port.
   (ii) Be prepared to provide alternatives options with consideration to onwards road transport to hospital.

3. **Nature of the problem or Situation**
   (i) Try to indicate clearly the patient's problem in their own words.
   (ii) Stick to common everyday language. Avoid using medical jargon or attempting to make a diagnosis.
   (iii) How long has the problem existed, eg. minutes, hours, days?
   (iv) Is the problem Intermitted or always present?

4. **Medical Background**
   (i) Fit and healthy or does the patient have any ongoing medical complaints?
   (ii) Is the patient on any long-term medications or using any drugs or alcohol?
   (iii) Has the patient started any new medicines or drugs recently?

5. **Basic Assessment of the Patient**
   (i) Are they conscious and behaving normally or not?
   (ii) Any Major Bleeding?
   (iii) Are they breathing normally? At what rate per minute?
   (iv) Can you feel a pulse? At what rate per minute? Is it regular?
   (v) If able, take a blood pressure reading.

(vi) If able, take their temperature.

(vii) Ask them to rate their pain on a scale of 0 to 10 (10 being worst pain they could ever imagine).

6. What treatment (if any) has been provided already?

(i) Provide details of any treatment already given to the patient.

*****