

## Maritime Life Support

<b>Overview</b>	<ul style="list-style-type: none"> <li>• What is the problem? Story – Symptoms – Medicine</li> </ul>
<b>A Airways</b>	<ul style="list-style-type: none"> <li>• Check free airways</li> <li>• Positioning according to problem</li> <li>• Give oxygen</li> </ul>
<b>B Breathing</b>	<ul style="list-style-type: none"> <li>• See - chest movement - raise and fall (Remove clothe)</li> <li>• Listen - sounds when breathing, obstructed, gurgling or normal? (listen when talking)</li> <li>• Feel – on cheek when going close to mouth/nose</li> <li>• Assess frequency and depth (fast/shallow, slow, deep, normal)</li> </ul>
<b>C Circulation</b>	<ul style="list-style-type: none"> <li>• Check capillary response (more or less than 2 sec?)</li> <li>• Feel the quality of the pulse (fast/weak, normal/hard)</li> <li>• Check skin color (pale/bluish/red) and temperature (cold/warm/sweaty/cold sweats)</li> <li>• Secure major bleedings</li> <li>• Contact to Radio Medical is a possibility at this time</li> </ul>
<b>D Disability</b>	<ul style="list-style-type: none"> <li>• Examine and assess level of consciousness (1-4)</li> <li>• Examine pupils reaction to light</li> </ul>
<b>E Expose</b>	<ul style="list-style-type: none"> <li>• Top to toe examination of the patient in relation to symptoms</li> <li>• Further examination and treatment in close cooperation with Radio Medical</li> </ul>
<b>Secondary actions</b>	<ul style="list-style-type: none"> <li>• Reassess ABC if changes occur</li> <li>• Write the Radio Medical Record and monitor vital signs</li> <li>• Contact Radio Medical</li> <li>• Continue close observation of the patient and perform ordinary first aid</li> <li>• Perform the prescriptions from Radio Medical</li> </ul>