



Intoxicants

Persons in charge of medical care on board passenger ships may encounter persons who have taken intoxicants or who are under the influence of alcohol.

Persons in charge of medical care can use these guidelines when they meet persons who are under the influence of intoxicants.

In general, persons in charge of medical care are recommended to contact Radio Medical Denmark.

"Quick tests" are available that can be used to identify various intoxicants. They are used for urine, perspiration and saliva.

The Danish Health Authority recommends that "quick tests" are used with caution and only by trained personnel. Therefore, these tests are not of relevance to persons in charge of medical care.

Intoxicant	Effect	Symptoms	First aid
<p>Depressant intoxicants:</p> <ul style="list-style-type: none"> • Cannabis • Heroin • Morphine 	<p>The intoxication changes one's sense perception, humour and mood. Some become animated, happy and humorous. Others experience anxiety and anger or become sad. Has a depressant effect.</p>	<ul style="list-style-type: none"> • Bloodshot eyes • Mouth dryness • Fast pulse • Palpitation • Pin-point pupils • Respiration stop in case of heroin and morphine 	<ul style="list-style-type: none"> • Get information about the drug and the method of taking • Observe the pulse, blood pressure, respiration frequency – administer oxygen, if relevant • Avoid liquids and food (risk of wrong swallowing) • In case of respiration stop – carry out HLR • Consult Radio Medical
<p>Stimulating intoxicants:</p> <ul style="list-style-type: none"> • Amphetamine • Cocaine • Ecstasy • Kat 	<p>Sense of energy, elation and self-confidence. One's senses are sharpened and one has a sense of being in control of things. Uncertainty and one's feeling of inferiority disappear. Natural body signals are suppressed, hunger, thirst and tiredness disappear and one cannot find peace.</p>	<ul style="list-style-type: none"> • Headache • Dizziness • Nausea • Rapid pulse • High blood pressure • Fast respiration • Tendency to perspire • Large pupils • Fever • Unconsciousness 	<ul style="list-style-type: none"> • Get information about the drug and the method of taking • Observe the pulse, blood pressure, respiration frequency – administer oxygen, if relevant • Offer some drinking water • Cool down the person • Create peace and quiet around the person

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<p>Hallucinating intoxicants:</p> <ul style="list-style-type: none"> • LSD • Mescaline • Psilocybin mushrooms 	<p>The experience of the intoxication is influenced by both the user's mood and the surroundings. Often hallucinations will occur. Colours and light will be shimmering in sceneries with lavish or frightening contents. The body experience is changed radically. The state of mind changes rapidly: From a sense of happiness to depression or anxiety and paranoia, which may reach panicky heights.</p>	<ul style="list-style-type: none"> • Mild physical symptoms: sleepiness, nausea • Slightly rapid pulse • Slightly high blood pressure • Slight temperature rise • Large pupils • Ecstatic • Anxiety, panic in case of "bad trip", i.e. nightmarish condition 	<ul style="list-style-type: none"> • Get information about the drug and the method of taking • Create peace and quiet around the person • Observe the pulse, blood pressure, respiration frequency – administer oxygen, if relevant • In case of a "bad trip", the person should not be left alone • Prevent suicide and accident
<p>Intoxicants that are being sniffed:</p> <ul style="list-style-type: none"> • Lighter gas • Diluent • Petrol 	<p>Intoxication where one becomes dizzy, uncertain in one's movements, elated and drivelling. Some get aggressive. Large doses may provoke hallucinations. The intoxication lasts 30-45 minutes and can be prolonged through repeated sniffing. Repeated sniffing increases the risk of poisoning.</p>	<ul style="list-style-type: none"> • Flushing around the nose and mouth • Irritated mucous membranes • Possible smell of the intoxicant sniffed • Seems absent • Difficulties breathing 	<ul style="list-style-type: none"> • Keep the person conscious • Avoid liquids and food (risk of wrong swallowing) • Possible ventilation on mask • NOTE: Risk of fire!

Intoxicant	Effect	Symptoms	First aid
Alcohol, beer and wine	Feeling at ease, relaxed, impulsive, uncritical and good-humoured. At the same time, the coordination of one's movements gets poorer and one's judgment is reduced.	As the alcohol doses increase, increasing uneasiness, amnesia, unconsciousness and death occurs due to paralysis of the respiratory centre. The distance between unconsciousness and death is very little.	<ul style="list-style-type: none"> • Secure free respiratory passages • Not leave the person alone • Observe the person's breathing <p>A hangover is treated with water, more sleep and headache tablets, if relevant. The salt balance must also be restored.</p>
The effect of alcohol in the longer term	When a person has been drinking a lot for several weeks, abstinences will develop when the person stops drinking. Typically, they will last for 3 to 7 days.	<ul style="list-style-type: none"> • Increased tendency to perspire • Shaking arms and legs • Nausea and vomiting • Increasing pulse and blood pressure • Nervousness and anxiety 	If the person's general condition is poor, ABCDE should be carried out and Radio Medical should be contacted.
Delirium tremens Abstinence psychosis	The worst type of abstinences	<ul style="list-style-type: none"> • Visual hallucination where the person sees objects that are not there. • Emotional hallucinations such as the sensation that insects are crawling around under the skin. • Intense cramps. 	Persons who develop delirium must be hospitalised and receive medical treatment because this condition may be lethal. Contact Radio Medical right away and carry out ABCDE.