



# TEST YOURSELF THE ALTERNATIVE LIST

## Structure of pamphlet

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

Find background knowledge at DMA homepage: Seafarers and  
manning/exemption for medicine.

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](http://www.dma.dk)**

**You may ask us  
questions at  
[cms@dma.dk](mailto:cms@dma.dk)**

**You may phone us at  
**+45 7219 6004****

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AUTHORITY**

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### **Assignment 1**

Where can you find “The Alternative List” for download?

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### **Assignment 2**

What exactly is “The Alternative List”, and when do you need it?

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### **Assignment 3**

Normally, the label of all medicine in the Danish Medicine chest contains two numbers.

How many numbers does medicine from the alternative list contain?

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### **Assignment 4**

Describe the responsibilities of the person in charge of medical care, in case he has medicine from “The Alternative List”.

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*Find the alternative list with this link:*

<https://www.dma.dk/SoefarendeBemanding/Sygdomsbehandler/DispensationMedicin/Sider/default.aspx>

## **Did you know?**

DMA published the first alternative list in 2017, to minimise administration and reduce number of exemptions from the regular medicine list

Many pharmacies throughout the world has adapted the list, which means they can supply the medicine from the list.

## Answers to the assignments

### Assignment 1

Where can you find “The Alternative List” for download?

<https://www.dma.dk/SoefarendeBemanding/Sygdomsbehandler/DispensationMedicin/Sider/default.aspx>

### Assignment 2

What exactly is “The Alternative List”, and when do you need it?

Local regulations sometimes makes it impossible to buy a few of the products mentioned in the regular list. In those cases, you may find a replacement in “The Alternative List”.

The regular list: “Inventory, Control Document and User Instructions”, lists the medicine, which is normally mandatory on Danish flagged ships.

### Assignment 3

Normally, the label of all medicine in the Danish Medicine chest contains two numbers.

How many numbers does medicine from “The Alternative List” contain?

Three numbers.

E.g. : If you are not able to buy 3.4 Morphine, 10 mg/ml, but you were able to buy 3.4.3 Keterolac 30mg/ml.

### Assignment 4

Describe the responsibilities of the person in charge of medical care, in case he has medicine from “The Alternative List”.

- Download the User instruction to the relevant medicine from “The Alternative List”, and make sure the proper label is on the product
- In case of contact to Radio Medical Denmark; inform the doctor, that you have a product from “The Alternative List”