



Telefon: 49(0) 4721 78 0
49(0) 4721 78 5 emergency call
Fax: 49(0) 4721 78 1520
E-mail: medico@tmas-germany.de
Internet: www.tmas-germany.de
MRCC Bremen: 49(0) 421 536870

Anleitung zur Gesundheitspflege auf Kauffahrteischiffen

07. Pains in the chest

Chapter Attach. B No.

<p>Possible causes</p> <ul style="list-style-type: none"> * Heart attack * Stomach illnesses * Windpipe and bronchial tube illnesses * Spinal problems * Consequences of accidents 	<p>B.1.3.1.6. B.3.2.1.2.1. B.3.1.2. B.3.7.1.1. B.3.9.1.3. B.2.1.2.3.2.</p>	
<p>Rescue</p> <ul style="list-style-type: none"> * Heart attack: Begin treatment before transporting. Administer oxygen, pain treatment, vasodilatation * Consequences of an accident: Before rescue measures, apply infusion Rib fracture: Lay on side affected, administer oxygen Spine fractures: Avoid movement in the thoracic spinal column Shock: Infusions, shock position (in the case of unconsciousness, stable side position) administer oxygen, pain treatment 	<p>C.5. C.1.7.3. C.1.5. C.1.6.1 C.1.7.1.</p>	<p>23.02 5.08, 2.02 11.01, 11.03 23.02 11.01, 11.02, 11.03 23.02, 5.07</p>
<p>First Aid</p> <ul style="list-style-type: none"> * Be prepared for heart and lung resuscitation * Pain treatment * Infusions * Positioning: In the case of heart attacks: lay in a flat position, absolute bed rest Rib fractures: Position upper body on the injured side if possible Spine injuries: Lay flat on a hard surface 	<p>C.1.1.</p>	<p>23.02 – 23.08, 25.02 11.01, 11.02, 11.03 25.01</p>
<p>Further treatment</p> <p>Aim for diagnosis</p> <ul style="list-style-type: none"> * Heart attack: Display calm influence, painkiller, vasodilator administer oxygen, absolute bed rest * Stomach illnesses: Enquire about previous medical history. Make note of complications: coffee-grounds or hematemesis, tarry stool, absolute bed rest, starvation, infusions if required * Windpipe and bronchial illnesses: Cough soothing medicine, Inhalations, prohibit smoking * Rib fractures: Note possible complications e.g. Pneumothorax haematothorax Administer oxygen, painkiller, infusions 	<p>B.1.3.1.6 B.3..2.1.2.1 B.3.1.2. B.3.7.1.1. B.2.1.2.2.3. B.2.1.2.2.4.</p>	<p>2.01, 5.08, 6.02 23.02 3.03, 3.04, 5.05 11.01, 11.02, 11.03 1.01 5.01, 5.06 5.01, 5.06 23.02, 11.01, 11.03</p>
<p>Other measures:</p> <ul style="list-style-type: none"> * Frequent checking of respiration, consciousness, circulation (RCC-rule : <u>R</u>espiration, <u>C</u>onsciousness, <u>C</u>irculation) * Make medical appointment. * Telemetry of ECG, blood pressure, oxygenation, respiration * In the case of spinal fractures lay patient on vacuum mattress 		