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Anleitung zur Gesundheitspflege auf Kauffahrteischiffen

Chapter Attach. B No.

12. Fever: Infectious diseases I

<p><u>Infections caused by swallowed germs</u> Transmitted by: Contaminated drinking water, spoiled food, mayonnaises, salad, ice-cream, excrement. Precautionary measures: Boil <u>drinking water</u>. Cook, fry, peel <u>food</u>. Do not eat <u>any</u> untreated salads or ice. <u>Disinfect hands</u> before eating, after stool, after contact with excrement or dirty washing. When <u>caring</u> for patients, wear gloves * Cholera: <u>Symptoms:</u> rice-water like diarrhoea, vomiting, thirst stomach-ache, rather low temperature <u>Therapy:</u> Replacement of liquid * Hepatitis A: <u>Symptoms:</u> Tiredness, nausea, headache, jaundice Fever <u>Therapy:</u> Light food, reduce protein and fat, alcohol prohibited * Dysentery: <u>Symptoms:</u> Stomach ache, bloody diarrhoea, thirst, fever is a dangerous sign. <u>Therapy:</u> Replacement of liquid, light food, antibiotics if required * Salmonella: <u>Symptoms:</u> Stormy beginning, severe diarrhoea, vomiting, moderate fever. <u>Therapy:</u> Replacement of liquid, restorative light food. * Typhus: <u>Symptoms:</u> Slowly rising fever, slow pulse, greyish-yellowish diarrhoea, extreme feeling of illness, thirst, later pink spots</p>	<p>B.2.3. B.3.11.3. B.3.1.5.1. B.3.11.2. B.3.1.3.2 B.3.1.3.2.</p>	<p>3.06, 3.07, 5.05, 8.04 11.01 3.06, 3.07, 5.05, 8.04, 8.01, 11.01 3.06, 3.07, 5.05, 8.01,11.01 3.06, 3.07, 5.05, 8.0111.01</p>
<p><u>Infections caused through the inhaling of germs</u> Transmitted by: Sneezing, coughing, speaking, spitting. Precautionary measures: Wear mask, especially when caring for patients, keep distance, mask also for patient, disinfection of hands. * Influenza: <u>Symptoms:</u> Shivering, tiredness, fever, coughing head cold, rheumatism, complication: pneumonia. <u>Therapy:</u> Bed rest, drink a lot, reduce fever, administer cough drops or nose drops if required. * Polio: <u>Symptoms:</u> influenza-like beginning, loss of fever and renewed increase of fever, progressive paralysis. <u>Therapy:</u> as with influenza. * Meningitis: <u>Symptoms:</u> Headache, fever, vomiting, dazed feeling, stiffness of the neck. <u>Therapy:</u> Practically no possibility on board. * Tuberculosis: <u>Symptoms:</u> Coughing, tiredness, nightly sweating, occasionally slight fever. <u>Therapy:</u> Cough drops, treatment on board is not possible.</p>	<p>B.2.3. B.3.12.6. B.3.12.8. B.3.12.17.</p>	<p>18.01 5.01, 1.01, 16.03 1.01</p>
<p><u>Infections through contact with blood and mucous membrane</u> Transmitted via the smallest surface injuries of the recipient Precautionary measures: Wear gloves in the case of contact with blood or wounds. Used condoms. * AIDS: <u>Symptoms:</u> First of all fever, lymph node swelling, unobtrusively inflamed spots on the trunk, rapid abatement. Symptom free interval, renewed outbreak of illness with additional nightly sweating, diarrhoea, susceptibility to infections. <u>Therapy:</u> Causality none. * Hepatitis B and C: <u>Symptoms:</u> jaundice, dark urine, tiredness, fever. <u>Therapy:</u> as with hepatitis A</p>		
<p><u>Disinfection of living area and objects</u> * Wear personal protection while disinfecting: Gloves, mask, protective clothing if possible * Apply cold disinfecting agents (contains aldehyde!!); do not squirt or spray. Place objects, which have come into contact with blood, pus, slime, excrements in (instruments, emetic bowls, urine bottles, storage bowls), into disinfectant solution. Wash contaminated surfaces (floor, bedstead, bed-struts, toilet pans) with disinfectant solution and dry afterwards. Wash bed linen, supports, blankets and clothing at a temperature of 70°C. Clean the remaining objects or rooms with normal detergent (soap, warm water)</p>		<p>18.03</p>