

Medical problems in yachting

MCA Maritime Health Seminar

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Maritime Environment

- Approximately 360,000 lives are lost at sea every year
- WHO 2014 figures – likely to be conservative

Medical problems in yachting

- My background
 - Offshore Engineering
 - Round-the-the world yacht race – Global Challenge
 - Intensive care medicine
 - Chief medic – Volvo Ocean Race
 - Author:

- Skippers Medical Emergency Handbook – Adlard Coles



- Outdoor Medical Emergency Handbook



- Wilderness Medicine – Oxford University Press



Medical problems in yachting

- Environment
 - Attritional
 - Skin
 - Eyes
 - Motion
 - Motion illness
 - Exhaustion
 - Hot climates, cold climates, humidity
 - Heat illnesses
 - Cold injury
 - Infections

Medical problems in yachting

- Trauma
 - Type of sailing
 - Age of crew
 - Fitness
 - Route of voyage
- Illnesses
 - Pre-existing
 - Acquired
 - Specifics – Diabetes, Epilepsy, Immune suppressed

Medical problems in yachting

- Observational records:

Medical problems in yachting

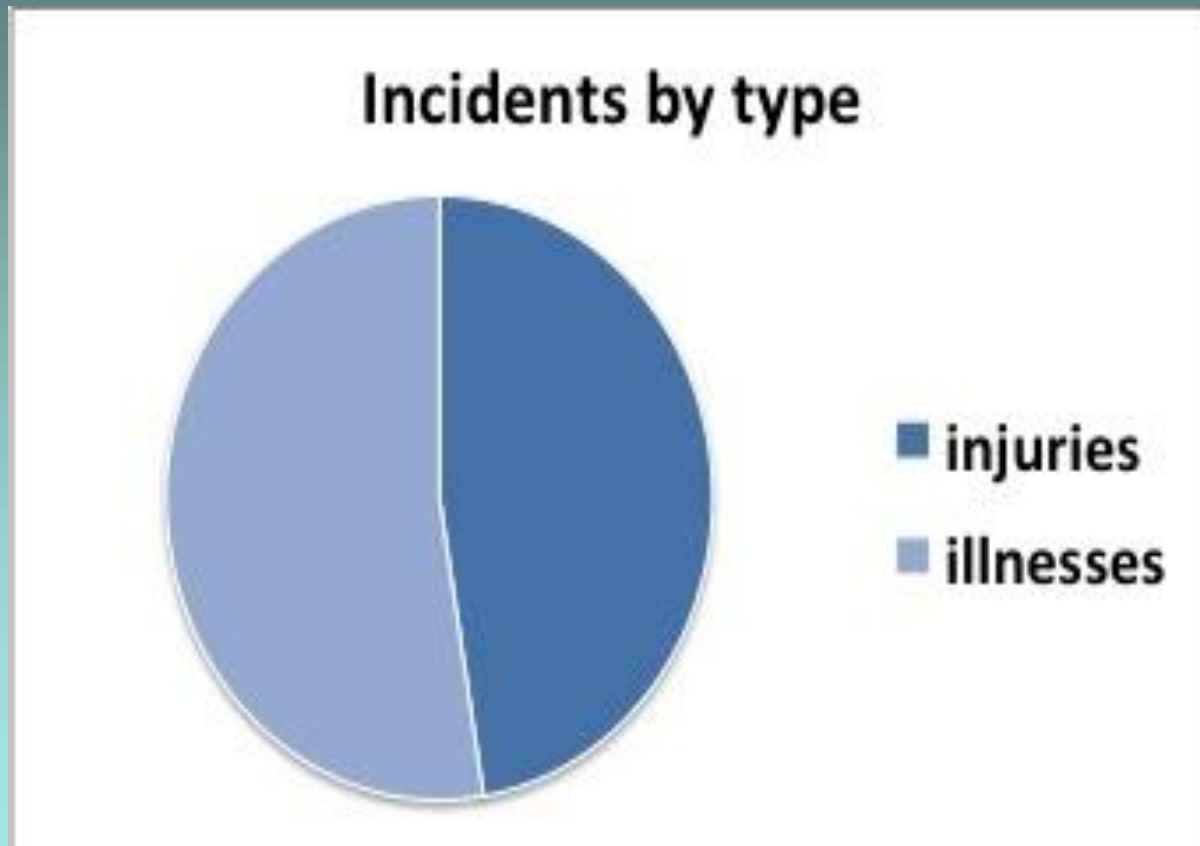
Leg	Complaint	Treatment
Leg 4	Sydney – Cape Town	
	Seasickness	Domperidone & Cinnarizine
	Seasickness	Domperidone & Cinnarizine
	Bruised Hand	Ibuprofen
	Flu	Ibuprofen
	Constipation	Lactulose
	Sore Shoulders	Ibuprofen, Massage
	?Fractured Coccyx	Lactulose, Ibuprofen
	Fractured Ribs	Ibuprofen, Rest
	Crush Fract Tibia & Severe Bruising Thigh	Tramadol, Stemetil, Ibuprofen, Rest
	Fractured Ribs	Codydramol
	Chipped Olecranon	Ibuprofen
	Toothache	Metronidazole, Codydramol
	Constipation	Lactulose
	Bruised Hand	Ibuprofen, Strapping
	Sprained Elbow	Ibuprofen, Rest
	Flu	Ibuprofen
	Headache	Codydramol
	Skin Infection	Amoxicillin, Flucloxacillin
	Stye	Chloramphenicol Eye Oint.
	Elbow Abscess	Drainage, Amoxicillin & Flucloxacillin, Ibuprofen, Rest
	Sprained Back	Tramadol, Stemetil, Ibuprofen, Rest
	Joint Aches	Ibuprofen
	Crushed Finger	Ibuprofen, Drainage

Medical problems in yachting

- Medical incidents in yacht races:
 - Volvo Ocean Race 2011-12
 - Global Ocean Race 1992 - 2004

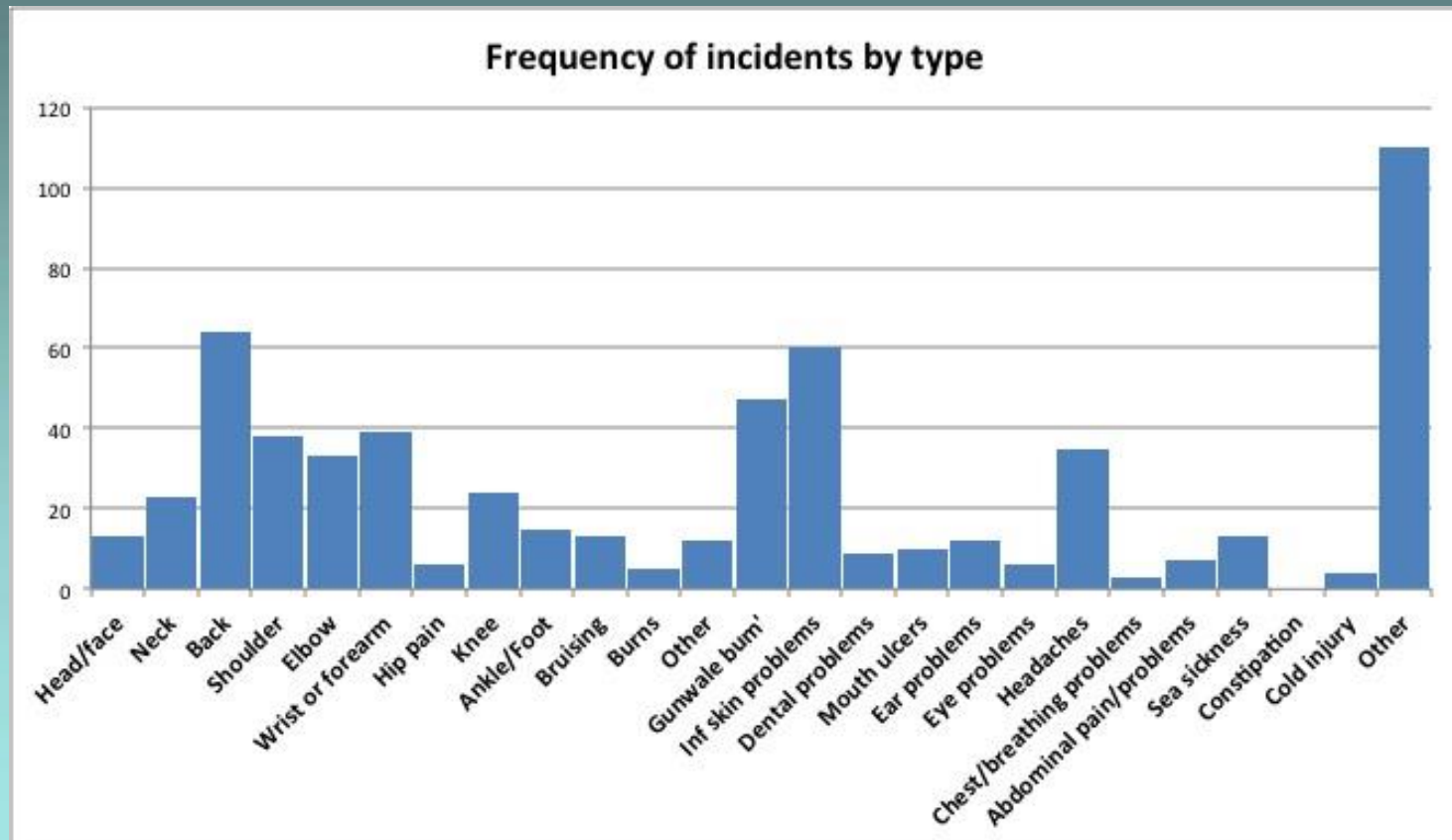
Medical problems in yachting

- Volvo Ocean Race 2011-12



Medical problems in yachting

- Volvo Ocean Race 2011-12



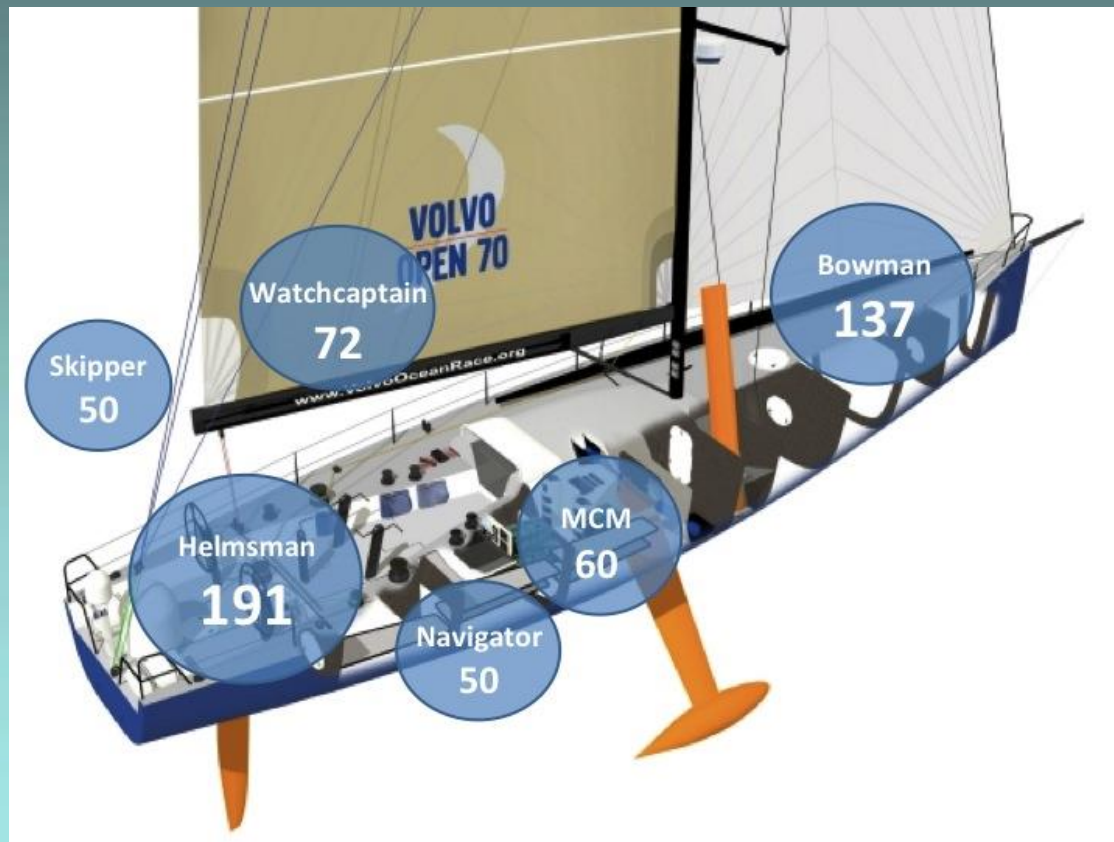
Medical problems in yachting

- Volvo Ocean Race 2011-12



Medical problems in yachting

- Volvo Ocean Race 2011-12



Medical problems in yachting

- Global Challenge 1992 - 2004

Number of crew at risk	365 (283 male & 82 female)
Age range	21–60 years
Time at sea	170 days average
Total reported incidents	685
Number of illnesses	386 (56%)
Number of injuries	299 (44%)
Number of cases per yacht	8–106

Medical problems in yachting

- Global Challenge 1992 - 2004

Illnesses (Number)	386 56%	Injuries (Number)	299 44%
GI/GU	22	Abrasions & contusions	36
Skin	21	Burns	16
Respiratory	19	Fractures	11
Seasickness/ hypothermia	16	Lacerations	11
CNS	4	Musculo-skeletal	10
Dental	4	Head injuries	7
Eyes	4	Miscellaneous	9
Miscellaneous	10		

Medical problems in yachting

- Medical incidents offshore:
 - Depends upon boat activity and crew type
 - Requiring treatment: Probably about 1:10,000 crew miles
 - Requiring external advice: Probably about 1:100,000 crew miles
 - Evacuation: Probably about 1:1,000,000 crew miles
 - Life-threatening injury: Probably about 1:10,000,000 crew miles

Medical problems in yachting

- Maritime Medical Cases

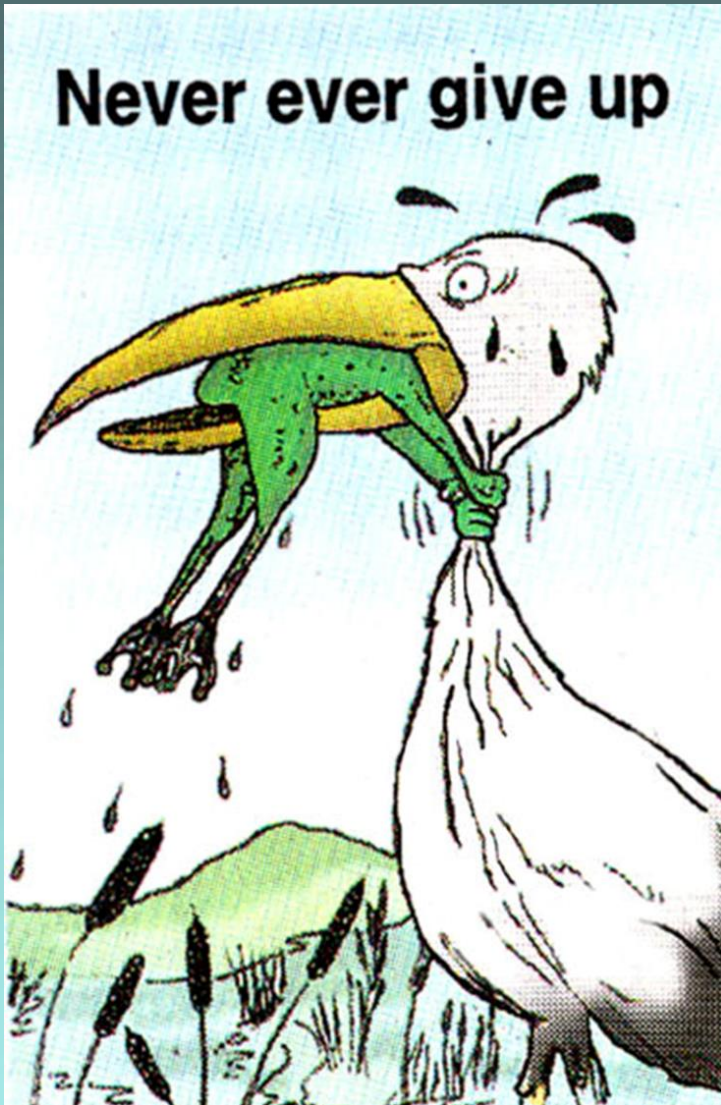
Medical problems in yachting

Retention - catheter inserted	Menorrhagia	skin irritation	Insect sting on finger
Persistent diarrhoea	UTI	Skin rash on face and neck - infective	Infected little toe
UTI/STD	Moray Eel bite	Tonsillitis	Haemorrhoids
Resolving pneumonia	Morning after pill	URTI - pregnant	?Sub-arachnoid haemorrhage
Dental Pain	Seasickness	Whole body rash	Severe abdo pain
Allergic rash	UTI?	Broken molar	Sea sickness and PMR
Abdominal rash	Bike accident - shoulder soft tissue	Food poisoning	Skin rash
Vaccination query	Persistent headaches	Stomach upset	Rash on feet, hands, knees
Chemical burn to airway	Soft tissue bruising after fall (alc)	Appendicitis (in port in Holland)	Globus
Viral illness? (Dengue?)	Minor head injury - warfarin	Sinusitis	Pain relief
Great toe paronychia	?Food poisoning	UTI	Dental infection
Morning after pill	Abdominal Pain	Lymphadenopathy in child	Jelly fish sting
Swollen knees after knee replacements	UTI	Chest infection	Stye
Irregular heart rhythm	Test call	Convulsions (non-crew)	D&V
Sore eyes - solar keratitis	Tonsillitis	Broken ribs	Nausea (DM)
Middle ear inf after diving	Knee cartilage problem	Chest infection	Sciatica
Scorpion sting with systemic symptoms	Abdo pain	Anxious Stewardess	Rope burn to fingers
Eye infection (stye)	Blocked ear	Infected feet	Chest infection
Leg abscess	Oral fibroma	Chest infection (new)	Infected knee laceration
Diabetic emergency	Fungal infection	Dislocated toe	Left chest pain - ?musculoskeletal
Ear infection	Sunburnt, swollen face	Renal stones	Arm skin rash
Diarrhoea and vomiting	Gastric upset	Ear infection	Body rash
Insect stings	Worsening skin rash	Chest infection	
Swollen elbow	UTI	Ear ache	
	Facial surgical emphysema after diving	Several crew - D&V	Lower back pain
	foreign body in eye	Infected skin lesion on knee	Lower back pain
		Jelly fish sting to face	Bilateral hand parathesia
		Dermatitis	

Medical problems in yachting

Left chest pain - ?musculoskeletal
Arm skin rash
Body rash
Lower back pain
Lower back pain
Bilateral hand parathesia
Ruptured finger tendon
Olecranon bursitis
Suspected brain thrombosis
Lower back pain
GI upset
Ear infection/TMJ dysfunction
Cystitis
Sore eye - ?foreign body
Exacerbation of asthma
Carbon fibres in eye
Olecranon bursitis in immunosuppressed
Toothache
Jelly fish sting
Jib sheet around leg - crush injury
Partial thickness arm burn 2%TBA
Body rash
Dog bite
Epigastric pain
Medication enquiry
Infected arm wound
Colitis

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Questions?