

Offshore Special Regulation

Appendix H – Medical Training

A submission from Australian Sailing

Purpose or Objective

To update the OSR with contemporary medical training relevant to offshore sailing.

Proposal

APPENDIX H MEDICAL TRAINING Model Training Course for an “OSR Compliant First Aid Course”

Part 1 – Introduction

1 General

Below is the framework for an MNA to establish a minimum First Aid training course suitable for offshore racing.

2 Target

The target of this course is to provide the Person in Charge of an offshore racing boat with a crew member(s) that is/are capable of ~~taking care of~~ **managing common injuries** and illnesses on board, as well as **managing major incidents on board** ~~to take charge of the immediate medical actions at a major incident on board~~. Furthermore to advise the Person in Charge when a request for outside assistance is ~~needed~~ **required**, as well as to advise when to retire from the race and proceed to nearest harbour.

3 Use of the model course.

Instructors should have a knowledge of the unique situation of offshore sailing in terms of delivering medical care. It is suggested that instructors be suitably trained, ~~and~~ ideally a medical doctor, paramedics or nurse.

For an MNA wanting to establish a course without the specialist knowledge to correctly train and administer instructors it is suggested that they approach a suitable training partner. Training partners ~~could~~ **should be accredited under the International Convention on Standards of Training, Certification and Watchkeeping (STCW)** ~~STCW training centres~~ or land-based first aid training providers ~~who~~ **having** have personnel with suitable sailing experience ~~but~~ **and** crucially an understanding of the liability issues. Should an ~~MNA~~ **Member National Authority** require ~~advise~~ **advice** please contact the World Sailing Secretariat – Technical and Offshore Department.

4 Evaluation. The final ~~activities~~ **activity** of the day should be an examination, which should be used together with instructors' continuous assessments to provide an

overall evaluation. ~~The pass mark is to be taken as 70% in each of the marked/evaluated units.~~

5 Implementation Detailed requirements are given below. Thorough preparation is the key to successful implementation of the course.

~~6 Literature~~

~~The following books for further study are not endorsed by World Sailing but merely are books suitable for background reading:~~

- ~~• Medical Emergency Afloat~~
- ~~• First Aid at Sea (Douglas Justin and Colin Berry, Adlard Coles Nautical, London) ISBN 9781408105993~~
- ~~• First Aid Afloat (Dr Robert Haworth) ISBN 9780906754887~~
- ~~• Skipper's Medical Emergency Handbook (Author Dr Spike Briggs, Dr Campbell Mackenzie) ISBN 9780713689372~~
- ~~• Doctor on Board: A Guide To Dealing With Medical Emergencies (Author Jurgon Hauert) ISBN 9781408112724~~
- ~~• MCA Ship Captain Medic book is now available free at <http://www.mca.gov.uk/e4mca/mca07/home/workingatsea/mca-medicalcortandadvice/mca-dqs-st-shs-ships-capt-medical-guide.htm>~~
- ~~• International Medical Guide for Ships, World Health Organisation, Geneva~~

~~General First Aid~~

- ~~• First Aid Manual 9th Edition (Author St John's Ambulance Brigade) ISBN 9781405335379~~

~~Non English Publications~~

- ~~• Pan Pan Medico A Bordo (<http://www.panpan.it/>)~~
- ~~• Le Guide de la medecine a distance, by Docteur J Y Chauvo, published by Distance Assistance BP33 F La Baule, cedex, France. An English translation is being planned.~~

Part 2 - Syllabus

The course is planned for **at least a full day 8 hours** and includes **the** following sessions:

Session 1 Introduction

- 1.0 Marine medical environment and characteristics
- 1.1 Literature

Session 2 First aid kits for the Special Regulations races categories

- 2.0 Cat 4 contents (recommendations)
- 2.1 Cat 2-3 contents (recommendations)
- 2.2 Cat 1-0 (if relevant)

Session 3 Tele medical communications

- 3.0 Support options (Medical advice services through official bodies)

- 3.1 Radio/Mobile phone options for support
- 3.2 Licences/certificates for VHF/HF radio communications

Session 4 First Aid – The basics

- 4.0 Basic anatomy/physiology
- 4.1 L-ABCDE (Scene safety, Airway and cervical spine control, Breathing, Circulation and bleeding, Disability, Expose and protect from the environment)
- 4.2 Stopping of serious external bleeding

Session 5 Offshore accidents and actions onboard

- 5.0 Typical accidents onboard (wounds, cuts, sprained wrist, **dislocations, burns, head injury, etc.**)
- 5.1 General illnesses, fatigue, etc.
- 5.2 Actions and treatment (**pain management, immobilising a joint, avoidance of infection, suturing, etc.**)
- 5.3 Helicopter evacuation
- 5.4 Transfer of casualty to rescue vessel

Session 6 Special offshore medical conditions

- 6.0 Seasickness
- 6.1 Hypothermia (Person recovered from sea)
- 6.2 Dehydration
- ~~6.3 Brain concussion~~
- ~~6.4 Keeping the blood sugar level up (what to eat and drink)~~

Session 7 Cardiac and respiratory arrest

- 7.0 Cardiopulmonary resuscitation (CPR)
- ~~7.1 Artificial respiration~~
- ~~7.2 Use of Defibrillator~~

Session 8 Systematic Accident management

- 8.0 Damage and causality evaluation
- 8.1 Decisions and actions – when to call for outside assistance, when to retire and proceed to nearest harbour
- 8.2 Observation and treatment of patients

Session 9 Psychology Treatment

- 9.0 Human reactions in distress
- 9.1 Treatment of psychological breakdowns
- 9.2 Crisis group management
- 9.3 Debriefing procedures

Session 10 Practical training

- 10.0 CPR
- 10.1 Patient observations and treatment

10.2 Radio medical training

10.3 Decision making – When to call for assistance, when to retire?

~~Session 11 Examination~~

~~11.0 A questionnaire of 25 questions, requirement >70 % correct.~~

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- Doctor on Board: A Guide To Dealing With Medical Emergencies (Author Jurgen Hauert) ISBN 9781408112724
- MCA Ship Captain Medic book is now available free at http://www.mcga.gov.uk/c4mca/mcga07-home/workingatsea/mcga-medicalcertandadvice/mcga-dqs_st_shs_ships_capt_medical_guide.htm
- International Medical Guide for Ships, World Health Organisation, Geneva

General First Aid

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Current Position

As above without the proposed change.

Reasons

A working party was formed to review the medical sections of the OSR. The working party drew on subject matter expert opinion from Associate Professor David Austin (AUS/NZL) and Clinical Professor Andrew Nathanson, MD (USA) for the recommendations. The working party found that Appendix H required changes to align the OSR with contemporary medical training relevant to offshore sailing.

- There is no evidence to indicate that the injuries and illnesses on board are common other than they may be encountered.

- The person establishing the course may come from a medical background and may be unfamiliar with the abbreviations of STCW and MNA. Adding the full terms enables understanding without compelling the reader to undertake further investigation.
- The pass mark was established arbitrarily, and its removal allows the instructor to use their discretion when evaluating attendees.
- The course length is clarified as being at least a full day which may be extended.
- Accidents and injuries, and their treatment are amplified and consolidated into one session.
- Blood sugar levels, artificial respiration and defibrillators are not relevant to the medical training needs of offshore sailing.
