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**Anleitung zur Gesundheitspflege
 Auf Kauffahrteischiffen**

Chapter Attach. B No.

17. Seasickness (Kinetosis)

<p>General: Seasickness threatens the safety of ship and crew! Symptoms:</p> <ul style="list-style-type: none"> • Chills, yawning, tiredness, headaches, lack of appetite. (~ 80 % of seamen) • Indifference, indecision, depression, sluggishness, vomiting. • Exhaustion, physical and psychological disintegration, hallucinations, circulatory failure, risk of suicide (~10 % of seamen) <p>Enhancing factors:</p> <ul style="list-style-type: none"> • Bad weather • Work, e.g.: in engine room at radar screen at navigational charts caring for sick cooking <p>People particularly at risk:</p> <ul style="list-style-type: none"> • Diabetics who must inject insulin • People with stomach illnesses • People with kidney illnesses 	<p>B.2.4.</p>	
<p>Preventive measures:</p> <ul style="list-style-type: none"> • Every crew member must know about the susceptibility of each individual. • The activities which experience has shown each individual to be capable of performing without restriction must be known. • The activities which an individual may perform only conditionally or for a limited time must be known. • Susceptible seamen should have found out which of the many medications offered are best for them individually and be aware of the side effects and have taken it before onset of the sickness. • Alcohol should be avoided for 24 hours before the start of the voyage. • Mutual monitoring of the crew for the first signs of seasickness 		
<p>Treatment:</p> <ul style="list-style-type: none"> • Work on upper deck as much as possible. • Balance out ship movements as much as possible while standing. • Avoid enhancing factors. • Take medication in due time. • Drink a lot of mineral water and eat light (porridge, pretzel sticks). • Compensate for salt loss in cases of massive vomiting. • For advanced seasickness: <ul style="list-style-type: none"> • Allow to sleep, below deck, lying horizontally on the back and secured from a fall from the bunk. If there is loss of conscious, stable lateral position. • Monitoring of vital functions. • Psychological treatment. • Continuous monitoring for risk of suicide. • Prepare hygienic measures: e.g., have seasick bags, cellulose ready. • Forbid alcohol. 		<p>7.01, 7.02, 7.03</p> <p>3.07</p>
<p>Further measures: If there is particular risk due to other acute illnesses, consult physician before giving medication. Try to remove from ship in the case of massive psychological disturbances.</p>		