

Melbourne Osaka Cup 2018 - Medical Kit Cat 1 Plus

The Melbourne Osaka Cup 2018 yacht race is designated a 'Category 1 plus' yacht race as per the Notice of Race.		
This document reflects Australian Sailing Special Regulations Part 1 - Racing Boats, Section 4: Portable Supplies and Equipment, Item 4.07: Medical Kit and Supplies and reflects the complexities of this short-handed, long distance overseas event.		
Links are provided to the additional legal requirements for obtaining, storing and administering drugs on board.		
The ORCV Medical Incident form is to be used in case of an incident or illness whilst racing.		
Confidential crew medical information will be requested prior to departure.		
AS Special Regs Ref	Medical Kit List	Documents and further information
Medical Guides		
4.07.1	Ship Captain's Medical Guide (21st edition or later). OR International Medical Guide for Ships, World Health Organization	nb: First Aid Manuals are not sufficient.
Senior First Aid (Apply First Aid)		
4.07.6	Current certification for both crew members	
	Training in use of medical kit contents, particularly for injuries and administering injectable drugs is recommended	Offshore First Aid seminar @ SYC (28 Feb 2018)
4.07.9	Annual CPR (Cardo Pulmonary Resuscitation) certification	
6.01	Training - in accordance with Australian Sailing SSSC (includes Hypothermia)	Advisory Appendix E to Part 1. p97-100
Injury/Illness Chart		
4.07.3	ORCV Medical Incident Forms to be carried onboard for documenting injury or illness requiring assistance	ORCV Medical Incident form
	Crew Confidential Medical Questionnaire to be submitted to Race Medical Officer by all crew members	Crew Confidential Medical Questionnaire
	Action Plan to be provided by crew members with Allergies or chronic diseases requiring emergency treatment.	Crew Action Plan for Emergencies (from GP/ specialist)
Crew member with allergies (food/medication/dressings)		
4.07.7	Crew to obtain medical advice prior to departure.	
	Crew to carry their own emergency medication and personalised Action Plan.	Crew member Action Plan
	Known allergy sufferers should carry their own auto-injector (e.g. EpiPen, Anapen) or similar and advise the crew of its location and method of administration	
	If one crew member has a significant allergy to antibiotics, consider consider carrying only alternative medications in the medical kit	Discuss with Race Medical Officer
Regular personal medications		
	Weight loss during race (can be 3-13kg range) or dehydration may affect dosing of regular personal medications (eg. Anticonvulsant drugs, lithium)	Doses of regular medications may need to be altered if dehydrated or significant wt loss. Discuss with treating doctor prior to departure
First Aid Kits		
4.07.9	Medical kit contents must be stored in a waterproof container with content list to be visible without opening the kit	
	An additional simplified ' Day Medical Kit ' for managing minor injuries which includes simple dressings, pain relief, seasickness medication, hydrating eye drops, etc is suggested.	Recommended
Prescription medication		
	Most prescription medication must be stored at a temperature of 25 °C or less.	
	Prescription medication recommended to be replaced at least annually as temperature in an enclosed yacht during the summer can exceed 50 °C.	Storage conditions and product information for medications is available on the Osaka Cup website Race Docs/ Medical page
	Check Expiry dates on all medications	

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	Obtaining Prescription Medications		
	Victorian State regulations allow direct access to medication through participating Pharmacies. This does not require written prescriptions from a doctor. See Protocol.	Protocol for Obtaining Schedule 4 & 8 Drugs for Racing Yachts in Victoria (pdf)	
	List of participating pharmacies for accessing medical supplies	List of participating pharmacies	
	Scheduling of Prescription Medications		
	* Schedule 2 (S2) and 3 (S3) poisons - 'Pharmacist Only Medicine' - over-the-counter medicines.		
	** Schedule 4 poisons (S4) - 'Prescription Only Medicine' - Requires a prescription		
	*** Schedule 8 poisons (S8) - 'Controlled Drug' - Strict legislative controls	Mandatory only when required by notice of race for long ocean races	
	Storage of Prescription Medications		
	Victorian State regulations require S8 drugs to be kept in locked cupboard permanently attached to the inside of the boat whilst racing.	As per Protocol for Obtaining S4 & S8 Drugs	
	S8 Drugs to be removed from the boat when not racing.	S8 drugs will be removed by Customs during the boat's stay in Osaka,	
	Administration & Documentation of Prescription Drugs		
	All prescription drugs in the medical kit need to be documented on the S4 and S8 Drug Register in the boat's Log Book when being brought aboard, administered or taken back to the pharmacy.	S4 Drug Register and S8 Drug Register	
	The administration of all medication under medical advice must be documented in the boat's Log Book Drug Register detailing Doctor's name, treatment administered, date and time.	Administration of drugs and medical advice given to also be recorded on ORCV Medical Incident form.	
	Medical Emergencies		
	In an emergency, medical advice should first be obtained by contacting the duty M2O Race Officer who will contact the duty Race Medical Officer.	Medical Incident Management Team Protocol	
	This is required for the following conditions -		
	1. BEFORE ADMINISTERING PRESCRIPTION DRUGS (other than when using the crew's personal medication)	Check diagnosis is correct before giving medication	
	2. CARDIAC EMERGENCY Before administering Aspirin or Nitrolingual Spray (other than when using the crew's personal medication)	Chest pain, breathlessness, dizziness, sweating	
	3. Penetrating EYE INJURY	Do not remove penetrating objects from eye	
	4. SEVERE PAIN	Check cause before giving analgesia	
	5. Prolonged DIARRHOEA (>24hrs) with blood or FEVER.	Risk of blood poisoning	
	6. SEVERE BURNS	Fluid loss and risk of severe infections	
4.07.4	Medication List	Quantity	Comment
Allergy	Mild		
	Antihistamine tabs (e.g. Telfast, Zyrtec, etc)	10	
	Moderate		
	Prednisolone 25mg tab (Panafcortelone, Solone, etc)	30	
	Severe / Anaphylaxis		
	Adrenaline ampoules 1:1000 1ml/amp (needs syringes & needles)	5	1ml syringes & 23G needles x5 for IMI

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4.07.4	Medication List	Quantity	Comment
Analgesia	Mild Pain		
	Paracetamol 500 mg (e.g. Panadol) and/or Ibuprofen 200 mg (e.g. Nurofen)	40 40	
	Moderate Pain		Please note changes to access to Codeine based medications: Aust Govt - Codeine Containing Medications from 1 Feb 2018
	* Tramadol 50mg tabs (Tramal)	20	
	Moderate to Severe pain	20	
	** Oxycodone 5 mg tablets (e.g. Endone)	20	
	Very Severe Pain		
	** Oxycodone suppositories (per rectum) 30 mg (e.g. Proladone) OR	10	nb: Proladone supps difficult to obtain
	*** Morphine 10mg/1 ml (10 amps), see also Naloxone for opiod overdose	2 boxes x 5	Needs 1ml syringes and 23G needles for IMI
	Acute Pain		
	Methoxyflurane (Penthrox) inhaler -'green whistle' (combination pack)	2 amps	1 whistle
Burns	Superficial		
	Hydrogel wound dressing 100 g (e.g. Solosite, Duoderm Gel, Purilon)	1	
	Severe		
	Cool, then cover with a non-adherent dressing. Push fluids +++ **Silver sulphadiazine cream 100 g (e.g. Flamazine) OR	1	Needs daily redressing
	Acticoat 7 - 10x 25cm single sheet (7 day dressing)	1	Cost is approx \$80
	Roll of cling film wrap to cover burns	1x 10m	
Cardiac	Aspirin soluble 300mg tab (e.g. Disprin direct, Aspro Clear)	20	
	* Nitrolingual Spray	1	
Cough/ Asthma	* Ventolin inhaler	1	Available at pharmacies
	Spacer for administration of inhaler	1	
Dehydration	Gastrolyte sachets 4.9g (pkt of 10) or Gatorade powder (1 tub)	1	Admin 4 sachets /day
Diarrhoea	Loperamide hydrochloride 2mg tabs (pkt of 12) (Imodium or Gastro-stop) Azithromycin 500mg (Zedd) as listed under 'Infection' if diarrhoea with fever	1	
Eyes	Normal saline	1	
	**Tobramycin eye drops 10ml	1	More heat stable than Chloromycetin which needs to be stored 2-8°C
	**Tobramycin eye ointment	1	
	Sterile eye patches	5	
	**Cellufresh eye drops (individual vials)	1 box	Hydrating the eyes
Infection	Severe Infection		
	***Ciprofloxacin 500mg tabs	14	
	Infection		
	**Doxycycline 100mg tabs (Doryx, Vibramycin)	7	
	**Cephalexin 500mg tabs (Keflex, Ibilex) OR	20	
	**Amoxycillin 875mg & Clavulanate 125mg tabs (Augmentin Duo forte)	10	Contains Penicillin
	**Azithromycin 500mg (Zedd)	1 pkt of 3 tabs	
**Flagyl 400mg tab (21) OR Fasigyn tab (4) - anaerobic infections	21		

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4.07.4	Medication List	Quantity	Comment
Infection	Bacterial skin infection		
	**Bactroban ointment	1	May also need oral antibiotics to clear
	Fungal skin infection		
	Clotrimazole cream (e.g. Lamisil, Daktarin)	1	
Reflux	*Proton pump inhibitor tablet (e.g. Pariet 10mg / Somac 40mg / Nexium 20mg)	7 tabs	
Seasickness	Crews should trial their own seasickness medication prior to departure.		
	All types of seasickness remedy available may produce drowsiness and/or disorientation		
	Travel/seasickness tablets (e.g. Avomine or Travacalm)	10	
	**Ondansetron wafers 8mg (e.g. Zofran)	20	Max 4 wafers/ day
Sunburn	Prevention		
	Sunscreen SPF 30+ 250ml	2 bottles	
	Treatment		
	**Advantan ointment 15g	1	Cortisone ointment
4.07.4	Medical Equipment List	Quantity	Comment
Limbs	Inflatable splints for limbs (arm x 1 and leg x 1)	1	
	Malleable finger splint (padded aluminium or heat moulded)	1	
	Combat Application Tourniquet (C-A-T)	1 - Mandatory	Available at Offshore First Aid Seminar Feb 2018
CPR	CPR mask (must be reusable type not disposable)	1	
Wounds	Steristrips (strips of 5)	10	
	Disposable gloves	20	
	Conforming bandage (self adherent) 10cm x 2m	1	
	Crepe bandages 75mm x 1.5m	2	Wider bandages than specified in Special Regs
	Crepe bandages 150mm x 1.5m	2	
	Triangular bandage	2	
	Band-aids (Advanced healing or Silver)	1 pack each	Assist wound healing and reduce infection
	Hypafix Self Adhesive dressing 10cm x 10m	1 roll	
	Adhesive tape (Micropore) 25mm x 1 roll	1 roll	
	Non-adherent dressing (Melolin)	10	
	Impregnated gauze dressing (Sofratulle or Bactigras, etc) OR Sorbact compress dressing	5 sheets	
	Normal saline 500mls - for wound and eye washing	1	
	Sterile cotton pads (Make up remover type) - for cleaning wounds	1 packet	
	Gauze squares	1 packet	
	Combine padding (for applying pressure to wounds under bandages) OR Field dressings	1 roll	
Wound glue	1 kit		
Instruments	Thermometer clinical LOW READING & battery operated (read to 32°C)	1	Do not use mercury thermometer
	Scissors, stainless steel	1	
	Forceps splinter, stainless steel	1	
	Suture kit (Scalpel, tissue forceps, SS scissors, artery forceps)	1	For debriding wounds.Available through ORCV
	Staple kit (Skin Appose 35W) with staple remover	1	Use instead of sutures
	Dental Kit/ Dentist in a Box	1	Available through ORCV or online
	1ml syringes and 23G needles for Adrenaline or Morphine for Intramuscular injection	20 each	

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4.07.4	Medical Equipment List	Quantity	Comment
Other	Sharps container / Bio-bin (small)	1	Disposal of needles, scalpel blades, etc
	Microshield Gel Angel Blue hand wash 500ml bottles	2	
	Urinal	Mandated	Advised for safety and to monitor urine output
<i>Added 13/2/18</i>	Sports/Strapping tape 50 mm x 2.5 m (e.g. Leukoplast)	1	
<i>Added 13/2/18</i>	Antiseptic skin solution 15 ml (e.g. Betadine)	1	Betadine should only be used for minor abrasions. Not to be used for burns or on larger open wounds. Should be washed off after 3-5mins.
<i>Added 14/2/18</i>	*Naloxone Hydrochloride ampoules 400 mcg/ml	5	For treatment of Opiod overdose
<i>Added 14/2/18</i>	Alcohol swabs for injection preparation	10	