

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 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 Reference	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 (Cardio 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 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 carrying only alternative medications in the medical kit	Discuss with Race Medical Officer
	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 is suggested.	
	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. Check Expiry dates on all medications	
	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 and list of participating pharmacies.	Protocol for Obtaining Schedule 4 & 8 Drugs for Racing Yachts in Victoria (pdf) List of participating pharmacies
	* 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 will be removed by Customs during the boat's stay in Osaka, kept in a locked safe and returned at departure from Japan
	S8 Drugs to be removed from the boat when not racing.	
	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. 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.	S4 Drug Register and S8 Drug Register Administration of drugs and medical advice given to be also recorded on ORCV Medical Incident form.
	Medical Emergencies	
	In an emergency, medical advice should first be obtained by contacting the duty M20 Race Officer who will contact the duty Race Medical Officer. This is required for the following conditions -	Medical Incident Management Team Protocol
	1. BEFORE ADMINISTERING PRESCRIPTION DRUGS	Check diagnosis is correct before giving medication
	2. CARDIAC EMERGENCY Before administering Aspirin or Nitrolingual Spray (other than when using the casualty's personal medication)	Chest pain, breathlessness, dizziness, sweating
	3. EYE INJURY	Do not remove penetrating objects from eye
	4. SEVERE PAIN	Check cause before giving analgesia
	5. DIARRHOEA with FEVER	Risk of blood poisoning
	6. SEVERE BURNS	Fluid loss and risk of severe infections

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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 & 25G needles x5	
Analgesia	Mild Pain			
	Paracetamol 500 mg (e.g. Panadol)	40		
	Ibuprofen 200 mg (e.g. Nurofen)			
	Moderate Pain	40		
	* Codeine 8 mg + Paracetamol 500 mg (e.g. Panadeine) OR			
	* 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)	10		
	Opioid Overdose			
	*** Naloxone Hydrochloride ampoules 400 mcg/ml (needs syringes & needles)	5	2ml syringes & 23G needles x5	
	Acute Pain			
	Methoxyflurane (Pentrox) inhaler	1		
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)	1		
Cardiac	Aspirin soluble 300mg tab (e.g. Disprin direct, Aspro Clear)	20		
	Nitrolingual Spray	1		
Cough/Asthma	Ventolin inhaler	1		
Dehydration	Gastrolyte sachets 4.9g (pkt of 10) or	1		
	Gatorade powder (1 tub)			
Diarrhoea	Loperamide hydrochloride 2mg tabs (pkt of 12) (Imodium or Gastro-stop)	1		
	<i>Azithromycin 500mg (Zedd) as listed under 'Infection' if diarrhoea with fever</i>			
Eyes	Normal saline	1		
	Tobramycin eye drops 10ml	1		
	Tobramycin eye ointment	1		
	Sterile eye patches	5		
	Cellufresh eye drops (individual vials)	1 box		
Infection	Doxycycline 100mg tabs (Doryx, Vibramycin)	7		
	Cephalexin 500mg tabs (Keflex, Ibilex) OR	20		
	Amoxicillin 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		
	Bacterial skin infection			
	Bactroban ointment	1		
Fungal skin infection				
	Clotrimazole cream (e.g. Lamisil, Daktarin)	1		
Reflux	Proton pump inhibitor tablet (e.g. Pariet 10mg / Somac 40mg / Nexium 20mg)	10		
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)	10		
Sunburn	Prevention			
	Sunscreen SPF 30+ 250ml	1		
	Treatment			
	Advantan ointment 15g	1		
Emergency Medical Equipment				
Limbs	Inflatable splints for limbs (arm x 1 and leg x 1)	1		
	CPR			
	CPR mask (must be reusable type not disposable)	1		
Wounds	Steristrips (strips of 5)	10		
	Disposable gloves	20		
	Crepe bandages 75mm x 1.5m	2		
	Crepe bandages 150mm x 1.5m	2		
	Triangular bandage	2		
	Band-aids (Advanced healing or Silver)	1 pack each		
	Non-adherent dressing (Melolin)	10		
	Antiseptic skin solution - Normal saline 500mls	1		
	Sterile cotton pads (Make up remover type)- for cleaning wounds	1 pack		
	Combine padding (for applying pressure to wounds under bandages)	1 roll		
	Wound glue	1 kit		
	Instruments	Thermometer clinical LOW READING & battery operated	1	Do not use mercury thermometer
		Scissors, stainless steel	1	
		Forceps splinter, stainless steel	1	
Suture kit (Scalpel, tissue forceps, needle holder, SS scissors, artery forceps)		1	Available through ORCV	
Suture material		1		
Xylocaine plain (local anaesthetic - needs syringes & 23G needles for intramuscular/ 25G finer needles for skin)		5	5ml syringes, 23G & 25G needles x 5	
Staple kit		1 optional		
Wound glue		1 kit		
Adhesive tape (Micropore)		1 roll		
Dental Kit		1	Available through ORCV	
		1ml syringes and 25G needles for Adrenaline	5	
	2ml syringes and 23G needles for Naloxone	5		
	5ml syringes and 25G needles for local anaesthetic Xylocaine	5		
	Sharps container / Bio-bin	1		
	Microshield Gel hand wash	1-2 bottles		