



TEST YOURSELF THE THROAT

Structure of pamphlet

Test your own knowledge on the subject THE THROAT- solve a few assignments.

Find background knowledge in "Medical Guide for Seafarers" pp 137-143 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**

**DANISH MARITIME
AUTHORITY**

Centre of Maritime Health
Service
Vestervejen 1
DK 6720 Fanø

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You may want to read chapter 19 in “Medical Guide for Seafarers”.

Assignment 1

List symptoms of sore throat, caused by **bacteria**:

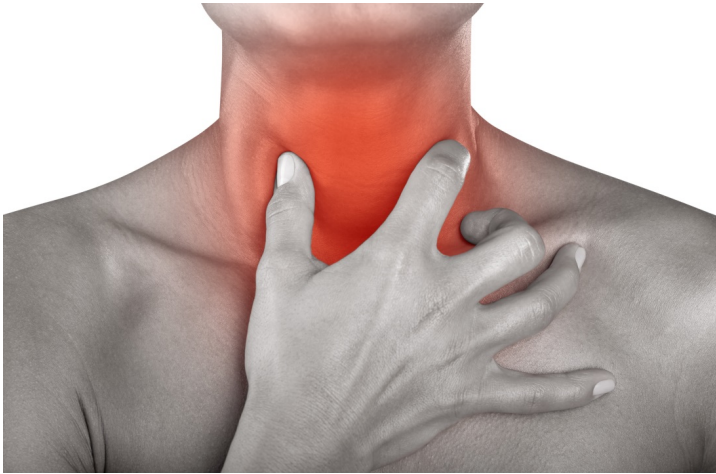
Assignment 2

List symptoms of sore throat caused by a **virus**:

Assignment 3

Which treatment would Radio Medical Denmark recommend if they suspect the sore throat was caused by **bacteria**?

In case of sore throat caused by **virus**:



When you examine a sore throat, use a tongue depressor (F.5) to press the tongue down in order to see the tonsils. Under the lower jaw, near the jaw-angle examine for swollen lymph nodes.

Did you know ?

The most common cause of a sore throat is a viral infection. A virus infection you cannot treat with antibiotics; only relieve some of the symptoms.

A bacterial infection of throat region usually develops quickly as opposed to the viral infection. A bacterial infection requires antibiotic treatment - Contact Radio Medical Denmark.

Sore throat

The most common symptoms are: pain when swallowing or talking, coughs, sneezing, runny nose and headache.

Answers to the assignments:

Assignment 1

List symptoms of sore throat, caused by **bacteria**:

- Moderate pain when swallowing.
- Fever, more than 38.5 °C (101 °F).
- Red enlarged tonsils with grey or white spots.
- Glands under lower jaw are often swollen and tender.

“Medical Guide for Seafarers”, p 140

Assignment 2

List symptoms of sore throat caused by a **virus**:

- Common cold.
- Runny nose.
- Coughs and hoarseness.
- Throat pain is moderate.
- Back of throat is reddish, as are tonsils.
- Temperature goes as high as 38,5 °C.

“Medical Guide for Seafarers”, p 140

Assignment 3

Which treatment would Radio Medical Denmark recommend if they suspect the sore throat was caused by **bacteria**?

- 7.1 Phenoxymethylpenicillin, 400 - 800 mg, 2 to 4 times daily.
- In case of allergy towards Penicillin give:
7.4 Erythromycin, 250 - 500 mg, 2 to 4 times daily.
- Make sure patient drinks sufficiently.

In case of sore throat caused by **virus**:

- 3.1 Paracetamol to treat pain.
- Make sure patient drinks sufficiently.

“Medical Guide for Seafarers”, p 140 +
“Inventory, Control Document and User Instructions”.