

SHIPS' MEDICAL STORES

Application of the Merchant Shipping and Fishing Vessels (Medical Stores) Regulations 1995 (SI 1995/1802) and the Merchant Shipping and Fishing Vessels (Medical Stores) (Amendment) Regulations 1996 (SI 1996/2821)

Notice to Shipowners, Agents, Masters, Skippers of Fishing Vessels and all Seafarers.

This Notice supersedes Merchant Shipping Notice MSN 1726 (M+F) and should be read in conjunction with the above mentioned Regulations, and MSN 1776 (M) and MGN 257 (M).

Summary

This Notice sets out the minimum requirements for medical stores for UK ships under the above Regulations. Basic statutory requirements (deriving from EC directive 92/29/EEC) remain as in the previous Notice (MSN 1726) but where appropriate the recommended treatments and specific medicines have been updated. It covers:

- The definitions of categories of vessel for the purposes of the Regulations
- Medical stores required and recommended additional equipment..... **Annex 1**
- Additional requirements for passenger vessels - Doctor's Bag **Annex 2**
- First aid kits **Annex 3**
- Advice on medicines to be carried on ships (including ferries) transporting dangerous substances **Annex 4**
- Medical guides to be carried and Radio Medical Advice **Annex 5**
- Precautions against malaria **Annex 6**
- Guide to use of medicines **Annex 7**
- Specimen requisition form for obtaining controlled drugs **Annex 8**
- Completion of the controlled drugs register **Annex 9**

1.0 REGULATIONS

1.1 The United Kingdom implemented the requirements of Council Directive 92/29/EEC, which sets out the minimum standards for ships' medical stores, by introducing the Merchant Shipping and Fishing Vessel (Medical Stores) Regulations 1995, as amended by the Merchant Shipping and Fishing Vessel (Medical Stores) (Amendment) Regulations 1996 (referred to as the Regulations). This Notice provides details of the required medical stores.

2.0 VESSEL CATEGORIES

2.1 The categories of vessels and the consequent requirements for medical stores and equipment areas are set out in the Directive. The vessel categories are :

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. This category is extended to seagoing or sea-fishing vessels which make trips of less than 175 nautical miles from the nearest port that has adequate medical equipment and which remain continuously within range of helicopter rescue services.

Category C Harbour vessels, boats and craft staying very close to shore or with no cabin accommodation other than a wheelhouse. Lifeboats and life-rafts are also required to carry Category C stores.

The UK interprets the phrase "**very close to shore**" as meaning that a vessel operating more than 60 nautical miles out to sea would not be operating very close to shore. Notwithstanding this interpretation, it is for owners and skippers, for the purpose of complying with the Regulations, to assess whether, in respect of voyages in which the vessel goes less than 60 nautical miles out to sea, the vessel is "very close to shore".

2.2 The following vessels are **excluded** from the requirements of this Notice:

- **inland navigational vessels**, defined in the Regulations as those vessels plying on waters of Categories A to C as defined in Merchant Shipping Notice MSN 1776 (M).
- **warships**
- **pleasure boats used for non-commercial purposes and not manned by professional crews**, defined in the Regulations as follows:

any vessel which at the time it is being used is:

- (a) (i) in the case of a vessel wholly owned by an individual or individuals, used only for the sport or pleasure of the owner or the immediate family or friends of the owner; or
(ii) in the case of a vessel owned by a body corporate, the persons on the vessel are employees or officers of the body corporate, or their immediate family or friends; and
 - (b) (i) on a voyage or excursion which is one for which the owner does not receive any money for or in connection with operating the vessel or carrying any person, other than as a contribution to the direct expenses of the operation of the vessel incurred during the voyage or excursion; or
(ii) wholly or partly owned by or on behalf of a members' club formed for the purpose of sport or pleasure of members of that club or their immediate family; and for the use of which any charges levied are paid into club funds and applied for the general use of the club; and
(iii) in the case of any vessels referred to in paragraph (i) or (ii) above, no other payments are made by or on behalf of users of the vessel, other than by the owner.
- **tugs operating in harbour areas**, - as defined in the Regulations "tug" means a vessel constructed solely for the purpose of, and normally used for providing external motive power to, floating objects or vessels.

3.0 MEDICAL STORES REQUIREMENTS

3.1 The requirements and recommended stores are set out in the attached schedules.

Annex 1 Requirements for Categories A, B & C vessels and recommended additional equipment

Annex 2 Additional requirements for passenger ships – Doctor’s Bag

Annex 3 First Aid Kits

Annex 4 Requirements for ships carrying dangerous cargoes

3.2 A checklist of all the medicines and equipment required by this MSN should be kept on board and reviewed annually.

4.0 MEDICINES FOR SHIPS CARRYING DANGEROUS CARGOES

4.1 Ships, including ferries, carrying dangerous cargoes or their residues, should comply with the International Maritime Dangerous Cargoes (IMDG) Code and the guidance in the IMO/WHO/ILO Medical First Aid Guide for use in accidents involving Dangerous Goods (MFAG) 1994 and any subsequent amendments, and the guidance in Annex 4.

5.0 CARRIAGE OF DEFIBRILLATORS

5.1 There is no statutory requirement under international or national legislation for ships to carry defibrillators. It is accordingly a matter for individual operators to decide whether or not to include a defibrillator with the medical stores or doctor’s bag. If a defibrillator is carried, MCA recommends that systems are in place to ensure regular maintenance of the equipment (in accordance with the manufacturer’s instructions), and adequate training for the first aiders, including regular refresher training (at least every 6 months). Training should also particularly cover care of the patient after defibrillation, bearing in mind that immediate hospitalisation may not be possible.

6.0 MEDICAL GUIDES AND RADIO MEDICAL ADVICE

6.1 The Ship Captain’s Medical Guide should be referred to for help with diagnosis. This Notice should be kept with the current edition of the Guide. Radio medical advice should be sought as appropriate (See Annex 5).

7.0 SHIPS’ DOCTORS

7.1 Under the Merchant Shipping (Ships’ Doctors) Regulations 1995 all UK registered ships which carry more than 100 persons on board, and which are engaged on an international voyage of more than three days, or on a voyage which is more than one and a half days from port with adequate medical equipment, are required to carry a qualified medical practitioner.

8.0 RESPONSIBILITIES OF THE OWNER, EMPLOYER AND THE MASTER

8.1 Responsibility of the owner

The owner of the vessel is responsible for the cost of any medicine and medical equipment, including the periodic replacements in order to keep stocks of any required medicines in date and immediately useable.

8.2 Responsibility of the seafarer’s employer

Section 45 of the Merchant Shipping Act 1995 specifies, among other things, that if a person, while employed in a UK ship receives any surgical or medical treatment or such dental or optical treatment (including repair or replacement of any appliance) outside the UK, that cannot be postponed without impairing the seafarer’s efficiency, the reasonable expenses of this treatment shall be paid by the employer(s).

8.3 Responsibility of the Master

Where a United Kingdom ship does not carry a doctor among the seafarers employed in it, Section 53 of the Merchant Shipping Act 1995 holds the Master responsible for ensuring that any necessary medical attention given on board ship is given either by him, or under his supervision, by a person appointed by him for that purpose. The Master is also responsible for the management of the medical supplies and ensuring that they are maintained in good condition.

8.4 IMMUNISATION ARRANGEMENTS

8.4 Ship operators, employers and the Master all have a duty of care to protect the health and safety of workers, so far as reasonably practicable. This responsibility includes taking steps to minimise the risk of infection and ensuring appropriate preventative measures such as immunisation are taken. General guidance on precautions against malaria can be found in Annex 6 and specific guidance on immunisation and anti-malaria medication (prophylaxis) is given in Marine Guidance Note MGN 257 (M)

9.0 FURTHER INFORMATION

9.1 Further information on the contents of this Notice may be obtained from any MCA Marine Office or the Seafarer Health and Safety Branch at the address below :

Seafarer Health and Safety Branch

Maritime & Coastguard Agency
2/09 Spring Place
105 Commercial Road
Southampton
SO15 1EG

www.mcga.gov.uk

Tel: 023 80329249
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Department for
Transport

The MCA is an executive agency
of the Department for Transport

MEDICAL STORES FOR VESSEL CATEGORIES A, B & C

(see definitions on Page 2 of the Notice)

For any items marked the specified quantity is considered sufficient regardless of crew size.*

Owners and operators may, on the advice of a qualified medical practitioner or pharmacist, determine whether any additional or different quantities, products or equipment are required, taking into account the factors identified below and any other relevant consideration: the nature of the voyage and in particular ports of call, nature of the cargo, destination, number of crew, duration of voyage and type of work to be carried out during the voyage. For example, anti-malarial drugs may be appropriate if a ship is operating in tropical areas. (see MGN 257 (M) for guidance on immunisations and anti-malaria medication).

In this Annex columns are as follows:

- Column 1** Is the reference number in EC Directive 92/29. This is included for identification of treatments when seeking or receiving radio medical advice from any European Community Member State.
- Column 2** Is the statutorily required treatment which must be available to comply with the Regulations.
- Column 3** Is the recommended medicine and dosage strength which MCA considers best complies with the statutorily required treatment. Owners and operators may substitute exact equivalents on the advice of a qualified medical practitioner or pharmacist, provided they are satisfied that an equivalent level of treatment is assured.
- Column 4** Is the recommended quantity of medicine / equipment which MCA considers sufficient to provide treatment for 10 workers or for the crew of a lifeboat or life-raft.
- Recommended quantities (Column 4) will not always reflect standard packs. In this case the recommendation is for the nearest available dispensing sales pack above the minimum recommended quantity. This will ensure the patient information leaflet is enclosed.

1 Ref. No.	2 Statutory Treatment Requirements	3 Recommended Medicine and Dosage Strength Representing best practice.	4 Recommended quantity for 10 workers		
			A	B	C
1. Cardio Vascular					
(a)	Cardio vascular analeptics Sympathomimetics	Adrenaline / Epinephrine injection BP 0.5ml – adrenaline acid tartrate injection 1.0mg in 1ml (1 in 1000) and / or Epipen (Adrenaline 0.3mg)	10*	5*	-
			5	5	-

1 Ref. No.	2 Statutory Treatment Requirements	3 Recommended Medicine and Dosage Strength Representing best practice.	4 Recommended quantity for 10 workers		
			A	B	C
(b)	Anti-angina preparations	Glyceryl Trinitrate Spray 400 micrograms / metered 200 dose aerosol and transdermal patches 5mg x 2	1 unit	1 unit	1 unit
(c)	Diuretics	Furosemide / Furoseamide i) 40mg tablets ii) 10mg in 1ml inj. (2ml ampoule)	28* 2	28* -	- -
(d)	Anti-haemorrhagics if there are women with potential for child bearing working on board (including uterotonics).	i) Phytomenadione (Vitamin K1) paediatric injection (0.2ml ampoule) ii) Ergometrine 500mcg , Oxytocin 5 units (1ml ampoule) (Syntometrine)	1* 2*	1* 1*	- -
(e)	Anti-hypertensive	Atenolol 50mg tablets	28	-	-
2. Gastro intestinal system					
(a)	Medicines for gastric and duodenal disorders • Histamine H2 receptor anti-ulcer antagonists • Antacid mucous mixture	Cimetidine 400mg tablets Proprietary Antacid of choice	60 As reqd	- As reqd	- -

1 Ref. No.	2 Statutory Treatment Requirements	3 Recommended Medicine and Dosage Strength Representing best practice.	4 Recommended quantity for 10 workers		
			A	B	C
(b)	Anti-emetics	i) Prochlorperazine maleate 3mg buccal tablets ii) Promethazine hydrochloride 25mg per ml (1ml ampoules) iii) Hyoscine hydrobromide 0.3mg tablets or Cinnarizine 15mg	50* 10* 60 60	50* - 60 60	- - 60 60
(c)	Lubricant laxatives	Glycerol Suppository mould 4mg	12	-	-
(d)	Anti-diarrhoeals	Loperamide 2mg capsules	30	30	30
(e)	Intestinal antiseptics	i) Trimethoprim 200mg tablets ii) Ciprofloxacin 500mg tablets iii) Metronidazole 400mg tablets	Use 7(b) 7(a)ii 7(e)	Use 7(b) 7(a)ii 7(e)	- - -
(f)	Haemorrhoid preparations	Proprietary preparation of choice	As reqd	As reqd	-
3. Analgesics Anti – Spasmodics					
(a)	Analgesics, anti-pyretics and anti-inflammatory agents	i) Paracetamol 500mg tablets and ii) Ibuprofen 400mg tablets iii) Diclofenac sodium 50mg suppository	100 100 10	50 50 -	50 50 -

1 Ref. No.	2 Statutory Treatment Requirements	3 Recommended Medicine and Dosage Strength Representing best practice.	4 Recommended quantity for 10 workers		
			A	B	C
(b)	Powerful analgesics	i) Codeine Phosphate 30mg tablets ii) Morphine Sulphate 10mg in 1ml injection (1ml ampoule) or Nalbuphine 10mg in 1ml injection	28	28	-
(c)	Spasmolytics	Hyoscine butylbromide 10mg tablets.	56	56	-
4. Nervous system					
(a)	Anxiolitics	i) Diazemuls injection 5mg per ml, (2ml ampoules) ii) Diazepam 5mg tablets	5*	-	-
(b)	Neuroleptics	i) Chlorpromazine hydrochloride 25mg injection ii) Chlorpromazine hydrochloride 25mg tablets	5*	-	-
(c)	Seasickness remedies	Hyoscine hydrobromide 0.3mg tablets or Cinnarizine 15mg	28*	28*	-
(d)	Anti-epileptics	Diazepam rectal dispenser 10mg in 2.5ml	Use 2b(iii)	Use 2b(iii)	Use 2b(iii)
5. Anti-allergics and Anti-anaphylactics					
(a)	H ₁ Anti-histamines	Cetirizine 10mg tablets	30*	30*	-

1 Ref. No.	2 Statutory Treatment Requirements	3 Recommended Medicine and Dosage Strength Representing best practice.	4 Recommended quantity for 10 workers		
			A	B	C
(b)	Injectable / oral glucocorticoids	i) Hydrocortisone injection powder for reconstitution 100mg vial with 2ml water for injection / ready diluted 100mg in 1ml injection ii) Prednisolone 5mg tablets	3	1	-
6. Respiratory System					
(a)	Bronchospasm preparations	i) Salbutamol inhaler 100 micrograms per metered dose. 200 dose inhaler with volumatic ii) Beclomethasone 100 micrograms per metered dose inhaler	1	1	-
(b)	Anti-tussives	Proprietary cough mixture	As reqd	As reqd	-
(c)	Medicines used for colds and sinusitis	Paracetamol 500mg tablets or Proprietary cold remedy	Use 3a(i)	Use 3a(i)	-
			As reqd	As reqd	-

1 Ref. No.	2 Statutory Treatment Requirements	3 Recommended Medicine and Dosage Strength Representing best practice.	4 Recommended quantity for 10 workers		
			A	B	C
7. Anti-infection					
(a)	Antibiotics	i) Benzylpenicillin – benzylpenicillin sodium 600mg injection (powder for reconstitution in a rubber capped and metal topped vial) and water for injection 2ml ii) Ciprofloxacin (as hydrochloride) 500mg tablets iii) Cefuroxime injection 750mg vial and water for injection iv) Erythromycin 250mg tablets v) Doxycycline 100mg capsules	10	2	-
(b)	Anti-bacterial /	Trimethoprim 200mg tablets	14	14	-
(c)	Urinary antiseptics				
(d)	Anti-parasitics	Mebendazole 100mg tablets	6*	6*	-
(e)	Intestinal anti-infectives	Metronidazole suppositories 1g Metronidazole 500mg or 400mg tablets	10 21	- 21	- -
(f)	Anti-tetanus vaccines and immunoglobulin	i) Tetanus Vaccine (0.5ml ampoule) or Tetanus & Diphtheria Vaccine ii) Tetanus Immunoglobulin ampoule for injection	5* 1*	1* -	- -

1 Ref. No.	2 Statutory Treatment Requirements	3 Recommended Medicine and Dosage Strength Representing best practice.	4 Recommended quantity for 10 workers		
			A	B	C
8. Compounds promoting rehydration, caloric intake and plasma expansion					
	WHO Generic Formula	Sodium chloride & dextrose rehydration salts sachets of Oral Rehydration Salts, Formula A. $\left. \begin{array}{l} \text{BP Oral powder in sachet to provide Na=35mmol,} \\ \text{K=20mmol, Cl-37mmol, HCO}_3^- \\ \text{18mmol and glucose 200mmol when} \\ \text{reconstituted in a litre of water} \end{array} \right\}$ or Proprietary equivalent e.g. Dioralyte	1 Box (16-20)	1 Box (16-20)	-
9. Medicines for external use					
(a)	Skin Medicines				
	Antiseptic solutions	100ml solution or pre-impregnated wipes containing 0.015% w/v chlorhexidine and 0.15% w/v cetrimide	1* bottle or 1 pack wipes	1* bottle or 1 pack wipes	1* bottle or 1 pack wipes
	Antibiotic ointments	Neomycin / Bacitracin cream 15g tube	1	1	-
	Anti-inflammatory and analgesic ointments	i) Hydrocortisone 1% cream 15g tube ii) Proprietary NSAID gel / ointment	2 As reqd	- As reqd	- As reqd
	Anti-mycotic skin creams	i) Benzoic ointment BP 50mg(benzoic acid 6%; salicylic acid 3%, in emulsifying ointment 15g ii) Miconazole nitrate 2% topical cream 30g iii) Clotrimazole 500mg pressary (if women onboard).	3 2 2	1 1 1	- - -
	Burn preparations	i) Silver Sulphadiazine 1% cream 50g tube ii) Proprietary antiseptic cream	2 -	1 -	- 1

1 Ref. No.	2 Statutory Treatment Requirements	3 Recommended Medicine and Dosage Strength Representing best practice.	4 Recommended quantity for 10 workers		
			A	B	C
		Miscellaneous skin preparations i) Permethrin 1% in a base containing isopropylalcohol 20% Cream Rinse ii) Zinc ointment, BP (containing zinc oxide 15%) 25g iii) Potassium permanganate crystals 10g container / Permitabs pack	2* 1* 1*	- - -	- - -
(b)	Eye Medicines				
	- Antibiotic ointment	Chloramphenicol 1% 4g tube	4	1	-
	- Antibiotic drops	<i>All eye drops are recommended in Minimum (single dose) form:</i> Neomycin sulphate 0.5% 0.5ml	20	20	-
	- Anti-inflammatory drops	Dexamethasone sodium phosphate 0.1% 0.5ml	20	20	-
	- Anaesthetic drops	Amethocaine hydrochloride 0.5% 0.5ml	20	20	-
	- Hypotonic drops	Pilocarpine nitrate 2% 0.5ml	20	20	-
	- Diagnostic drops	Fluorescein sodium 1% 0.5ml (for detection of foreign bodies / scratches / ulcers)	20	20	-
(c)	Ear/ Nasal Medicines				
	Antibiotic / anti inflammatory solution	Antibiotic eardrops containing in each ml; neomycin 3,400 units, polymixin B sulphate 10,000 units, hydrocortisone 50mg (5ml dropper bottle)	1*	1*	-

1 Ref. No.	2 Statutory Treatment Requirements	3 Recommended Medicine and Dosage Strength Representing best practice.	4 Recommended quantity for 10 workers		
			A	B	C
		Decongestant solution : Ephedrine nasal drops BP 0.5% ephedrine hydrochloride (10ml bottle)	1*	1*	-
(d)	Medicines for oral and throat infections				
	Antibiotic or antiseptic mouthwashes	Chlorhexidine gluconate 0.2% mouthwash 300 ml	1	1	-
(e)	Local anaesthetics				
	Local anaesthetics given by subcutaneous injection hydrochloride 1% 50mg in 5ml for injection	Lignocaine / Lidocaine	5	5	-
	Local anaesthetic gel	Lignocaine / Lidsaine gel 2%, chlorlexidine 0.25% in lubricant (syringe)	1	-	-
	Dental anaesthetics and antiseptic mixtures	i) Proprietary gel e.g. Bonjela ii) Oil of Cloves 10ml	1	1	-
			1*	1*	-

MEDICAL EQUIPMENT

Statutory Requirements	Recommended Specification	Quantity		
		A	B	C
1. Resuscitation Equipment				
Appliance for the administration of oxygen	<p>Oxygen giving set comprising of the following:-</p> <ol style="list-style-type: none"> 1) Oxygen reservoir (e.g. D Size 300ltr cylinder) 2) 1 flow meter unit giving a minimum setting of not less than 4ltrs per minute 3) 1 pressure regulating unit 4) 1 set of tubing 5) 5 x 24% oxygen disposable face masks 6) 5 x high concentration oxygen disposable face masks with a reservoir. <p>Each part constructed so that it can only be assembled in the correct manner</p>	1	1	-
Mechanical aspirator to clear upper respiratory passages	Aspirator to clear airways (manual, hand operated) + 2 catheters	1	1	-
Equipment for mouth to mouth resuscitation	Pocket face mask with valve and O ₂ inlet Guedal Airway Sizes 3 & 4	1 1	1 1	1 -
2. Dressing and suturing equipment				
Disposable skin stapler / or suture kit (including staple remover)	1) Sterile non-absorbable sutures swaged to a half circle needle with a cutting edge 2 sizes e.g. 16mm & 26mm	6	-	-
	2) Sterile absorbable sutures swaged to a half circle needle 1 size e.g. 26mm	3	-	-

<i>Statutory Requirements</i>	<i>Recommended Specification</i>	<i>Quantity</i>		
		<i>A</i>	<i>B</i>	<i>C</i>
Adhesive elastic bandage	Adhesive elastic bandage 7.5cm x 4m	4	1	1
	Crepe bandage 7.5cm x 4m	4	4	-
Tubular gauze bandage, for finger dressings	20m length with applicator	1	1	-
Disposable gloves	Latex free, vinyl	25prs	25prs	5prs
Adhesive dressings	Assorted sterile	40	40	20
Sterile bandages with unmedicated dressings (Ambulance dressings)	(1) medium, No.1 (12x10) cm	5	3	2
	(2) large, No.2 (20x15) cm	5	3	2
	(3) extra large, No.3 (28x20) cm	4	2	1
Adhesive sutures	75mm adhesive suture strips	6	6	6
Sterile gauze swabs	Packet containing 5 sterile gauze pads size 7.5cm x 7.5cm	10	5	1
Sterile sheet for burns victims		1	1	-
Triangular sling / bandage		4	4	-
Paraffin gauze dressings, size 10cm x 10cm		40	10	-
3. Instruments				
Disposable scalpels	e.g. 10 blades	2	-	-
Stainless steel instrument box		1	1	-
Scissors	Stainless steel dressing scissors	1	1	-
	Sharp pointed scissors	1	1	-
Dissecting forceps	toothed	1	1	-
Haemostatic clamps		1	1	-
Needle forceps		1	-	-
Disposable razors		5	-	-
4. Examination and monitoring equipment				
Disposable tongue depressors		10	10	-
Reactive strips for urine analysis	e.g. Multifix	1 pack	-	-

Statutory Requirements	Recommended Specification	Quantity		
		A	B	C
Temperature charts		1 pad	1 pad	-
Medical evaluation reports		1 pad	-	-
Pregnancy test kit	When women on board	1	-	-
Stethoscope		1	1	-
Aneroid sphygmomanometer		1	1	-
Standard clinical thermometer		3	1	-
Hypothermic thermometer low reading rectal thermometer		1	1	-
Sputum cup with cover	Disposable	2	-	-
Specimen jars	Strong glass or plastic with airtight lid 50 ml with blank labels	2	-	-
5. Equipment for injection, perfusion, puncture and catheterization				
Bladder drainage	Bladder drainage set (including bag, spigots and tube)	1	-	-
Rectal drip set		1	-	-
Urine drainage bag	Use bladder drainage set	Use 5 (1)	-	-
Disposable syringes	2ml, 5ml, 10ml	10 of each	5 of each	-
Disposable hypodermic needles	(21G) 0.8mm and (25G) 0.5mm	30	15	-
"Sharps" disposal box	1 litre size	1	1	-
Catheter	1) Foley type 16 Charriere gauge, 5 ml balloon (short / medium term use in adults) 2) Nelaton size 16 Charriere gauge (with no balloon) 3) Penile sheath set	1 1 1	- - -	- - -
6. General Medical Equipment				
Bedpan	(stainless steel or sterilisable plastic)	1	-	-
Hot water bottle	With fabric cover	1	-	-
Urine bottle (urinal)		1	-	-
Icebag		1	-	-

<i>Statutory Requirements</i>	<i>Recommended Specification</i>	<i>Quantity</i>		
		<i>A</i>	<i>B</i>	<i>C</i>
7. Immobilization and setting equipment				
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 etc.	1	1	-
Collar for neck immobilisation – (semi-rigid)	Adult size pack of 3, small, medium and large or adjustable collar	1	1	-
8. Disinfection, Disinsectization and Prophylaxis				
Water – disinfection compound	In liquid form - litres	5	-	-
Liquid insecticide	In liquid form - litres	5	-	-
Powder insecticide				

RECOMMENDED ADDITIONAL MEDICAL EQUIPMENT

<i>Recommended Additional Equipment</i>	<i>Quantity</i>		
	<i>A</i>	<i>B</i>	<i>C</i>
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

Recommended Additional Equipment	Quantity		
	A	B	C
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	-
Body bag – large size	1	1	
Vessels in malarial areas only – microscope slides in individual transit containers	5	5	
1) Excavator double ended Guys’ pattern G2	1 Set of all items	-	-
2) Filling paste inserter (for inserting filling paste into the tooth)			
3) Dental mirror size 4 on handle			
4) Cavit (temporary dental filling) tube			
Scissors stainless steel or disposable			1pr
Triangular bandages about 90cm x 127cm			4
Sterile paraffin gauze dressings			10
Plastic bum bags			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) <i>(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).</i> <i>Each kit to contain the following :</i> (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	-	-

ADDITIONAL REQUIREMENTS FOR PASSENGER VESSELS

Doctor's Bag

1. A Doctor's Bag is required for seagoing ships where there is no qualified medical practitioner among the crew, and the vessel carries more than 12 passengers. (Class VI and VI(A) vessels are excluded from this requirement).
2. All the medicines and equipment in this list should be kept in a Doctor's Bag or case. The case should be locked and kept in a locked cabinet and the keys held by the Master or someone nominated by him. The Doctor's Bag should be clearly labelled as follows :

" The medicines in this case are only to be used by a qualified medical practitioner, registered general nurse, qualified paramedic, or someone under the direct supervision of a medical practitioner on board the ship"
3. Except where indicated the items listed in this Annex are additional to those which the vessel may be required to carry as set out in Annex 1 of this Notice. Where an injection is specified, a prefilled syringe is acceptable.
4. The obtaining, use and disposal of morphine from this case should be recorded in the ship's Controlled Drugs Register. (See Annex 9)
5. A doctor or other authorised person using the Doctor's Bag should be made aware that radio medical advice may be obtained and if necessary medical evacuation arranged, by contacting HM Coastguard.

STATUTORY TREATMENTS REQUIRED FOR DOCTOR'S BAG

<i>Item</i>	<i>Ordering Size</i>	<i>Quantity Required</i>
Adrenaline / Epinephrine Adrenaline tartrate injection (1 in 1,000) 1.0mg in 1ml	1ml ampoule	5
Aminophylline Aminophylline injection 25mg in 1ml	10ml ampoule	5
Aspirin Dispersible aspirin 300 mg	300mg tablets	50
Atropine Atropine sulphate	600micrograms / ml 1ml ampoule	5
Beclomethasone Diproponate Beclomethasone diproponate + SPACER	100 micrograms/ 200 metered doses	1
3rd Generation Cephalosporin Cefotaxime	1g injection vial for reconstitution	4
Chlorpromazine Chlorpromazine hydrochloride injection	25mg in 1ml ampoule	1
Cyclizine Cyclizine lactate	Injection 50mg in 1ml ampoule	2

<i>Item</i>	<i>Ordering Size</i>	<i>Quantity Required</i>
Diazepam Diazemuls injection 5mg in 1ml	2ml ampoule	5
Frusemide / Furosemide Frusemide injection 10mg in 1ml	2ml ampoule	5
Glucagon Glucagon injection 1mg with diluent	1ml pre-filled syringe	1
Glucose Glucose intravenous infusion 5%	1 ltr	1
Glucose 50% Intravenous injection	50ml ampoule	2
Hydrocortisone Hydrocortisone sodium succinate powder for constitution with diluent.	100mg vial	1
Insulin Insulin injection, soluble, 100 units per ml	10ml vial	1
Modified Gelatine Infusion solution (for plasma substitution)	500ml container	2
Morphine Morphine sulphate	10mg/ml 1ml ampoule	5
Normal Saline 0.9%	1 ltr	2
Paediatric Paracetamol elixir	250mg / 5ml	1 bottle
Prednisolone Prednisolone	5mg tablet	28
Salbutomal Salbutamol aerosol inhaler unit, giving 100 micrograms per metered inhalation + SPACER	200 inhalations	1

<i>Item</i>	<i>Ordering Size</i>	<i>Quantity Required</i>
EQUIPMENT		
Aneroid sphygmomanometer		1
First aid kit		1
Glucose in blood 1) Blood test sticks – glucose colomimetric 2) Blood lancets – sterile		10 10
Guedel Airway	Size 1 (Adult sizes already in ships medical stores)	1
Intravenous Infusion Giving Sets with Cannulae Intravenous infusion cannula with luer-lok injection port in a sterile pack IV giving set with filter	1) cannula size 16G (1.7mm x 45mm) 2) cannula size 18G (1.2 mm x 45 mm)	2 2
Manual suction pump with two yankauer suction catheters and two flexible catheters FG 14 size		1
Oxygen Resuscitator (disposable) Hand operated manual adult bag resuscitator (bag to be of silicone rubber complete with oxygen reservoir of 2600 ml capacity and facemasks sizes 5,3 and 1)		1
Pocket mask	With valve and O ₂ inlet	1
Stethoscope		1
Swabs Alcohol impregnated swabs, sterile		50
Syringe and Needle, Hypodermic, Pack 1) 2ml syringe with 0.8mm (21G) x 4cm needle 2) 20ml syringe with 0.8mm (21G) x 4cm needle 3) 1 ml insulin syringe 100 units with 0.4mm (27G) x 12mm needle		2 2 2

Note:

In addition to the statutory requirements for inclusion in the Doctor's Bag as detailed above, the attention of operators is also drawn to the International Maritime Organization's Circular MSC/ Circ 1042.

This Circular provides advice on medical provisions for ro-ro passenger ships not normally carrying a medical doctor, and also provides a list of recommended contents for the Doctor's Bag. Copies of Circular MSC/ Circ 1042 are available from the International Maritime Organization - www.imo.org.

FIRST AID KITS

Seagoing ships with a crew of more than 10 should carry first aid kits, distributed in appropriate locations on the ship e.g. in the galley and engine room.

Passenger vessels must carry one first aid kit for every 100 passengers or fraction of that number subject to a maximum requirement for 3 kits e.g. 250 persons require three kits. A first aid kit is to be included in the Doctor's Bag. (Annex 2).

The first aid kit should include the following items, kept in a portable waterproof container.

- (1) 4 x triangular bandages
- (2) 6 x medium sterile bandages with unmedicated dressings
- (3) 2 x large sterile bandages with unmedicated dressings
- (4) 2 x extra large unmedicated dressings
- (5) 6 medium safety pins, rustless
- (6) 20 assorted elastic adhesive dressings medicated
- (7) 2 x sterile eye pads with attachment
- (8) 2 x packages containing sterile gauze swabs
- (9) 5 pairs large size disposable latex-free examination gloves
- (10) sterile eye wash in eye wash bottle

The Merchant Shipping and Fishing Vessel (Medical Stores) Regulations 1995 do not apply to vessels operating on inland waters, as defined in MSN 1758(M). However, the HSE Health and Safety (First Aid) Regulations 1981 do apply and the HSE Approved Code of Practice for First Aid at Work should be followed.

MEDICINES TO BE CARRIED ON SHIPS CARRYING DANGEROUS CARGOES

General

1. When a UK registered vessel is carrying a dangerous substance or substances in quantities, in excess of those defined in Vol 1, Section 18 of the IMDG Code, as whole or part of the cargo, the Master must ensure that the correct antidote can be found in the IMO Medical First Aid Guide for Ships MFAG 1994 edition. Any updating of the IMO International Maritime Dangerous Goods Code should be taken into account when preparing the list of medicines to be carried.
2. 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 carried.
3. The quantities of any medicines need to be carried aboard should be based on an estimate of risks, taking into account such factors as number of crew, length of voyage and risk of accidental exposure.

Ferries

4. Whether or not the vessel is required to carry Category A or B stores, ferries or similar vessels whose operating arrangements do not allow sufficient forewarning of the nature of any dangerous substances which might be transported on them, must carry at least the antidotes and equipment listed below :

Antidotes :

- General
- Cardio vascular
- Gastro – intestinal system
- Nervous system
- Anti-infective
- For external use

Equipment : for the administration of oxygen.

Where these substances are already included in the ship's medical store, separate stocks are not necessarily required. EC Directive 92/29/EEC provides that on a regular route where the crossing is due to last less than two hours, the antidotes may be limited to those which have to be administered in cases of extreme emergency within the period of time not exceeding the normal duration of crossing.

MEDICAL GUIDES TO BE CARRIED AND RADIO MEDICAL ADVICE

<i>Vessel Category</i>	<i>Publication</i>
Category A	Controlled Drugs Register Ship Captain's Medical Guide
Category B	Ship Captain's Medical Guide
Category C	First Aid Manual (St John's, Red Cross or St Andrew's) or First Aid Instructions, in English on waterproof paper (Lifeboats and Life-rafts only)

In addition, vessels in all Categories (other than lifeboats and liferafts) should carry a copy of this Notice or subsequent replacements.

Radio Medical Advice

Radio Medical Advice is available to all ships at sea by contacting HM Coastguard (See MGN 225 (M+F) for details). Advice is provided by 2 UK designated centres at Aberdeen Royal Infirmary and Queen Alexandra Hospital, Portsmouth, but initially contact should be made with the Coastguard.

PRECAUTIONS AGAINST MALARIA

Full guidance on immunisations and anti-malaria medication (prophylaxis) is given in Marine Guidance Note MGN 257 (M). This annex gives advice on preventive measures on board ship, whilst in malarial areas.

PREVENTIVE MEASURES

Avoid mosquito bites

1. Mosquitoes are most active after dusk. Cabin and working accommodation doors, windows and ventilators should be kept shut. Any mosquitoes found in compartments should be killed using "knockdown" insecticide spray. If you go on deck or ashore after dusk keep your arms, legs and feet covered and use insect repellents e.g. containing diethyltoluamide known as DEET, on any remaining exposed areas. If you have to stay ashore in non-air conditioned accommodation make sure that the beds have nets, preferably impregnated with permethrin, that they have no tears or holes and are well tucked in.

Medication

2. Anti-malarial tablet treatment varies depending on the nature and resistance of local malarial parasites. You should take the treatment strictly in accordance with the specific instructions for the medication prescribed. **Most deaths occur in those who do not take the tablets for the required period or in the recommended dosages.**

Warning signs

3. Anyone who develops a fever in a malarial area should obtain medical advice as soon as possible. It is important to consult a doctor immediately if any feverish illness develops within twelve months of return from a malarial area. Be sure to let the doctor know that you have been to a country where malaria is a health risk.
4. **ANYONE WHO HAS BEEN TREATED FOR MALARIA OR SUSPECTED MALARIA MUST HAVE A MEDICAL EXAMINATION AT THE NEXT PORT OF CALL, ACCOMPANIED BY A BLOOD SLIDE. SERIOUS CASES NEED URGENT HOSPITALISATION** (See Ship Captain's Medical Guide for more details).

KEY POINTS

- Travellers to malarial areas must avoid mosquito bites, take anti-malarial medicines and urgently seek early diagnosis and treatment for any feverish illness.
- The key to preventing malaria is avoiding infective mosquito bites by using repellents, covering up at night and sleeping with bednets if mosquitoes cannot be excluded from the room.
- Appropriate anti-malarial medicine is essential when travelling to known malarial areas. Drug resistance is increasing in many areas so recommended regimens have changed.
- Doses and choice of medicine may have to be altered when someone has another illness or is taking treatment for another medical condition.
- Standby treatment may be given to those who will be unable to reach medical services for extended periods.
- No preventive treatment is infallible so all fever and flu like illnesses occurring within a year of returning from malarial regions need to be urgently investigated with malaria in mind.
- Diseases other than malaria can be transmitted by biting insects. Take local advice and observe recommended precautions.

GUIDE TO THE USE OF MEDICINES

General advice about medicines

Many over-the-counter medicines are now available with patient information leaflets and the advice on dose precautions and side effects should be consulted and retained for reference. Valuable guidance is also available from pharmacists or by seeking Radio Medical Advice.

When obtaining medicinal products, prepared or dispensed by a pharmacist in a pharmacy, ensure that they are clearly labelled with their strength (e.g. 125mg per tablet or 125mg per 5ml) and expiry date, and that they are packaged in accordance with UK medicines legislation.

Medicines obtained abroad

Medicine supplies should be replenished wherever possible at the same strengths as specified in the British Pharmacopoeia. If medicines are obtained elsewhere, e.g. in the USA, they may be of different strength, and this must be taken into account when administering them.

The non-proprietary name (local pharmaceutical name) for some medicines bought abroad may differ from that used in the list of medical stores. The pharmacist should have a "translation" of the non-proprietary name, but if in doubt about a medicine, get RADIO MEDICAL ADVICE.

Medicines obtained by seafarer from a doctor ashore

A seafarer who goes to a doctor ashore should be asked to obtain from the doctor a written note of the non-proprietary name of any prescribed medicine, details of how it is to be taken and any cautionary or advisory guidance e.g. may cause drowsiness. The details on the note from the doctor should be checked against the information on the medicine container to ensure that they match. In case of any problem or doubt it may be necessary to check the prescription with the radio medical doctor.

Controlled drugs

The following paragraphs describe UK regulations for controlled drugs. Most countries have similar regulations. When outside UK territorial waters you should, as far as possible, follow the same procedures.

Controlled drugs are preparations subject to the prescription requirements of the *Misuse of Drugs Act 1971*. The different drugs are graded according to the harmfulness attributed to the drug when it is misused and for this purpose there are three categories of drugs;

- Class A includes heroin, morphine and opium
- Class B includes barbiturates, and codeine
- Class C includes, among other drugs, anabolic steroids

Each of these categories contains many more drugs than those quoted. The drugs subject to the strictest controls are those in Schedule 1 of the Misuse of Drugs Regulations 1985. Detailed information may be obtained from the Drugs Branch, Queen Anne's Gate, London SW1H 9AT.

A ship must not carry quantities of Category C Medical Store drugs greater than those recommended in this Notice, unless required to do so by a doctor on the ship's complement or under licence from the Home Office. The only controlled Class A drug listed is morphine sulphate in Category A vessels and in the doctor's bag.

Obtaining controlled drugs

Controlled drugs should be obtained only from a retail pharmacist or other person licensed to supply drugs, who will require a written requisition. An example of the wording to be used is given in Annex 8.

Other drugs / medicines

UK medicines legislation, in conjunction with Merchant Shipping and Fishing Vessel (Medical Stores Regulations) 1995 as amended, permits a retail pharmacist to supply medicines and equipment to the Master or owner of a commercial vessel without a prescription from a registered medical practitioner. However a similar requisition to that for controlled drugs may be required.

Storage and Security of Medicines

Storage of medicines

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 - 25° centigrade. Some of the drugs should be kept under refrigeration, 2 - 5° centigrade, but care must be taken not to freeze them, otherwise they will lose their potency, or the ampoules will be broken.

Security of controlled drugs

The Merchant Shipping (crew accommodation) (Fishing vessels) Regulations require ships to have a lockable medical cabinet for the storage of medicines and drugs. The regulations also require the cabinet to have an 'inner cupboard' solely for the storage of 'dangerous drugs' (i.e. the controlled drugs). The cupboard should be fitted with a door and a lock which cannot be opened by the key to the medical cabinet. Under the Misuse of Drugs (Safe Custody) Regulations only the master or a person authorised by him may open the inner cupboard.

It is illegal to destroy unwanted Category A and B drugs. They can be disposed of only by giving them to a person who may lawfully supply them, such as qualified pharmacist or qualified doctor. It is also possible to dispose of drugs via the police. A receipt should be obtained from the recipient, and kept with, or affixed to, the controlled drugs register.

Record keeping

Under the Official Log Book Regulations the record of any treatment given to anybody on board including the type and quantity of any medicines, and drugs supplied, must be entered in the log book. For controlled drugs, the Master is required to maintain, in bound book, a two section register. The two sections of the register should detail, why, when and in what quantity the Master purchased a controlled drug and similarly the history of the dispensing or disposal of those controlled drugs. This register must be kept for two years after the date of the last entry. Annex 9 gives an example of the entries required in each section of the Controlled Drugs Register. (Under proposed amendments to the Misuse of Drugs Regulations 2001, computer records will in future be acceptable).

USE OF MEDICINES

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

The side effects listed are a guide only. This list is not comprehensive. The common or important side effects only are listed. If a drug might be causing a problem, which is not listed seek Radio Medical Advice.

Ref. No.	Drug	Type of Drug / Uses	Doses / Route
1. Cardio-Vascular			
(a)	Adrenaline (Epinephrine) Injection 0.5ml (1 in 1000)	Heart stimulant Anaphalaptic shock (Severe allergy with collapse)	0.5 to 1.0ml by IM inj.
<i>Side effects : Anxiety, tremor, high blood pressure, rapid irregular heart beat. Only use in severely ill, collapsed patients with loss of blood pressure / severe breathing problems.</i>			
(b)	Glycerol Trinitrate (GTN) Spray 400 microgm metered dose	Anti-angina (heart pain) suspected heart attack or heart pain	1-2 sprays under tongue
<i>Side effects: Throbbing headache, flushing, dizziness, faintness, low blood pressure</i>			
(c)	Frusemide 40mg tablets Frusemide 20mg in 2ml	Diuretic (water tablet) swelling / fluid retention breathlessness due to heart failure	40mg (1 tab) once daily, 2ml by IM inj.
<i>Side effects: Few in short term, low dose use.</i>			
(d)	Phytomenadione (Vit K) paediatric inj	Anti-haemorrhage drug for new born babies	0.2ml (1amp) by IM inj single dose
	Ergometrine with Oxytocin 500 micrograms / 5 units	Anti-haemorrhage drug used immediately after delivery of baby or for bleeding after miscarriage	1ml (1amp) by IM inj single dose
<i>Side effects: Nausea, vomiting, headache, dizziness, abdominal pain.</i>			
(e)	Atenolol 50mg tablets	Anti-hypertension (high BP) drug, may be useful for angina also	50mg (1 tab) once daily
<i>Side effects: Tiredness, slow pulse, low blood pressure, heart failure</i>			
2. Gastro-intestinal			
(a)	Cimetidine 400mg tablets	Anti-acid drug for heartburn, dyspepsia, stomach and duodenal ulcers	400mg (1 tab) twice daily
<i>Side effects : Few at normal doses for short periods</i>			

Ref. No.	Drug	Type of Drug / Uses	Doses / Route
	Antacid Drugs – e.g. Mist Magnesium Trisilicate	Proprietary anti-indigestion preparations for heart burn, Dyspepsia etc.	As instructions with package.
(b)	Prochlorperazine 3mg buccal tablets	Anti-sickness drug used for sickness due to ear problems (vertigo), drugs e.g. morphine	3mg (1 tab) under tongue twice daily
	<i>Side effects : Dry mouth, blurred vision, rapid pulse</i>		
	Promethazine 25 mg injection	Anti-sickness drug and anti-histamine useful for severe motion sickness and for severe allergic reactions	25mg (1 amp) by IM inj
	<i>Side effects : Drowsiness, dry mouth, blurred vision</i>		
	Hyoscine Hydrobromide 0.3mg tablets	Anti-sickness tablet	0.3mg (1 tab) 6 hourly max 3 in 24hrs
	<i>Side effects: Drowsiness, dry mouth, dizziness blurred vision</i>		
	Cinnarizine 15mg	Anti sickness drug used for motion sickness	15mg (1 tab) 8 hourly
	<i>Side effects: Fatigue, dry mouth, blurred vision</i>		
(c)	Glycerol Suppository	Lubricant laxative used to encourage passage of stools	1 suppos. inserted in the rectum
(d)	Loperamide 2mg tablets	Control of diarrhoea	4mg initially then 2mg after each loose stool
	<i>Side effects : Drowsiness, dizziness, abdominal cramps</i>		
3. Analgesics and antispasmodics			
(a)	Paracetamol 500mg tablets	"Simple" painkiller suitable for most mild to moderate pain.	1gm (2 tabs) 4 hourly
	<i>Side effects : Few at correct dose, very dangerous in overdose & poisonous to liver</i>		
	Ibuprofen 400mg	Anti-inflammatory painkiller, suitable for headache, limb pain	400mg (1 tab) 8 hourly
	<i>Side effects: Stomach pains, nausea, wheeziness. Do not give if patient has stomach / duodenal ulcer or asthma</i>		

Ref. No.	Drug	Type of Drug / Uses	Doses / Route
	Diclofenac 50mg suppository	Anti-inflammatory painkiller suitable for most pain, especially bone, joint and muscle pain	50mg (up to 3 via the rectum daily)
<i>Side effects : Stomach pains, nausea, wheeziness. Do not give if patient has stomach / duodenal ulcer or asthma.</i>			
(b)	Codeine phosphate 30mg tablets	Strong painkiller suitable for moderate to severe pain.	30mg (1 tab) 6 hourly
<i>Side effects : Nausea, vomiting, constipation, respiratory depression in overdose</i>			
(c)	Hyoscine butylbromide 10mg tablets	Anti-spasmodic for treatment of abdominal cramps and colic	10-20mg (1-2 tabs) 6 hourly
<i>Side effects : Dry mouth, fast pulse, blurred vision</i>			
	Morphine sulphate 10mg injection	Very strong painkiller suitable for all severe pain	10mg (1 amp) 4-6 hourly by IM inj
<i>Side effects : Nausea, vomiting, drowsiness, respiratory depression in overdose or if used inappropriately. Avoid in head, chest injury if possible</i>			
4. Nervous system			
(a)	Diazepam / Diazemuls 10mg injection (2mls) 10mg tablets	Anti-anxiety, sedation medication. Can help with muscle spasm in injury and low back pain	5-10mg by IM injection 5-10mg tablet, 4 hourly up to a maximum of 30mg per day
<i>Side effects : Drowsiness, light headedness, confusion, headache, respiratory depression. Avoid with strong painkillers.</i>			
(b)	Chlorpromazine hydrochloride 25mg injection 25mg tablets	Anti-psychosis (acute madness) drug. Sedates and controls symptoms in acute psychosis especially violent or disturbed patients	25mg by IM injection, 8 hourly or 25mg tablet 8 hourly
<i>Side effects : Drowsiness, dry mouth, retention of urine. Acute spasms or twitches. If occur reduce dose or stop treatment.</i>			
(c)		Hyoscine hydrobromide / Cinnarizine	See 2b
(d)	Diazepam rectal dispenser 10mg	Anti-epileptic medication used to control fits	10mg per rectum up to a maximum of 2 doses
<i>Side effects : See 4 (a)</i>			

Ref. No.	Drug	Type of Drug / Uses	Doses / Route
5. Anti-allergic and anti-anaphylactics			
(a)	Cetirizine 10mg tablets	Anti-allergy medication useful in controlling itching rashes and hay fever like symptoms due to allergy	10mg once daily only
<i>Side effects : Drowsiness and slowed reactions (less than older anti-histamines).</i>			
(b)	Hydrocortisone 100mg injection (has to be made up in 2mls)	Anti-allergy steroid for serious allergies causing severe symptoms or collapse	100mg by IM injection, 8 hourly if repeated
<i>Side effects : Few for single dose or short course</i>			
	Prednisolone 5mg tablets	Anti-allergy steroid also essential treatment of acute asthma.	5 – 20mg once daily more in severe asthma
<i>Side effects : Few for single dose or short course</i>			
6. Respiratory system			
(a)	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
<i>Side effects : Tremor, headache, increased pulse rate</i>			
	Beclomethasone / Beclometasone 100 microgram metered dose	Anti-asthma steroid taken by inhalation usually with salbutamol	200 micrograms (2 puffs) 3-4 times daily
<i>Side effects : Few in correct dose for short periods</i>			
(c)	Paracetamol	See 3(c)	
7. Anti-infection			
(a)	Benzpenicillin 600mg (1 mega unit) injection (has to be made up in 2mls of water for injection)	First line antibiotic for serious infections such as cellulitis and meningitis	600 to 1200 mg by IM inj, 6 hourly
<i>Side effects : Few unless patient allergic to Penicillins. Always check before giving if possible</i>			

Ref. No.	Drug	Type of Drug / Uses	Doses / Route
	Ciprofloxacin hydrochloride 500mg tablets	Broad spectrum (general purpose) antibiotic	500mg twice daily
<i>Side effects : Nausea, diarrhoea, abdominal pain, rashes, allergic reaction</i>			
	Cefuroxime 750mg injection	Broad spectrum antibiotic, useful to protect against infection in major wounds	750mg by IM inj, 8 hourly
<i>Side effects : Nausea, diarrhoea, abdominal pain, rashes, allergic reaction. Care when used in penicillin allergic patients</i>			
	Erythromycin 250mg tablets	General purpose antibiotic, useful in penicillin allergic patients	250-500mg, 6 hourly
<i>Side effects : Nausea, diarrhoea, abdominal pain, rashes, allergic reaction. Care when used in Penicillin allergic patients</i>			
	Doxycycline 100mg capsules	Antibiotic useful for sexually transmitted diseases and sinusitis	100mg once daily
<i>Side effect : Nausea, vomiting, diarrhoea, rashes, headache</i>			
(c)	Trimethoprim 200mg tablets	Antibiotic useful for treatment of urinary tract infection and bronchitis	200mg twice daily
<i>Side effect : Nausea, vomiting and diarrhoea, rashes</i>			
(d)	Mebendazole 100mg tablets	Anti-parasite drug for treatment of gut infestation e.g. threadworms	100mg single dose
<i>Side effects : Rare</i>			
(e)	Metronidazole 1g suppositories 400mg tablets / 500mg tablets	Antibiotic and anti-protazoal e.g trichomonas and amoebic infections. Useful to gut related infections.	1mg per rectum or 400 / 500mg by mouth, 8 hourly
<i>Side effect : Nausea, vomiting, unpleasant taste, rashes. Avoid alcohol</i>			
(f)	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 inj
<i>Side effects : Rare if not had vaccine for more than one year. Not required if vaccinated within ten years.</i>			
	Tetanus Immunoglobulin ampoule for injection	Used to protect against tetanus in high risk wounds e.g. agricultural injury in un-vaccinated patients	1 ampoule by IM inj
8. Compound promoting rehydration			
	Oral rehydration salts sachets	Used to treat dehydration in vomiting and diarrhoea or severe illness	Follow instructions on sachet
<i>Side effects : Nil.</i>			

Ref. No.	Drug	Type of Drug / Uses	Doses / Route
9. Medicines for external use			
(a)	Antiseptic solutions or wipes	For cleaning skin wounds and disinfection	Follow instructions on bottle / packaging
<i>Side effects : Nil unless applied to large areas</i>			
	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
<i>Side effects : Encourages spread of infection do not apply to broken skin or rashes due to skin infection e.g. ringworm</i>			
	Benzoic acid Compound BP ointment 15mg tube	Anti-fungal ointment for treatment of athlete's foot, ringworm etc.	Applied to infected area twice a day
<i>Side effects : Rare / nil in normal use</i>			
	Miconazole nitrate 2% cream 30gm tube	Anti-fungal cream for treatment of ringworm etc.	Applied to infected area twice a day
<i>Side effects : Rare / nil in normal use</i>			
	Clotrimazole 500mg pessary	Treatment of vaginal or vulval thrush	Insert 1 pessary (single dose)
<i>Side effects: Rare / nil in normal use</i>			
	Silver sulphadiazine 1% cream 50gm tube	Anti-bacterial cream for protection against infection in burns.	Applied to burn in burn bag, under dressing or alone. Cleaned off at dressing changes and re-applied.
<i>Side effects : Allergic reactions, burning, itching, Unusual.</i>			
	Zinc ointment BP 25mg tube	Moisturising ointment for dry skin conditions	Applied to affected area.
<i>Side effects : Nil in normal use. Contains animal fat.</i>			

Ref. No.	Drug	Type of Drug / Uses	Doses / Route
	Potassium permanganate crystals 10g container / tablets	For cleansing and deodorising oozing wounds or skin rashes.	Wet dressings or . baths 0.01% solution
	<i>Side effects : Stains skin, irritates mucous membranes. Toxic if used for long periods</i>		
	Chloramphenical eye ointment 1%	General purpose eye antibiotic use after foreign body / minor injury and for conjunctivitis	Instill into eye 3-4 times per day
	<i>Side effects : Unusual, but can cause eye irritation</i>		
(b)	Neomycin sulphate 0.5% eye drops	General purpose antibiotic eye drops for eye infections and protection against infection after removal of foreign bodies etc.	Instill into eye 3-4 times per day
	<i>Side effects : Unusual but can cause eye irritation</i>		
	Dexamethasone 0.1% eye drops	Treatment of inflamed irritated eyes. Anti-inflammatory	Instill 1-2 drops into affected eye 4 times a day
	<i>Side effects : Rare in normal use</i>		
	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
	<i>Side effects : Rare if used one off. Care to avoid eye injury whilst numbed</i>		
	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
	<i>Side effects : blurred vision and headache</i>		
	Fluorescein sodium 1% eye drops	Used to detect scratches or lesions on the front of the eye (cornea)	Instill 1-2 drops for examination
	<i>Side effects : Nil in normal use</i>		

Ref. No.	Drug	Type of Drug / Uses	Doses / Route
(c)	Neomycin / polymixin / hydrocortisone eardrops 5ml dropper bottle.	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
<i>Side effects : Nil in normal use</i>			
	Ephedrine nasal drops BP 0.5% 10ml dropper bottle	Nasal de-congestant	Instill 1-2 drops into each nostril 3 times a day
<i>Side effects: Nose bleeds. Use for short periods only</i>			
(d)	Chlorhexidine gluconate 0.2% mouth wash 300ml bottle	Antiseptic mouthwash for sore throats, mouth sores etc.	Rinse mouth with 10 mls twice per day
<i>Side effects : Nil in normal use</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
<i>Side effects : Fits, heart problems in overdose</i>			
	Oil of cloves 10ml bottle	Natural oil with local anaesthetic properties useful in treating toothache	Apply sparingly to affected tooth as required by symptoms
<i>Side effects: Nil in normal use</i>			
	Lignocaine 2% / chlorhexidine 0.25% lubricant gel	Used to numb urethra for insertion of urinary catheter	Instill from pre-filled syringe
<i>Side effects: Rare but can cause irritation</i>			

SPECIMEN REQUISITION FORM FOR USE WHEN OBTAINING CONTROLLED DRUGS

Controlled drugs should be obtained only from a retail pharmacist or other person licensed to supply drugs, and they will require an order worded along the lines below. The order must be signed by either the vessel's owner or its Master.

<i>Requisition</i>	
To (Name and address of authorised supplier)
From (Name of Master or Ship owner)
Vessel Name (Name of vessel)
Address (Address of the Ship or the Ship owner)
Please supply

	(name, strength and quantity of drugs in words and figures)
The above drugs are required for the medical stores of the above vessel in compliance with the Merchant Shipping (Medical Stores) Regulations 1995.	
Signature
Name [capital letters]
Occupation
Date

It is not necessary for the Master or owner to receive personally the controlled drugs from the supplier, but if the drugs are received by another person the requisition must be endorsed as follows :

<i>I empower</i> <i>to receive the above drugs on my behalf. A specimen of their signature is provided below.</i>	
<i>Specimen signature of person empowered</i>
<i>Signature of Master / owner</i>

COMPLETION OF THE CONTROLLED DRUGS REGISTER

SECTION 1 – DRUGS OBTAINED FROM AUTHORISED SUPPLIER OR CONFISCATED FROM SEAFARERS

Example

<i>Date obtained</i>	<i>Suppliers Name & Address</i>	<i>Amount obtained</i>	<i>Name of drug and form in which obtained</i>
01/01/03	H.M Kingston Chemists 24 Elliot Street Southampton	10 ampoules	Morphine Sulphate 10mg in 1ml in glass ampoules

SECTION 2 – DRUG DISPENSED OR DISPOSED OF

Example

<i>Date</i>	<i>Name & Address of person given drug</i>	<i>Right of person to have drug</i>	<i>Amount Supplied</i>	<i>Drug and Form in which supplied</i>
01/02/03	TH Laidlaw Log book ref. 21	Injured crewman (fractured humerus)	2 ampoules	Morphine sulphate 10mg in 1ml (in glass ampoules)
10/02/03	HM Kingston Chemist 24 Elliot Street Southampton	Qualified retail pharmacist	8 ampoules	Morphine sulphate 10 mg in 1 ml (in glass ampoules)