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**Anleitung zur Gesundheitspflege
Auf Kauffahrteischiffen**

Chapter Attach. B No.

08. "Man overboard", hypothermia

<p>Possible causes * Sudden unconsciousness * Accident * Attempted suicide Possible consequences: <u>Drowning:</u> * Dry drowning: Due to glottis cramp, no water enters the lungs. The victim suffocates. * Damp drowning: The glottis cramp relaxes, water enters the lungs. Secondary drowning: Due to damaged lungs as a result of absorbing water, (also due to inhaling yeast), additional body fluids enter the lungs. (hours after the rescue) and leads to the complete picture of drowning. <u>Hypothermia:</u> * 1. degree: Muscles trembling (shivering with cold) consciousness, respiration, pulse is present. * 2. degree: Muscles stiff, consciousness blurred, breathing and pulse slowed down. * 3. degree: Muscles rigid, unconsciousness, respiration and pulse hardly detectable.</p>	<p>B.1.3.1.1. B.3.8.2.1.3. B.2.10 B.2.5.1.</p>	
<p>Rescue: The main focus of consideration for the rescue process should Do not depend on the cooperation of the victim. Aim for horizontal rescue. Induce thermal insulation as quickly as possible. Caution!!! : During the rescue *a rescue collapse or even a rescue death can occur, caused by changes in the distribution blood throughout the body and a simultaneous decrease in heart performance due to hypothermia. *almost always a so-called "afterdrop" occurs = significant loss of temperature during the rescue.</p>	<p>C.5.</p>	
<p>First Aid Be prepared for heart – lung resuscitation Prevent every active and passive movement of the patient as much as possible 1. degree: Change clothing, lay flat, bed rest until shivering has stopped, hot high energy drinks, administer oxygen if required. 2. degree: Leave wet clothing for the time being, thermal insulation measures, hot drinks only in the case of conscious patients, oxygen, after shivering begins, treatment as with 1. degree. 3. degree: As with 2. degree, in the case of lack of pulse and respiration: Heart-lung resuscitation.</p>	<p>C.1.1. B.2.5.1.</p>	<p>23.02 – 23.08, 25.02 23.02 23.02</p>
<p>Further Treatment: Determine causes. Combination: Infarct – drowning – hypothermia? Complete observation of consciousness, Prohibited: to warm up, warm showers, alcohol, nicotine</p>	<p>B.2.5.1</p>	
<p>Further Measures: * 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, respiration, oxygenation, temperature, blood pressure, possible trend curve * Hospital examination as soon as possible</p>		