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## Anleitung zur Gesundheitspflege auf Kauffahrteischiffen

### 07. Pains in the chest

Chapter Attach. B No.

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