



TEST YOURSELF ABCDE

Structure of pamphlet

Test your own knowledge on the subject ABCDE solve a few assignments.

Find background knowledge in "Medical Guide for Seafarers" pp 73-77 and in the videos related to the book.

Find the correct answers at the end of the pamphlet.

However, test your knowledge, before you read the answers.

Stay up-dated

**Find all self-training
assignments at our
webpage
www.dma.dk**

**You may ask us
questions at
cms@dma.dk**

**You may phone us at
[+45 7219 6004](tel:+4572196004)**

**DANISH MARITIME
AUTHORITY**

Centre of Maritime Health
Service
Vestervejen 1
DK 6720 Fanø

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You may want to read Chapter 10 in “Medical Guide for Seafarers” and watch video number 1

Assignment 1

Which type of patient need a Guidel Airway (“tongue-depressor”) – and why?

Do you always need to apply a cervical collar? Explain:

How many liters of oxygen should you supply, when using a Hudson mask?

Assignment 2

How do you determine if an unconscious patient is breathing?

What will you do with this information?

Assignment 3

How do you examine capillary response, and which is the normal value?

Under which circumstances should you place an IV-needle (on your own account)?

Assignment 4

What do you do, when you assess the level of consciousness/look for possible brain damage?

What is the significance if one or both pupils do not contract in response to light?

Assignment 5

Why do you perform a “top-to-toe” examination?



A.5 Guidel airway, size 3. A mandatory part of The Mobile Resuscitation Equipment.



A.1, mechanical suction device. A mandatory part of The Mobile Resuscitation Equipment.

Did you know ?

ABC is a systematic guide. Follow the system, but adapt ABC to your present situation – not the other way around.

The ABC system is generally applied worldwide.

The more important step comes first!

Make sure the scene is safe

Take care of yourself, don't forget gloves.

Nobody benefits if YOU become a casualty too.

REMEMBER

If capillary response is more than 2 seconds you may place an IV-needle and start IV infusion 20-30 drops/min without prior consent from Radio Medical Denmark.

Always go through the ABC to assess if you need to take any life-saving steps before you take contact to Radio Medical Denmark.

Answers to the assignments:

Assignment 1

Which type of patient need a Guidel Airway ("tongue-depressor") – and why?

The unconscious patient needs a Guidel airway. When you are unconscious, the tongue loses natural tension; the base of the tongue drops "backwards" and blocks the airways.

Do you always need to apply a cervical collar? Explain!

No, you only need a neck collar in case of fall injuries, injuries with great outer force or if you suspect possible damage to spinal cord or vertebrae. You always apply cervical collar together with in-line stabilisation.

How many liters of oxygen should you supply, when using a Hudson mask?

9 liters/minute.

Assignment 2

How do you determine if an unconscious patient is breathing?

Place your cheek near the mouth of the unconscious person (face turned towards the rest of the body). Place your hand on his diaphragm:

SEE if chest is rising and falling.

FEEL on your cheek when patient exhales.

LISTEN to the sound of breathing.

FEEL diaphragm moving.

What will you do with this information?

Forward the information to Radio Medical Denmark. They will in turn be able assess the condition of the patient better. When you describe breathing; use terms like: Fast/slow, superficial/deep, rattling, irregular or anything else distinct.

Assignment 3

How do you examine capillary response, and which is the normal value?

Apply light pressure on nail, see it turn white, let go and record how long it takes before colour returns to normal.

If it takes more than 2 seconds, it means insufficient circulation – an early sign of hemorrhage.

Under which circumstances should you place an IV-needle (on your own account)?

If capillary response is more than 2 seconds, you should place an IV needle.

Assignment 4

What do you do, when you assess the level of consciousness?

Classify; level 1-4 (unaffected, responds to voice, responds to pain, no response).

In addition you examine pupil's reaction to light (do they contract?)

What is the significance if one or both pupils do not contract in response to light?

Damage to the brain

One pupil/trauma or stroke

Both pupils/poisoning

Assignment 5

Why do you perform a "top-to-toe" examination?

You perform "top-to-toe" in order to identify any additional injuries which you did not find during ABCDE.