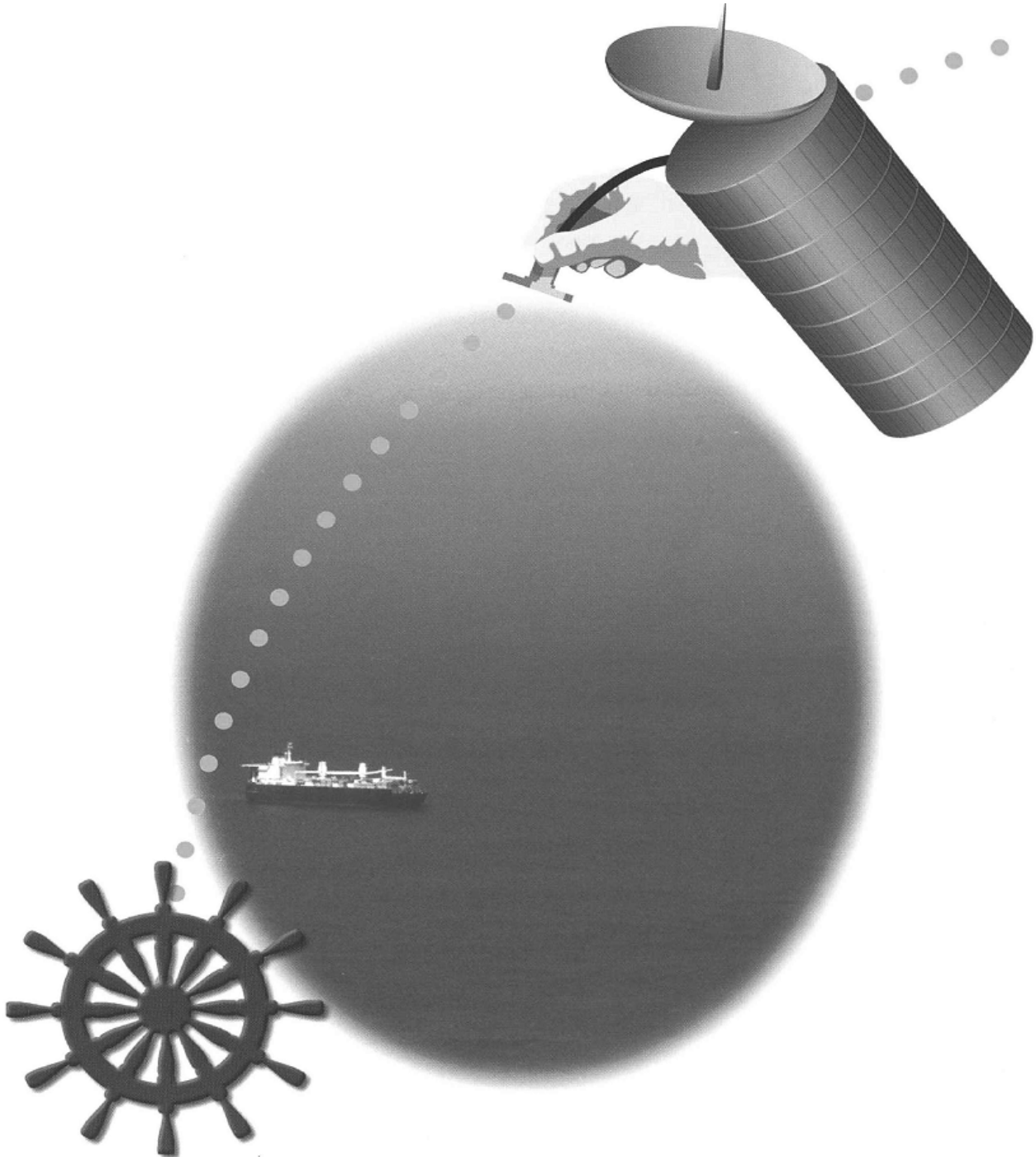


Revised edition in April, 2014  
English version

# 無線医療助言通信ハンドブック

Handbook of Advice on Radio Medical communications



全国健康保険協会 船員保険部

船員保険

<http://www.kyoukaikenpo.or.jp/>

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# 1 What Is Radio Medical Consultation?

The radio medical consultation service is a 24-hours-a-day, free radio communication service for all ships seeking medical advice while at sea. This service is provided based on “Maritime Labour Convention, 2006” .

More specifically, radio medical consultation is provided for ships at sea to transmit descriptions of illness or injury sustained by any onboard crew member and other information to the nearest designated medical institution ashore over radio communication for advice and instructions on onboard first aid, patient handling, etc., from medical specialists.

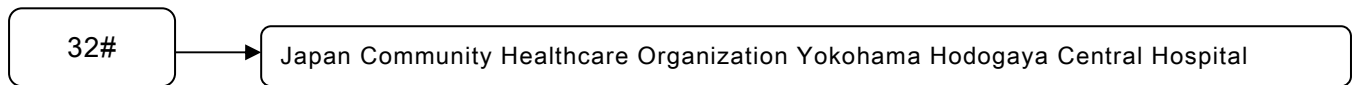
## 2 Communication Procedures

### ① Radio medical communication procedures (for seeking MD advice)

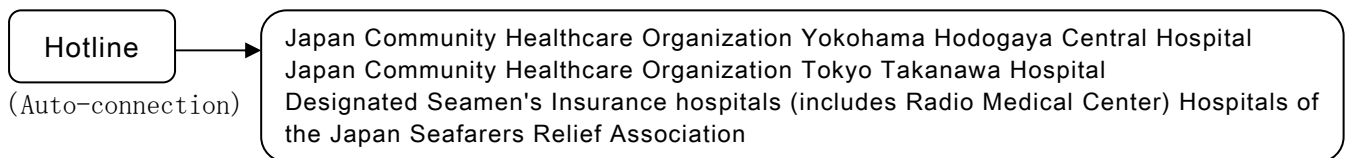
The interactive telecommunication media available for radio medical consultation are wireless telephone, facsimile, and electronic mail (e-mail). This section outlines typical communication procedures using designated toll-free hotline phone/fax numbers and e-mail (non-toll-free service).

#### I Toll-free phone/fax communication

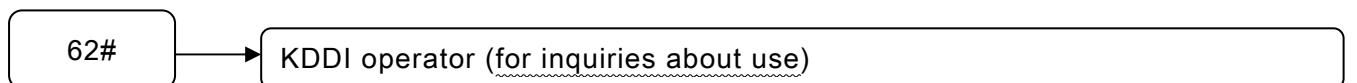
《via Inmarsat (B/M/Mini-M/F) terminals》



(Automatic connection)



(Auto-connection)



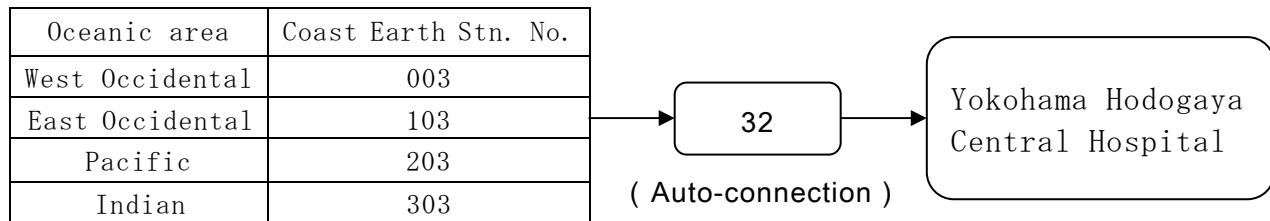
(Auto-connection) \* The operator does not transfer the caller to the hospital.

| Radio Medical Service Provider     | Hotline No.  | Radio Medical Service Provider | Hotline No. |
|------------------------------------|--------------|--------------------------------|-------------|
| Yokohama Hodogaya Central Hospital | 32# or 3201# | Osaka Ekisaikai Hospital       | 3214#       |
| Tokyo Takanawa Hospital            | 3202#        | Kobe Ekisaikai Hospital        | 3215#       |
| Otaru Ekisaikai Hospital           | 3210#        | Moji Ekisaikai Hospital        | 3216#       |
| Miyagi Rifu Ekisaikai Hospital     | 3211#        | Nagasaki Ekisaikai Hospital    | 3217#       |
| Yokohama Ekisaikai Hospital        | 3212#        |                                |             |
| Nagoya Ekisaikai Hospital          | 3213#        | Inquiries about use            | 62#         |

Note) When the KDDI coast earth station code 003 is not registered in the system in use, first dial 003# or 003\* (as appropriate for the terminal in use).

Note) There is no communication fee for radio medical consultation only when a direct number is used.

**II Toll-free e-mail communication**  
 ‹‹via Inmarsat (C/Mini-C) terminals››



**III Paid e-mail communication**

(E-mail communication is available only for Yokohama Hodogaya Central Hospital and Tokyo Takanawa Hospital)

E-mail communication allows transmission of not only text messages but digitally captured images of injuries or skin disorders, thereby facilitating a full understanding of more detailed conditions and provision of appropriate guidance.

| Addressee Hospital                 | E-mail address        |
|------------------------------------|-----------------------|
| Yokohama Hodogaya Central Hospital | yokohama@museniryo.jp |
| Tokyo Takanawa Hospital            | tokyo@museniryo.jp    |

\* E-mailing via non-hotline channels incurs toll charges. (This applies to e-mailing via all Inmarsat B/M/Mini-M/F terminals.)

**② Marine emergency care requesting procedure (for seeking MD visits): Emergency**

When marine emergency care is required, contact shall be established via the captain or shipowner using the Coast Guard emergency phone number 118, the nearest Coast Guard office, or the nearest Marine Emergency Care Center before it is too late.

○Coast Guard Agency emergency phone number: 118  
 \* Inaccessible directly from Inmarsat terminals

○Regional Coast Guard HQs phone directory (Inaccessible via Inmarsat C/Mini-C terminals)

| Regional Coast Guard HQs (Operation Command Center)                | Phone No.    |
|--|--------------|
| 1st Regional Coast Guard Headquarters (Operation Command Centers)  | 0134-25-4999 |
| 2nd Regional Coast Guard Headquarters (Operation Command Centers)  | 022-365-4999 |
| 3rd Regional Coast Guard Headquarters (Operation Command Centers)  | 045-663-4999 |
| 4th Regional Coast Guard Headquarters (Operation Command Centers)  | 052-651-4999 |
| 5th Regional Coast Guard Headquarters (Operation Command Centers)  | 078-391-4999 |
| 6th Regional Coast Guard Headquarters (Operation Command Centers)  | 082-253-4999 |
| 7th Regional Coast Guard Headquarters (Operation Command Centers)  | 093-332-4999 |
| 8th Regional Coast Guard Headquarters (Operation Command Centers)  | 0773-75-4999 |
| 9th Regional Coast Guard Headquarters (Operation Command Centers)  | 025-285-0118 |
| 10th Regional Coast Guard Headquarters (Operation Command Centers) | 099-255-4999 |
| 11th Regional Coast Guard Headquarters (Operation Command Centers) | 098-867-0118 |

○ Marine emergency care support organization phone directory

\* Inaccessible from Inmarsat C/Mini-C terminals

Headquarters:

Open during day hours only

|   |  |
|---|--|
| Public interest incorporated association, Japan Marine Rescue,<br>Marine Emergency Center (Tokyo) | (Phone) 03-3222-8066<br>(F a x) 03-3222-8067 |
|---|--|

Regional Branch

Open during day hours only

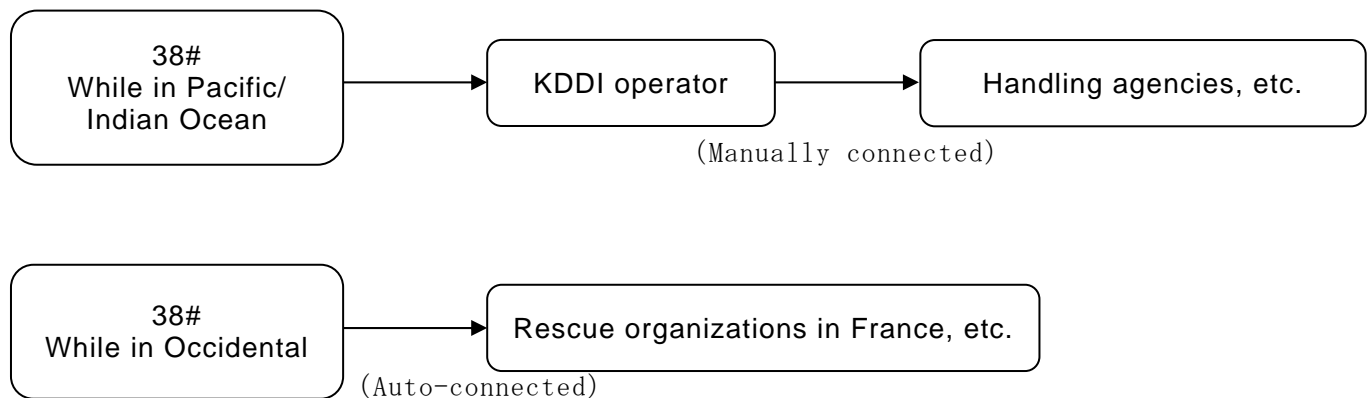
| Regional Branch                | Phone        |
|--------------------------------|--------------|
| Eastern Hokkaido (Kushiro)     | 0154-22-0118 |
| Southern Hokkaido (Hakodate)   | 0138-42-1118 |
| Tohoku (Shiogama)              | 022-363-0111 |
| Tokai (Nagoya)                 | 052-661-0179 |
| Kansai and Shikoku (Kobe)      | 078-391-2125 |
| Northern Kyushu (Kitakyushu)   | 093-321-2931 |
| Southern Kyushu (Kagoshima)    | 099-253-7811 |
| Okinawa (Naha)                 | 098-868-5940 |
| Middle Sea of Japan (Niigata)  | 025-244-1812 |
| Western Sea of Japan (Maizuru) | 0773-76-4100 |

③ Consultation regarding the need for marine emergency care

I Toll-free phone/fax communication

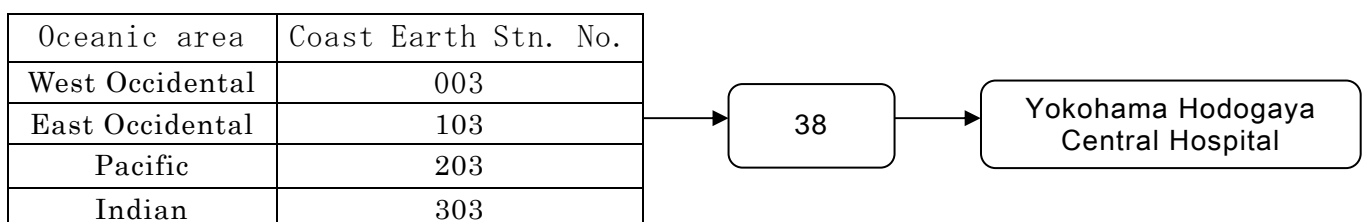
《Inmarsat (B/M/Mini-M/F) terminals》

Note) When the KDDI coast earth station code 003 is not registered in the system in use, first dial 003# or 003\* (as appropriate for the terminal in use).



II Toll-free e-mail communication

《Inmarsat (C/Mini-C) terminals》



## ④Medical facilities in Japan available for radio medical consultation

The following is a list of specified medical institutions in Japan available for medical consultation.

(Communication using the phone numbers below will be charged.)

| Name                               | Tel./Fax no, E-mail  |   | Address  |
|------------------------------------|----------------------|---|--|
| Yokohama Hodogaya Central Hospital | TEL<br>FAX<br>E-mail | 045-331-1251<br>045-334-0154<br>yokohama@museniryo.jp | 43-1 Kamadai-cho, Hodogaya-ku, Yokohama, 240-8585          |
| Tokyo Takanawa Hospital            | TEL<br>FAX<br>E-mail | 03-3443-9191<br>03-3440-5368<br>tokyo@museniryo.jp    | 3-10-11Takanawa, Minato-ku, Tokyo, 108-8606                |
| Otaru Ekisaikai Hospital           | TEL<br>FAX           | 0134-24-0325<br>0134-25-3408                          | 1-10-17 Ironai, Otaru 047-0031                             |
| Miyagi Rifu Ekisaikai Hospital     | TEL<br>FAX           | 022-767-2151<br>022-767-2156                          | 51 Shintaishido Aza Morigo, Rifu-cho, Miyagi-gun, 981-0103 |
| Yokohama Ekisaikai Hospital        | TEL<br>FAX           | 045-261-8191<br>045-261-8149                          | 1-2 Yamada-cho, Naka-ku, Yokohama 231-0036                 |
| Nagoya Ekisaikai Hospital          | TEL<br>FAX           | 052-652-7711<br>052-652-7783                          | 4-66 Shonen-cho, Nakagawa-ku, Nagoya 454-8502              |
| Osaka Ekisaikai Hospital           | TEL<br>FAX           | 06-6581-2881<br>06-6584-1807                          | 2-1-10 Honden, Nishi-ku, Osaka 550-0022                    |
| Kobe Ekisaikai Hospital            | TEL<br>FAX           | 078-781-7811<br>078-781-1511                          | 1-21-1 Manabigaoka, Tarumi-ku, Kobe 655-0004               |
| Moji Ekisaikai Hospital            | TEL<br>FAX           | 093-321-0984<br>093-331-7085                          | 1-3-1 Kiyotaki, Moji-ku, Kitakyusyu, 801-8550              |
| Nagasaki Ekisaikai Hospital        | TEL<br>FAX           | 095-824-0610<br>095-822-9985                          | 5-16 Kabashima-cho, Nagasaki, 850-0034                     |

### 3 Essentials of radio medical consultations

When asking for advice on first-aid or emergency treatment it is vital that a patient's symptoms be reported in as much detail as possible. Here are Instructions for the content and sequence of such reports.

Please use medical consultations form (P18) for an actual medical consultations.

#### Communications requesting medical advice

The following ten items should be reported in the first communication:

1. Company name and ship's nationality
2. Patient's occupation
3. Name and sex
4. Birth date
5. Patient's condition at onset of illness
6. Current symptoms, medication, injections, treatment, and questions
7. Pre-existing conditions
8. Type of medical kit, names and quantities of medication on board
9. Ship's position
10. Direction of sail, scheduled arrival date at next port



## **1 Company name (examples: the steamer XX or the fishing boat YY) and ship's nationality**

The company name (name of ship's owner) should always be included in the body of the communication. Omitting the company name causes serious difficulties if further inquiries or communications need to be made.

Recently, an increasing number of communications are from ships of unknown nationality. If the communication is in English or roman letters, the nationality cannot be determined, which poses problems of classification. "Ship's nationality XXXX" should be included in the communication.

## **2 Patient's occupation**

Classifications include ship's captain, navigation officer (mate), chief engineer, engineer, WO (warrant officer), deck chief, deck-hand, DPC (marine engineer, marine technician), chief oiler, oiler stoker, chief steward, steward, clerk, passenger, trainee, etc.

People in certain occupations are subject to certain illnesses. The patient's occupation is useful information when determining whether or not someone can work while receiving treatment after recovery.

## **3 Name and sex**

This is necessary for communications and records. If there are several communications or more than one patient, or if requests for medical advice come to the hospital from different ships at the same time, it may be impossible for the hospital to keep cases apart without names. Names are also necessary in asking about past histories. Be sure to include the patient's name in every communication.

Sex needs to be specified only when the patient is female.

## **4 Date of birth (also provide age if possible)**

Appendicitis is common among younger people, while high blood pressure, heart disease and diabetes are more common among middle-aged and older people.

## **5 Patient's condition at onset of illness (principal complaints)**

The patient's symptoms when he first fell ill or the manner in which he was injured, and his overall condition at that time should all be reported. If the patient was conscious, ask him to describe how he felt at the time. It is necessary to record the location of pain or numbness, and the patient's overall condition and vital signs (explained below). Also report what first aid treatment was administered, what medicines were given orally or intravenously, and what effects resulted.



## 6 Current symptoms, medication, injections, treatment, and questions

This item is the most important part of the communication. Please note that the next section explains how to ask the patient about his condition. In most cases in our experience, it appears that advice is not sought immediately; rather, advice is usually sought when the patient has failed to recover after having been treated in some way.

In the case of an injury, attention should be focused not just on visible wounds and bleeding, but also on determining that there are no hidden or internal injuries. Injuries to internal organs in the head, chest and abdomen are often overlooked. By feeling the painful area with the palms of his hands, a medic can detect such abnormal symptoms as heat or hardness. This should serve as the first step in treatment.

In other words, the medic should ask the suffering patient careful and purposeful questions and take notes on symptoms, progress, treatment and other conditions. The patient's overall condition should also be determined as well. The following vital signs must be checked for this purpose.



Vital signs consist of the following ten items. These can be classified into basic vital signs and basic life signs.

①: Pulse②: Breathing③: Temperature④: Blood pressure⑤: Consciousness

⑥: Sleep⑦: Appetite⑧: Excretion⑨: Skin condition⑩: Position, posture

The basic vital signs are those that must be present if the patient is alive, namely pulse, breathing, body temperature and blood pressure. If they are not present, the patient is not alive. Count the pulse rate and number of breaths per minute, and note the strength and depth of pulse and breathing. Note also the regularity or irregularity of rhythm.

Systolic and diastolic blood pressure are expressed as the height (in millimeters) of the mercury column, for example, 146/84. Blood pressure can be measured when the patient is seated or lying on his back; the lowest point of the mercury column is set at the height of the exitus of the heart (where the aorta begins). Care must be taken in wrapping the Manschette tourniquet and applying the stethoscope; these procedures should be practiced regularly. Depending on the patient's condition, vital signs may change dramatically over time, so they should be measured several times at intervals and recorded each time.

Body temperature is expressed in degrees Celsius. Write down the location (i. e., under the tongue or in the anus) where temperature was measured if it was not measured under the arm.

Some telegrams only mention whether pulse, breathing or body temperature is "normal" or "abnormal," but measurements should be included. The physician will judge whether they are normal or not.

Although vital signs may be in the range of normal, there is the possibility of brain death if a patient does not regain consciousness. Thus it is necessary to administer first aid and watch the patient's progress carefully.



Basic life signs, which include sleep, appetite and excretion, are the physiological rhythms that are necessary for daily life. You can obtain this information only from patients who are conscious. These signs will be abnormal when the patient is sick or in an unusual state, and they can be used in diagnosis along with other symptoms.

If the patient is not sleeping well, ask him if he has trouble getting to sleep, or if he can't sleep at all, and whether this is due to sweatiness, pain, worry, etc. If the patient has no appetite, it is necessary to find out the reason for this, whether it is due to vomiting, nausea, belching, pain, etc.

Excretion means urination and defecation. It is enough to find out the frequency and the condition, color and smell of the urine and stool. If the patient has abdominal pains, be sure to collect urine in a paper cup or other container and examine it before throwing it away. Small urinary stones that are excreted are sometimes overlooked.

Pain associated with excretion is also an important symptom.

As mentioned above, it is only possible to obtain information regarding basic life signs from patients who are conscious. States of consciousness are classified in various ways, but you should know at least the following four categories.

①Lucid: Normal state of consciousness

②Semicomatose: Falls asleep immediately unless stimulated (same as somnolence)

③Comatose: Does not react to any stimulus

④Delirium: The patient has impaired consciousness and cannot converse, but nervous activity is strong. Patient is excited and hallucinates.

Even if symptoms are described in detail in a communication from a ship, since the doctor is not able to examine the patient, the diagnosis can only be a conjecture. Inevitably, the doctor must often say "XX is suspected," and indicate treatment for the time being.

On the other hand, you may be more interested in knowing how to treat the patient than in obtaining an exact diagnosis. For this purpose, it is necessary that questions be written clearly.

Body position and skin condition can be observed whether or not the patient is conscious. Skin condition includes skin color (yellow, pale, etc.), sweat, moistness and elasticity. Body position means the position of the patient when lying down (on his back, on his right side, etc.). If the patient is suffering from chest or stomach pains, he may not be lying down, but sitting up and gasping for breath. The patient will most likely be in whatever position is most comfortable.



## **7 Pre-existing conditions**

Be sure to write down any chronic condition the patient had before boarding ship, or any illnesses for which he is taking medication.

Important pre-existing conditions include high blood pressure, diabetes, heart disease and epilepsy. Some people are prone to reoccurring conditions such as ureterolithiasis. Noting "had appendectomy" is acceptable, but simply noting "has appendicitis" is not sufficient information.

If a patient has allergies, find out the cause of the allergy in as much detail as possible. Try to determine what foods or medication caused the allergic reaction.

## **8 Type of medical kit, names and quantities of medication on board**

The medical kit contains medical supplies as required by Seamen Act enforcement regulations. There are four types of kits: Class A, Class B, Class C, and Class D. Recently, most consultations have come from ships carrying a Class B medical kit, and some ships also carry some medicines that are not on the official list. Please report any medication you have in your possession that you are likely to use, indicating the name of the medicine, whether it is in tablet or injectable form, the number of milligrams per tablet, and the quantity on board.

Statistically, the medicines most often used are analgesics and antibiotics. If it is reported that, "We have XX number of tablet A and YY ampules of injection B, "it will be easier to provide instructions for use.

For information on pharmaceutical and hygiene products provided aboard ship, consult the Japanese Medical Guide for Ships or the Medical Guide for Small Ships, both of which are edited by the MLIT.

## **9 Ship's position (current position at time of communication)**

## **10 Direction of sail and scheduled arrival date at next port**

These two items are necessary in cases where instructions may be needed for an emergency doctor's visit at sea, an emergency stop at port, or disembarkation and hospitalization. Since medical advice is being given without a direct examination, some doctors will be cautious and ask the ship to make port immediately.

Considering that it may take a week or more for a ship to reach its next port, however, such instructions may change. If the doctor is told that, "Even if we hurry, we can only make XX port in so many days," he may instruct the ship to continue sail until it can reach home port.

Please refer to point (P21) of the "Marine emergency care (requesting a doctor's visit at seas)" if the patient is in critical condition and you want to request an emergency doctor's visit at sea.

## What to ask the patient

This should be clear from reading "Current symptoms, medication, injections, treatment, questions" and other items explained in the previous section, but here is a summary.

- 1 What illnesses have you had in the past?
- 2 When and where did you first experience your present symptoms?
- 3 What did you do then, and what happened?
- 4 How are your vital signs? (including sleep, appetite and excretion)
- 5 What are you suffering from most now?

You can question the patient in this way. Special attention should be paid to the following symptoms:

### Pain

**Location** Where does the pain exist? Is it external or internal pain?

**Intensity** How does it hurt? For example, is the pain throbbing or piercing?

**Localization** Does the pain radiate to other parts of the body?

**Duration** How long has the pain persisted? Was it momentary pain?

**Perceived changes** Does the pain get worse or better when you apply pressure to it? Does it get worse when the pressure is removed?



### Numbness

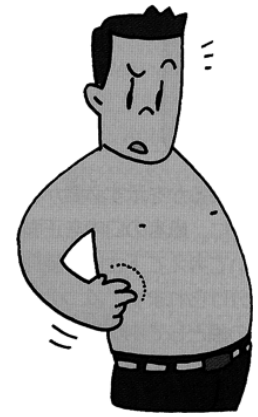
Merely reporting "numbness" is not sufficient. Be specific as to whether the patient has tingling numbness, sensitivity or paralysis.

Hardness or swelling

Location, size, hardness, color, heat, presence of pus, pain if any

Cough

Cough is a symptom of diseases of the pharynx, larynx and respiratory organs. Types of cough include a dry cough, a hacking cough or a whooping cough.



Sputum

Note color, frequency and smell. Blood mixed with sputum is fresh blood (hemoptysis).



Vomiting blood

Hematemesis is vomiting of dark blood, caused by bleeding in the stomach or esophagus. Hemoptysis is brightly colored blood brought up from the lungs or trachea when the patient coughs.

Dizziness

Can occur if patient has low blood pressure or fluctuating high blood pressure. Can also be a symptom of a problem with the inner ear.



Ringling in the ears

Occurs in cases of ear diseases, low blood pressure, etc.

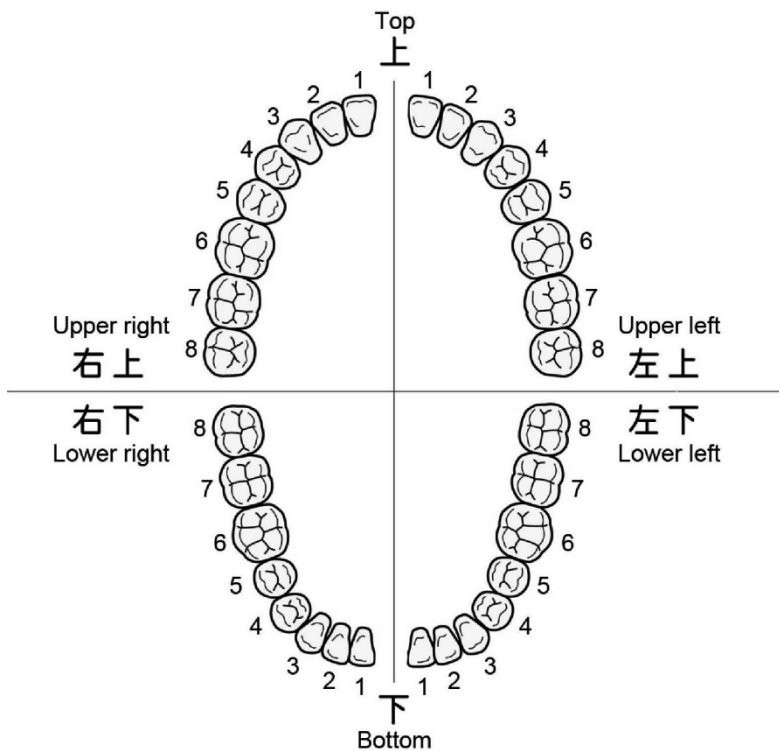
When referring to anything that comes in pairs, such as eyes, ears, nostrils, hands and feet, specify right or left.

# Dental problems

In describing dental problems, it is necessary to specify the tooth. This is done using the following diagram. The diagram shows a frontal view of the inside of the patient's mouth, with a cross drawn between the rows of teeth. This cross separates the rows of teeth into left and right and upper and lower. The tooth closest to the center in each of the four rows, called the central incisor (first incisor), is labeled 1. The other teeth are labeled 2, 3, 4, etc., counting outward from the center. The tooth that is furthest back in each row is number 8. The total number of teeth an adult has is 32.

In order, the names of the teeth are:

- 1: Central incisor    2: Lateral incisor    3: Canine    4: First bicuspid  
 5: Second bicuspid    6: First molar    7: Second molar    8: Third molar



Since the individual names of the teeth tend to be long, they can be written as "upper left 6" or "lower right 8," etc. What is denoted as left and right are from the patient's point of view.

Up to now the most common causes of tooth pain have been gingivitis caused by tooth decay, periodontitis and pyorrhea alveolaris.

# Names of the parts of the body

## ■身体各部の名前は

身体の場所を表現するには、次の図表を参考にして書いてください。

### ●全身の前面図

Anterior view of the human body

- 右側頸部(みぎそくけいぶ)  
Right lateral region of neck
- 右前胸部(みぎむね) (上部じょうぶ) Upper  
Right chest (下部かぶ) Lower
- 右手関節部(みぎしゅかんせつぶみぎてくび)  
Right wrist
- 右手掌(みぎてのひら)  
Right palm
- 陰茎(いんけい) ペニス  
Penis
- 睾丸(こうがん) Testes
- 陰囊(いんのう) scrotum
- 右膝(みぎひざ) Right knee
- 右足果部(みぎうちくるぶし) Right medial malleolus
- 右外果部(みぎそとくるぶし) Right lateral malleolus
- 右第1趾(みぎだいいちあしゆび) Right big toe
- 第2～第5趾(みぎだいいど～あしゆび) Right toes 2-5

## Names of the parts of the body

Consult the following charts when referring to parts of the body.

- 前頭部(ぜんとうぶ) Frontal region
- 前頸部(ぜんけいぶ) Anterior region of neck
- 左鎖骨部(ひだりさこつぶ)  
Left clavicle, left clidal region
- 左肩(ひだりかた) Left shoulder
- 左乳房(ひだりちぶさ) Left nipple
- 左上腕内側面(ひだりじょうわんないそくめん)  
Medial surface of upper left arm
- 左肘窩(ひだりひじないそくめん)  
Medial surface of left elbow
- 左前腕内側面(ひだりぜんわんないそくめん)  
Medial surface of left forearm
- 左拇指(ひだりおやゆび) Left thumb
- 左示指(ひだりひとさしゆび) Left index finger
- 左中指(ひだりなかゆび) Left middle finger
- 左環指(ひだりくすりゆび) Left ring finger
- 左小指(ひだりこゆび) Left little finger
- 左鼠径部(ひだりそけいぶ) Left groin
- 左大腿前面(ひだりだいたいぜんめん)  
Anterior surface of left thigh
- 左下腿前面(ひだりかたいぜんめん)  
Anterior surface of left crus
- 左足関節部(ひだりそくかんせつぶ) Left ankle
- 左足背(ひだりあしのこう) Left instep

正中線  
(せいちゅうせん)  
Median line

### ●全身の背面図

Posterior view of the human body

- 後頭部(こうとうぶ) Occipital region
- 左背部(ひだりせなか) (上部じょうぶ) Upper  
Left back (下部かぶ) Lower
- 左上腕外側面(ひだりじょうわんがいそくめん)  
Lateral surface of left upper arm
- 左肘部(ひだりひじぶ) Left elbow
- 左前腕外側面(ひだりぜんわんがいそくめん)  
Lateral surface of left forearm
- 左手背(ひだりてのこう) Back of left hand
- 左膝窩(ひだりひざはいめん)  
Dorsal surface of left knee
- 左アキレス腱部(ひだりアキレスけんぶ)  
Left Achilles tendon

- 頭頂部(とうちょうぶ) Parietal region
- 右側頭部(みぎそくとうぶ) Right temporal region
- 頂部(えりくび) Nape
- 右肩(みぎかた) Right shoulder
- 右肩甲骨部(みぎけんこうこつぶ)  
Right scapular region
- 右腰部(みぎこしぶ) Right lumbar region
- 右臀部(みぎでんぶ) Right buttock
- 右大腿背面(みぎだいたいはいめん)  
Dorsal surface of right thigh
- 右下腿背面(みぎかたいはいめん)  
Dorsal surface of right crus
- 右足蹠(みぎあしのうら)  
Sole of right foot

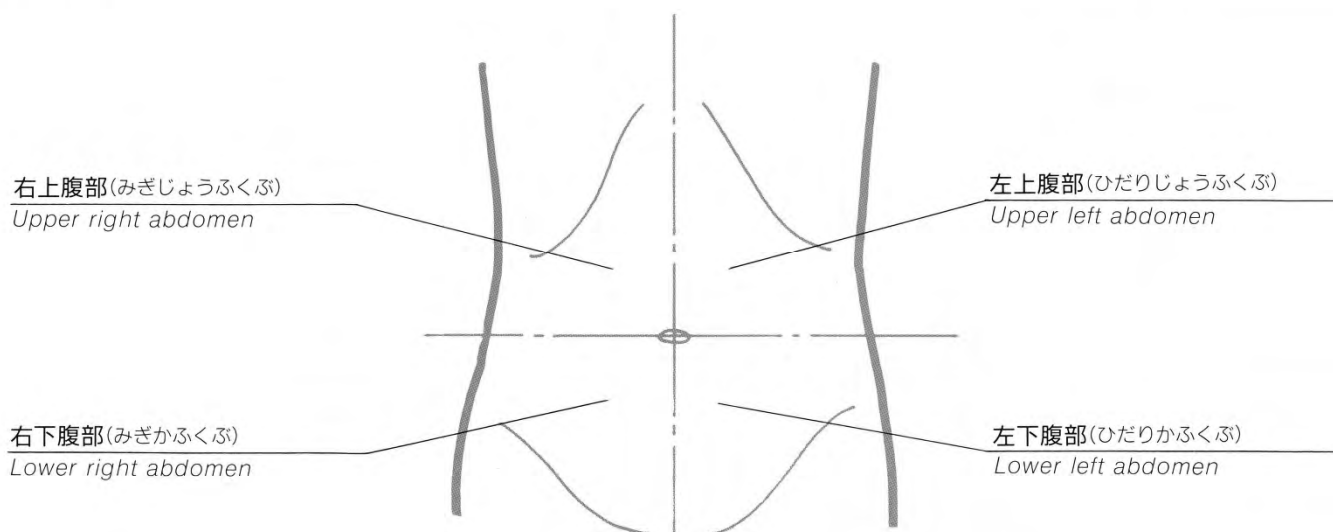


The parts of the abdomen can be classified in various ways. It is sometimes divided into four areas as shown in figure (A) below. However, this is rather rough sectioning, and the more precise divisions shown in (B) should be used whenever possible. Note that this is only meant to give a general idea of location, and that the boundaries are not exact.

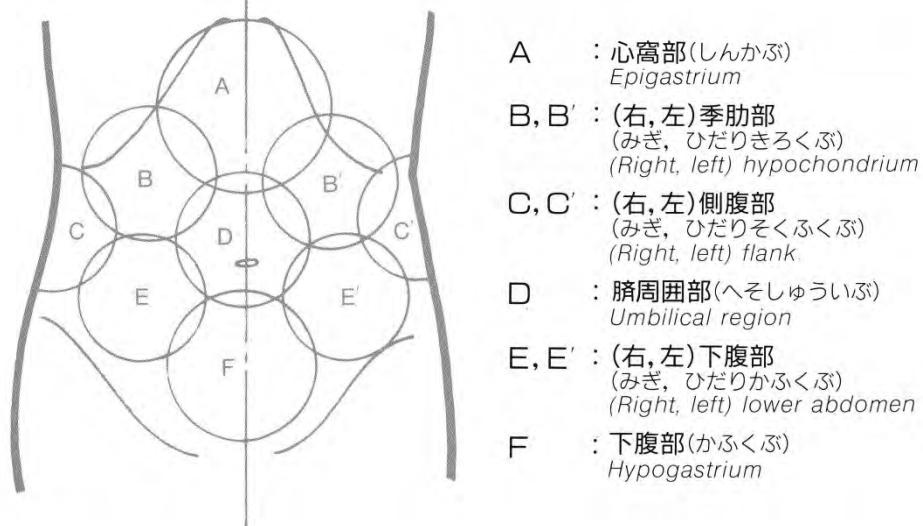
●腹部図

Parts of the abdomen

(A)

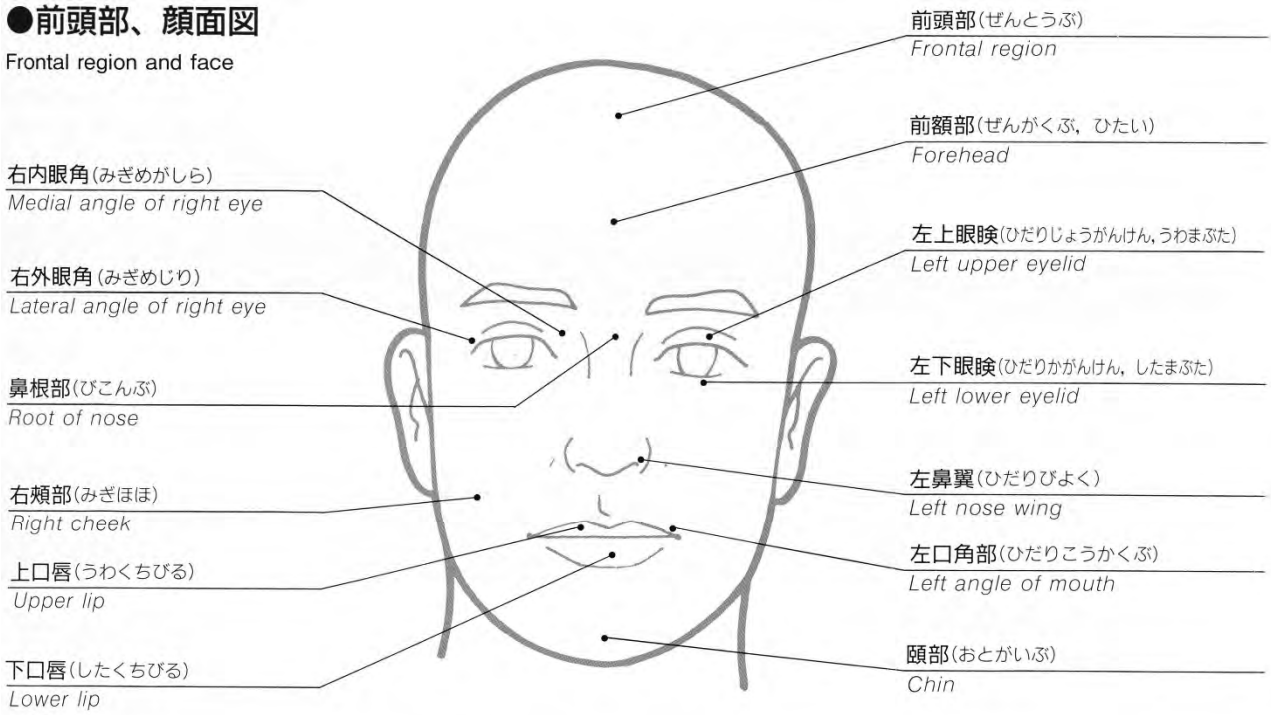


(B)



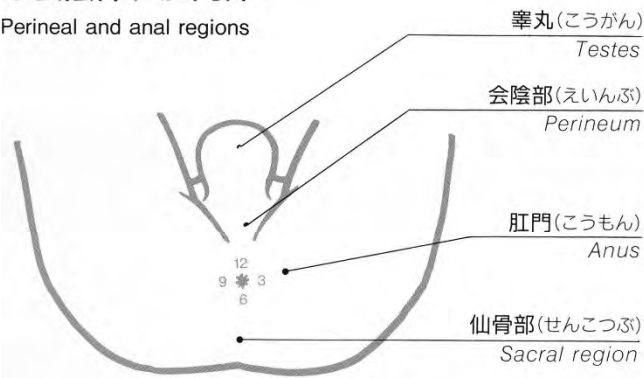
## ●前頭部、顔面図

Frontal region and face



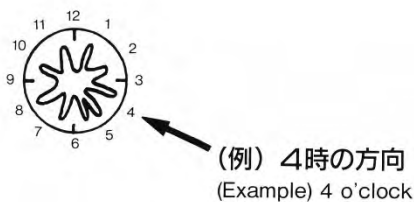
## ●会陰部、肛門部

Perineal and anal regions



### 肛門病変部位の記載法 (時計表現法)

Describing the location of anal lesions (clock method)



## ●手掌、手指部図

Palm and fingers



In order to describe the location of lesions around the anus, imagine a clock face drawn around the anus, as in the figure above, with 12 o'clock pointing towards the scrotum.

Note "what time" the lesion is at, and describe its distance from the anus in centimeters. For example, you can report that "there is a red swelling at 8 o'clock, 6 centimeters from the anus."

## **4** Actual examples of radio medical communications

### **Case1 Case from whom gout is suspected**

#### ●First communication received (2 November)

On the steamer X, which has a Class B medical kit, the deckhand A.B., Philippine national, age 34, had swelling and pain in the joints at the base of both big toes on 30 October. Pontal was administered but then discontinued after urine volume decreased. Gout is suspected, but please advise on diagnosis and treatment.

- This was the first communication. If gout is suspected, any reports of elevated uric acid or similar symptoms will help to pin down the diagnosis. Since the condition is sometimes attributable to excessive consumption of alcohol, it is necessary to ask about the patient's drinking history.

In the return communication, the doctor said that an attack of gout was a possibility, indicated that the patient should rest and avoid drinking alcohol, and prescribed an analgesic/anti-inflammatory (indacin) along with liquids so that the patient's urine output would be about 2,000ml a day.

#### ●Second communication received (28 November)

The attack of gout subsided after a week, so he continued on board. He was examined at a hospital while the ship was in port at T city on 26 November. Uric acid was high, 11.6, and gout was diagnosed, but the patient insisted on returning to his ship and reboarded on 28 November. Now the right knee is red, swollen and painful, but there is no pain in the toes. Temperature is 37.5° C, pulse 76/min and blood pressure 118/82. Urination is 4 times at night, about 1500ml output daily. Please advise treatment.

-It is not known whether or not the hospital in T City advised him against boarding; nor is it clear whether he received medication for lowering uric acid after the attack had subsided. It would have been better if his condition between 3 and 28 November had been observed and reported. In the return communication, the diagnosis was crystalline gonarthrosis caused by gout. Indacin or colchicine was prescribed for attacks, and an uricosuric after the symptoms had subsided. By 5 December his symptoms had subsided and he returned to work. Instructions were given to measure uric acid regularly, but such cases are often neglected after the attack has subsided, so careful guidance is needed in this case.

### **Case2 Case from whom chronic liver disease is suspected**

#### ●First communication received (27 November)

31 years old, fishing boat, jaundice in eyes and skin of the whole body for two days, growing worse. Temperature 36.8° C, blood pressure 106/62, pulse 84/min. Patient is delirious, does not focus eyes, does not eat, vomited blood several days ago but concealed it. Had liver disease before boarding ship but concealed it. Scheduled to arrive at Midway on 28 November. Please advise treatment.

-In the return communication, cirrhosis of the liver and esophageal varices were suggested, and hepatic coma was strongly suspected. Instructions were given for the patient's blood pressure, pulse rate, state of consciousness, hematemesis and melena to be observed, and for the ship to make port as soon as possible. According to the second communication in this case, the patient had been told 4 months ago in a hospital in a certain city that he had chronic liver disease, but had boarded ship without submitting his diagnostic record. If his illness had been known he would not have been able to board, but such cases sometimes occur. Unfortunately, the subsequent progress in this case is unknown because there was no further communication.

★Copy this page and use it as your communication form.

## Medical consultation

(The following ten items should be reported in the first communication)

TO:

FROM: Name of vessel

Telephone number , fax number and E-mail of vessel

TEL

FAX

E-mail

|  |   |
|--|---|
| 1. Name of company · Nationality   |   |
| 2. Occupation  |   |
| 3. Name of patient · Sex   | <input type="checkbox"/> Male <input type="checkbox"/> Female |
| 4. Day of birth (Age)  | D /M /Y   |
| 5. Patient's condition at onset of illness   |   |
| 6. Current symptoms, medication, injections, treatment, and questions<br><input type="checkbox"/> About internal organs <input type="checkbox"/> About injury                      |   |
| ①Pulse /min②Breathing /min③Temperature °C④Blood pressure / mmHg⑤consciousness<br>⑥Sleep ⑦Appetite ⑧Excretion<br>⑨Skin condition ⑩Position, Posture                                 |   |
| 7. Pre-existing conditions   |   |
| 8. Type of medical kit, names and quantities of medication on board<br><input type="checkbox"/> 甲 <input type="checkbox"/> 乙 <input type="checkbox"/> 丙 <input type="checkbox"/> 丁 |   |
| 9. Ship's position   |   |
| 10. Direction of sail and scheduled arrival date at next port<br>D /M /Y   |   |

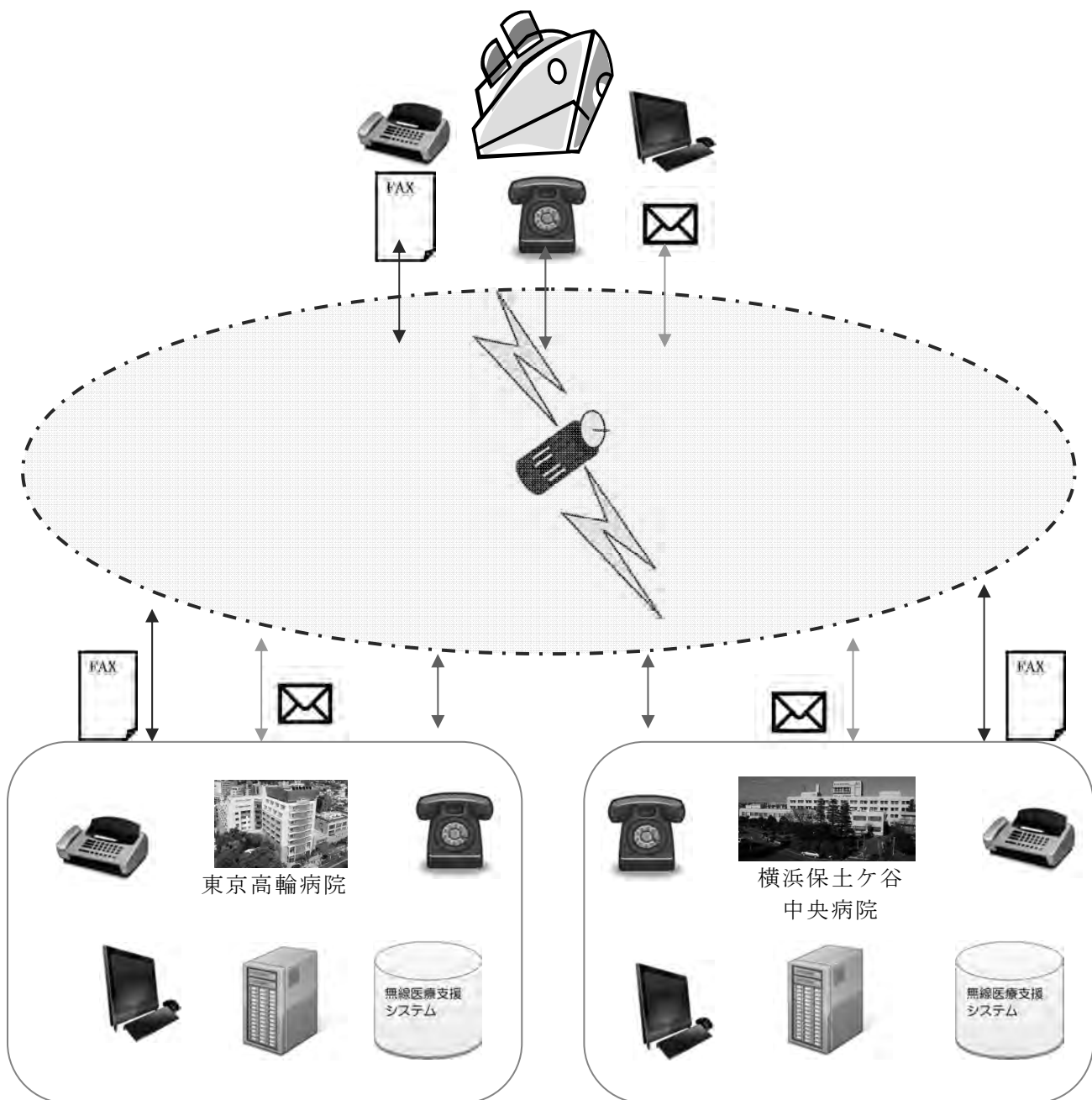
## 5 Feature of medical support system of Seamen's Insurance Foundation (SEMPOS)

### ① Available facilities

This system will be run by Japan Community Healthcare Organization Yokohama Hodogaya Central Hospital and Tokyo Takanawa Hospital.

### ② System features

The Radio Medical Support System (RMSS) imports advisory cases reported from vessels to utilize them in conjunction with advices given by multiple number of doctors.



③Information security

To protect the information within the RMSS

Requests sent out from vessels on the ocean would include your personal information. With the deployment of the RMSS, additional information such as disease infection record and other medical records would also be stored as data within a computer system. To manage and operate such system in a secure and practical manner, a set of stringent information security measures must be employed.

In operating the RMSS, SEMPOS have decided to enact the following measures:

Information security measure

A. Protect the confidentiality of the information

To prevent unauthorized personnel (doctors and other outsiders) to access the system, the system is designed so that a doctor must be registered with the RMSS server issued a unique key, and be certified by the computer to access the system.

B. Eliminate all external unauthorized activities

Series of measures have been deployed to eliminate computer viruses. In addition, a two to three-fold verification system has been installed in the system to prevent external intrusion of the SEMPO information Center server and the resulting alterations or information leak.

C. Make the system available for 24x7 access

To make available the system for emergency medical advices, the support system and database is maintained for 24x7 access, with precaution measures for preventing computer failures.

| 受信詳細確認  |                             |
|---|-----------------------------|
| 整理番号: 10-1 件名: ぎっくり腰のような症状  | 返信作成 戻る                     |
| From:   | 担当事務員 ○○ ○○                 |
| To: musen-yokohama@sempos.or.jp   | 船舶ID                        |
| Cc:   | 船別 日本汽船                     |
| Subject: 医療助言通信依頼の件   | 会社名                         |
| Date: Fri, 12 Apr 2013 02:56:00 +0000   | 船舶名                         |
|   | 薬箱 乙                        |
|   | 患者氏名                        |
|   | 患者生年月日 昭和62年05月15日          |
|   | 患者年齢 26                     |
|   | 患者性別 男                      |
|   | 患者国籍 日本人                    |
| 船員保険無線医療センター御中  | 履歴                          |
| お世話になっております。<br>早速で恐縮ですが、本船乗組員（次席三等航海士）が船内でぎっくり腰のような症状で航海当直もままならない症状になっております。経緯も含めて下記致します。  | 受信 2013/04/12 12:01:25<br>1 |
| 1. 記入年月日 2013年4月12日11:30JST   |                             |
| 2. 記入者氏名 三等航海士/衛生管理者  |                             |
| 3. 船名   |                             |
| 船種 TANKER   |                             |
| 国籍 日本   |                             |
| 4. 会社名  |                             |
| 国籍 日本   |                             |
| 連絡先   |                             |
| 5. 現在の位置  |                             |
| 6. 航海の日程 出港 2013年4月9日 DAS ISLAND (U.A.E.)   |                             |
| 次寄港 2013年4月22日 晋入 (日本)  |                             |
| 7. 患者氏名 1987年5月15日生 北海道 次席三等航海士   |                             |
| B. 症状   |                             |
| 4月8日重いものを持ち上げた時に腰部に違和感を感じて以降、だんだんと症状が悪くなり4月9日には前屈が出来ない状況まで悪化。4月10日、11日と船内休業しましたが、状況は改善せず、足の痺れなども伴い、就寝中も寝返りを打つと痛みで目が覚めるような状態です。腫部に温湿布を複数回貼付し経過観察中と申し添付させていただきます。 |                             |

(医療助言受診詳細確認画面)

## 6 Important points in marine emergency care (visit of doctor on the sea)

### 1 Determining the specialty of the doctor to be dispatched

Once the general symptoms have been reported by radio medical communication, it is possible to request a visit from a doctor in a certain field of specialization, and to determine whether a nurse also needs to be dispatched.

#### ● Doctor's fields of specialization

1. Injuries involving broken bones —————> Orthopedics
2. Injuries involving serious blows to the head —> Neurosurgery
3. Conditions such as high blood pressure, —————> Internal medicine  
cerebral hemorrhage, etc.
4. Heart-related problems such as cardiac infarction —————> Internal medicine, surgery
5. Problems involving internal organs, mainly —————> Surgery and other fields  
stomach Pains and vomiting blood
6. Opthamology, otorhinology, dentistry, etc

These classifications are very useful in selecting the right specialist, and also in determining what drugs and medical supplies need to be brought.

### 2 Location of patient's ship, direction of sail and weather conditions

The ship's location and direction of sail are extremely important.

Japan Coast Guard patrol boats (with helicopters on board) can only operate within about 1,500 nautical miles of their home base. In stormy weather, the rescue ship may reach the ship but be unable to take the patient on board. The rescue crew must transfer the patient before the doctor can examine him.

### 3 Actual doctor's visits at sea

If advice is given by radio medical communication that a doctor's visit is necessary, the ship's owner sends a request to a Japan Coast Guard, which in turn sends a request to the appropriate hospital. Even after a decision is made, it will be several hours before a rescue ship with a doctor on board leaves port. Because of the dangers of night flying, helicopters are scheduled to rendezvous with the ship during the daytime whenever possible.

Until the visiting doctor reaches the patient's ship, medical communications are handled by the doctor on board the rescue ship.

Please refer to (P2) when the sea emergency is requested.

洋上救急患者質問表／Maritime Questionnaire for Emergency Cases

|   |  |  |                         |                                  |                   |
|---|--|--|-------------------------|----------------------------------|-------------------|
| 1 記入年月日<br>Entry Data   | 年<br>Year<br>Standardize the following below | 月<br>Month   | 日<br>Day                | 時<br>Hour                        | 分<br>Minutes      |
| 2 記入者名<br>Recorded by   | 氏名<br>Name                                   | 所属<br>Post   |                         |                                  |                   |
| 3 船名<br>Name of vessel  | 船名<br>Name of vessel                         | 船種<br>Type of vessel   |                         | ②日本漁船<br>Japanese fishing vessel |                   |
|   | 国籍<br>Nationality                            | ①日本汽船<br>Japanese steamer  |                         | ④外国漁船<br>Foreign fishing vessel  |                   |
|   |  | ③外国汽船<br>Foreign steamer   |                         |                                  |                   |
| 4 会社名<br>Owner or Operetor  | 社名<br>Name of company                        | 電話<br>Telephone number   |                         |                                  |                   |
|   | 国籍<br>Nationality                            | 代理店名（外国船の場合）Agent office in Japan(in the case of a foreign vessel) |                         |                                  |                   |
| 5 現在の位置<br>Current location of vessel                                       | 時刻<br>Time                                   | 北緯<br>North latitude   | 度<br>Degress            | 分<br>Minutes                     |                   |
|   |  | 東経<br>East longitude   | 度<br>Degress            | 分<br>Minutes                     |                   |
|   | (  | から<br>From   | 度<br>Degress            | 海里)<br>nautical miles            |                   |
| 6 航海日程<br>Vessel's itinerary  | 出港年月日<br>Departure Date                      | 年<br>Year  | 月<br>Month              | 日<br>Day                         | 時<br>Hour         |
|   |  | 出港地<br>Name of port of departure                                   | 国名<br>Country           |                                  | 分<br>Minutes      |
|   | 次寄港年月日<br>Date of next port call             | 年<br>Year  | 月<br>Month              | 日<br>Day                         | 時<br>Hour         |
|   |  | 寄港地<br>Name of port of call  | 国名<br>Country           |                                  | 分<br>Minutes      |
| 7 患者氏名<br>Name of Patient   | 氏名<br>Name                                   | 性別<br>Sex  | 男<br>male               | 女<br>female                      |                   |
|   | 生年月日<br>Date of birth                        | 年<br>Year  | 月<br>Month              | 日生<br>Day                        | 年齢<br>Age         |
|   |  | 職種<br>Occupation   | 病院名<br>Name of hospital |                                  | 歳<br>Years        |
|   |  |  | (In case of attending)  |                                  | 国籍<br>Nationality |
| 8 無線医療通信をした病院名<br>Name of hospital providing radio medical consultation     | ①横浜保土ヶ谷中央病院<br>Yokohamahodogayachuo Hospital |  | 電話<br>Telephone number  |                                  |                   |
|   | ②東京高輪病院<br>Tokyotakanawa Hospital            |  |                         |                                  |                   |
|   | ③_____掖済会病院<br>Ekisaikai hospital            |  | ④_____病院<br>Hospital    |                                  |                   |
| 9 洋上救急往診を依頼する理由<br>Reason for requesting a maritime emergency doctor's call | 原因<br>Reason                                 |  |                         |                                  |                   |
|   | ①けがか<br>injury                               |  | ②病気か<br>illness         |                                  |                   |



10 現在の患者のバイタルサイン (呼吸数、脈拍等の基礎的な生命に関するデータ)  
 Patient's current vital signs (Date on basic life signs such as breathing and pulse rate)

【時 分測定】

(Measured at hour minutes)

- A 意識状態: ①清明 (簡単な質問に答えられる)  
 State of consciousness Lucid  
 ②せん妄 (興奮したり暴れたりしている。訳の分からない事を言う。)  
 Frenetic  
 ③半昏睡 (痛み刺激を与えると手足を動かす。)  
 Semicomatose  
 ④昏睡 (痛み刺激にも手足を動かさない。)  
 Comatose
- B けいれん: ①ある ②ない  
 Convulsions yes no
- C 体温: 度C 血圧: / mmHg  
 Body temperature °C Blood Pressure  
 脈拍数: /分 呼吸数: /分  
 Pulse rate minute Breathing minute
- D 瞳孔の直径: 左 mm/右 mm  
 Diameter of pupil Left Right
- E 痛みと苦しさ: ①どの部位か  
 Pain Where is the pain?  
 ②どういう痛みか  
 What type of pain it?  
 (例/ズキンズキン、針で刺された、重苦しい等)  
 (e. g., throbbing pain, stabbing pain, crushing pain, etc.)  
 ③痛みが続くか  
 Is the pain always present?  
 ④何処へ響くか  
 Where does the pain radiate?  
 ⑤圧迫で楽か  
 Does pressure relieve the pain?
- F 出血とその持続程度 (出血の時期、出血量、出血の状況等) :  
 Bleeding factors and duration (When, amount, condition, etc.)  
 ①傷よりの出血 ②吐血  
 Bleeding from a wound Vomiting of blood  
 ③かつ血 ④尿への出血  
 Spitting of blood Blood in urine  
 ⑤大便への出血 ⑥その他  
 Blood in faces Other
- G 食事: ①摂取できる ②摂取できない ③少し食べられる  
 Food able to ingest unable to ingest able to ingest small amounts

11 アレルギー Allergies ①ある (原因) ②ない  
 yes (cause[s]) no

12 既往症 (過去に受けた手術も含む)  
 Medical history (including surgeries in the past)

13 血液型 Blood type ①A ②B ③AB ④O ⑤不明  
 unknown

14 アルコールの量 Amount of alcohol consumption ①強い ②中程度 ③弱い  
 heavy moderate scant

15 最近の健康診断は何時か Date of most recent physical examination 年 月 日 (病院名)  
 Year Month Day (Name of hospital)

16 発病 (怪我) から右記のような異常な症状及びバイタルサインの経過を順に記載する。  
 Medicate in chronological order any changes in vital signs and the apperance of any  
 abnormal symptoms such as those listed below from the time of the onset of illness or injury.

意識 体温 痛み 出血 吐血 下血 脈拍数 呼吸数 狂暴性 排尿 排便 創傷 火傷  
 皮膚の変化 黄疸 感覚まひ 船上での処置 その他の異常な症状等

Consciousness, body temperature, pain, bleeding, vomiting of blood, bloody feces, pulse rate, respiration, violent or irrational  
 behavior, urination, bowel movement, injury, burns, changes in skin condition, jaundice, sensory paralysis, treatment aboard the  
 ship, other abnormal symptoms, etc

年 月 日 時 分  
 Year Month Day Hour Minutes \_\_\_\_\_  
 年 月 日 時 分 \_\_\_\_\_  
 年 月 日 時 分 \_\_\_\_\_  
 年 月 日 時 分 \_\_\_\_\_

**7** Medical materials equipping marine vessels described in the Ordinance for Enforcement of Mariners Act, first clause of Article 53

(Class-A medical materials)

| Classification        |   |   | Name                                      | Amount             |
|-----------------------|---|---|---|--------------------|
| oral drug             | antibiotic agent                                  | antibiotic agent                                | penicillin antibiotic agent               | 50 g               |
|                       |   |   | erythromycin                              | 40 g               |
|                       | chemotherapeutic agent                            | synthetic antibacterial agent                   | pyridone carboxylic acids                 | 10 g               |
|                       |   | antiviral agent                                 | anti-influenza virus agent                | as needed          |
|                       | agents affecting the central nervous system       | hypnotic and anti-anxiety drug                  | hypnotic agent                            | 1 g                |
|                       |   |   | anti-anxiety drug                         | 1 g                |
|                       |   | psychoneurotic agent                            | psychoneurotic agent                      | 2 g                |
|                       |   | anti-pyretic analgesic                          | salicylic acids                           | 100 g              |
|                       |   |   | anti-phlogistic agent                     | phenylacetic acids |
|                       |   | combination drug                                | as needed                                 |                    |
|                       | peripheral nervous system agent                   | anti-spasmodic agent                            | anti-spasmodic agent                      | as needed          |
|                       | sensory organ agent                               | anti-vertigenous drug                           | anti-vertigenous drug                     | as needed          |
|                       | cardiovascular agent                              | cardiotonic agent                               | cardiotonic agent                         | as needed          |
|                       |   | anti-arrhythmic agent                           | anti-arrhythmic agent                     | as needed          |
|                       |   | diuretic drug                                   | diuretic drug                             | as needed          |
|                       |   | hypotensive agent                               | hypotensive agent                         | as needed          |
|                       |   | vasodilator                                     | coronary vasodilator                      | as needed          |
|                       |   |   | peripheral vasodilator                    | as needed          |
|                       | respiratory organ agent                           | anti-tussive expectorant drug                   | anti-tussive expectorant drug             | as needed          |
|                       |   | bronchodilator                                  | bronchodilator                            | as needed          |
|                       | digestive organ agent                             | stomachic digestive agent                       | stomachic digestive agent                 | 500 tablets        |
|                       |   | antacid agent                                   | antacid agent                             | as needed          |
|                       |   | anti-ulcer drug                                 | anti-ulcer drug                           | as needed          |
|                       |   | anti-diarrheal drug and anti-flatulent agent    | anti-diarrheal drug                       | as needed          |
|                       |   |   | anti-flatulent agent                      | as needed          |
|                       | purgative drug                                    | purgative drug                                  | as needed                                 |                    |
|                       | urogenital drug                                   | uterotonic agent                                | ergot preparation                         | as needed          |
| allergy drug          | anti-histamine                                    | anti-histamine                                  | as needed                                 |                    |
| hormonal agent        | adrenal hormone agent                             | adrenal hormone agent                           | as needed                                 |                    |
|                       | estrogenic hormone and luteal hormone preparation | estrogenic hormone preparation                  | as needed                                 |                    |
|                       |   | uteal hormone preparation                       | as needed                                 |                    |
| vitamin preparation   | vitamin preparation                               | vitamin preparation                             | as needed                                 |                    |
| blood/body fluid drug | styptic agent                                     | styptic agent                                   | as needed                                 |                    |
| other metabolic drug  | drug for liver disease                            | drug for liver disease                          | as needed                                 |                    |
| anti-parasite drug    | anti-protozoal drug                               | combination drug                                | as needed                                 |                    |
|                       | anthelmintic agent                                | anthelmintic agent                              | as needed                                 |                    |
| injection drug        | antibiotic agent                                  | antibiotic agent                                | penicillin antibiotic agent               | 5 g                |
|                       |   |   | tetracycline antibiotic agent             | 2 g                |
|                       |   |   | cephem antibiotic agent                   | 5 g                |
|                       |   |   | aminosugar antibiotic agent               | 5 g                |
|                       | central nervous system agent                      | hypnotic and anti-anxiety drug                  | hypnotic agent                            | 10 tubes           |
|                       |   |   | anti-anxiety drug                         | 10 tubes           |
|                       |   | anti-pyretic analgesic<br>anti-phlogistic agent | anti-pyretic analgesic<br>anti-phlogistic | 20 tubes           |
|                       | peripheral nervous system agent                   | anti-spasmodic agent                            | anti-spasmodic agent                      | 10 tubes           |
| local anesthesia      |   | local anesthesia                                | 20 tubes                                  |                    |

## (Class-A medical materials)

| Classification   |   | Name   | Amount                        |           |
|--|---|--|-------------------------------|-----------|
| injection drug   | cardiovascular agent                        | cardiotonic agent  | cardiotonic agent             | 10 tubes  |
|  |   | diuretic agent   | diuretic agent                | 10 tubes  |
|  |   | hypotensive agent  | hypotensive agent             | 10 tubes  |
|  |   | vasoconstrictive agent   | vasoconstrictive agent        | 5 tubes   |
|  | allergy drug                                | anti-histamine   | anti-histamine                | 10 tubes  |
|  | hormonal agent                              | adrenal hormone agent  | adrenal hormone agent         | as needed |
|  | vitamin preparation                         | vitamin preparation  | vitamin preparation           | as needed |
|  | revitalizer                                 | glyconutritional agent   | glyconutritional agent        | 50 tubes  |
|  | blood/body fluid drug                       | styptic agent  | styptic agent                 | 10 tubes  |
|  |   | blood replacement fluid  | blood replacement fluid       | 10 vials  |
|  |   | anti-coagulant   | anti-coagulant                | 5 tubes   |
| other metabolic drug   | drug for liver disease                      | drug for liver disease   | 20 tubes                      |           |
| biological drug  | vaccine                                     | vaccine  | as needed                     |           |
| dispensing agent   | solubilizer                                 | purified water   | as needed                     |           |
| external medicine  | dermatological preparation                  | antimicrobial agent for external use                             | wound antiseptic              |           |
|  |   |  | alcohol preparation           | 1,000 ml  |
|  |   |  | iodine compound               | 200 ml    |
|  |   |  | other wound antiseptic        | as needed |
|  |   |  | sterilized saline             | 1,500 ml  |
|  |   |  | eye wash                      | 1,000 ml  |
|  |   |  | soap preparation              | 1,000 ml  |
|  |   | acrinol gauze  | as needed                     |           |
|  |   | suppurative disease agent  | suppurative disease agent     | 100 g     |
|  |   | analgetic anti-pruritic astringent anti-inflammatory agent       | zinc compound preparation     | 500 g     |
|  |   |  | anti-histamine for external   | 100 g     |
|  |   |  | plaster                       | 1,000 g   |
|  |   | Corticosteroid   | as needed                     |           |
|  |   | other analgetic anti-pruritic astringent anti-inflammatory agent | as needed                     |           |
|  | drugs for parasitic dermatological diseases | drugs for parasitic dermatological diseases                      | as needed                     |           |
|  | skin softener                               | skin softener  | as needed                     |           |
|  | agent for dental and oral                   | agent for dental and oral use                                    | agent for dental and oral use | as needed |
|  | agent for digestive organs                  | enema agent  | enema agent                   | as needed |
|  | agent for anal diseases                     | hemorrhoid agent   | hemorrhoid agent              | as needed |
| sensory organ agent  | ophthalmic agent                            | ophthalmic antibiotic agent                                      | 10g                           |           |
|  |   | ophthalmic cortisone preparation                                 | as needed                     |           |
|  |   | ophthalmic local anesthesia                                      | as needed                     |           |
|  |   | astringent anti-inflammatory eye drops                           | as needed                     |           |
| other external medicine  |   | Vaseline   | as needed                     |           |
| Remarks  |   |  |                               |           |
| Peripheral vasodilator (isoxsuprine hydrochloride only), ergot preparation, estrogenic hormone, and luteal hormone preparation are not necessary for marine vessels with no female crew members. |   |  |                               |           |

## (Class-B medical materials)

| Classification            |   |   | Name   | Amount<br>(for marine<br>vessels<br>with crew<br>members<br>30 or less) | Amount<br>(for marine<br>vessels<br>with more<br>than 30<br>crew<br>members) | Note        |
|---------------------------|---|---|--|---|--|-------------|
| oral<br>drug              | antibiotic agent                                  | antibiotic agent                          | penicillin antibiotic (250 mg)                             | 60 tablets  | 80 tablets   | ○           |
|                           |   |   | erythromycin antibiotic (200 mg)                           | 70 tablets  | 100 tablets  | ○           |
|                           | chemotherapeutic<br>agent                         | synthetic antibacterial<br>agent          | pyridone carboxylic acids                                  | 30 tablets  | 50 tablets   | ○           |
|                           |   | antiviral agent                           | anti-influenza virus agent                                 | 100 tablets   | 100 tablets  | ○           |
|                           | agents affecting the<br>central nervous<br>system | hypnotic and<br>anti-anxiety drug         | diazepam (2 mg)  | 30 tablets  | 30 tablets   | ○           |
|                           |   |   | nitrazepam (5 mg)  | 30 tablets  | 30 tablets   | ○           |
|                           |   | psychoneurotic agent                      | chlorpromazine (12.5 mg)                                   | 30 tablets  | 30 tablets   | ○           |
|                           |   | anti-pyretic analgesic<br>anti-phlogistic | salicylic acids  | 50 tablets  | 100 tablets  |             |
|                           | combination drug                                  |   | as needed  | as needed   |  |             |
|                           | peripheral nervous<br>system agent                | anti-spasmodic agent                      | atropine type agent  | 40 tablets  | 50 tablets   |             |
|                           | sensory organ agent                               | anti-vertigenous drug                     | anti-vertigenous drug                                      | 30 tablets  | 40 tablets   |             |
|                           | cardiovascular agent                              | hypotensive agent                         | captopril (12.5 mg)  | 50 tablets  | 50 tablets   | ○           |
|                           |   | vasodilator                               | coronary vasodilator (including<br>nifedipine (10 mg))     | 30 tablets  | 30 tablets   | ○           |
|                           |   |   | nitroglycerine   | 20 tablets  | 20 tablets   | ○           |
|                           |   |   | isoxsuprine hydrochloride                                  | 20 tablets  | 20 tablets   |             |
|                           |   | diuretic drug                             | furosemide   | 20 tablets  | 20 tablets   | ○           |
|                           | respiratory organ<br>agent                        | anti-tussive<br>expectorant drug          | anti-tussive drug  | 50 tablets  | 50 tablets   |             |
|                           |   | bronchodilator                            | bronchodilator   | 30 tablets  | 30 tablets   | ○           |
|                           |   | digestive organ agent                     | stomachic digestive<br>agent                               | stomachic agent   | 200 tablets  | 300 tablets |
|                           | digestive enzyme preparation                      |   |  | 200 tablets   | 200 tablets  |             |
|                           | combination drug                                  |   |  | as needed   | as needed  |             |
|                           | antacid agent                                     |   | antacid agent  | 100 tablets   | 100 tablets  |             |
|                           | anti-peptic ulcer drug                            |   | anti-peptic ulcer drug (including<br>H2 blocker)           | 150 tablets   | 150 tablets  |             |
|                           | anti-diarrheal drug and<br>anti-flatulent agent   |   | anti-diarrheal drug  | as needed   | as needed  |             |
|                           |   |   | anti-flatulent agent                                       | as needed   | as needed  |             |
|                           | purgative drug                                    |   | drastic purgative drug                                     | 60 ml   | 100 ml   |             |
|                           |   |   | lapactic   | 30 tablets  | 50 tablets   |             |
|                           | other digestive organ<br>agent                    | domperidone                               | 30 tablets   | 50 tablets  |  |             |
|                           | urogenital drug                                   | uterotonic                                | ergot preparation  | 20 tablets  | 20 tablets   | ○           |
|                           | allergy drug                                      | anti-histamine                            | anti-histamine   | 40 tablets  | 60 tablets   | ○           |
|                           | hormonal agent                                    | adrenal hormone agent                     | adrenal hormone agent (equivalent<br>of prednisolone 5 mg) | 30 tablets  | 30 tablets   | ○           |
|                           | vitamin preparation                               | vitamin preparation                       | vitamin B1 preparation (5 mg)                              | 100 tablets   | 200 tablets  |             |
|                           |   |   | vitamin C preparation (250 mg)                             | 100 tablets   | 200 tablets  |             |
| mixed vitamin preparation |   |   | 200 tablets  | 400 tablets   |  |             |
| revitalizer               | mineral preparation                               | combination formula (3 g sachet)          | 10 sachets   | 10 sachets  |  |             |
| blood/body fluid drug     | styptic agent                                     | styptic agent                             | 20 tablets   | 20 tablets  |  |             |
| anti-parasite drug        | anti-protozoal drug                               | combination drug                          | as needed  | as needed   | ○  |             |
|                           | anthelmintic agent                                | anthelmintic agent                        | 10 tablets   | 15 tablets  | ○  |             |

## (Class-B medical materials)

| Classification       |   |  | Name  | Amount<br>(for marine<br>vessels<br>with crew<br>members<br>30 or less) | Amount<br>(for<br>marine<br>vessels<br>with more<br>than 30<br>crew<br>members) | Note |  |
|----------------------|---|--|---|---|---|------|--|
| injection<br>drug    | central nervous<br>system agent                   | hypnotic agent   | barbiturate preparation                                       | 3 tubes   | 5 tubes   | ○    |  |
|                      |   | anti-pyretic analgesic<br>anti-phlogistic agent                        | pentazocine preparation (15 mg)                               | 3 tubes   | 5 tubes   | ○    |  |
|                      | peripheral nervous<br>system agent                | anti-spasmodic agent   | atropine-type agent   | 3 tubes   | 5 tubes   | ○    |  |
|                      | cardiovascular<br>agent                           | cardiotonic agent  | combination formula   | 5 tubes   | 10 tubes  | ○    |  |
|                      |   | diuretic drug  | furosemide (20 mg)  | 5 tubes   | 10 tubes  | ○    |  |
|                      |   | vasoconstrictive agent   | epinephrine preparation                                       | 3 tubes   | 5 tubes   | ○    |  |
|                      | hormonal agent                                    | adrenal hormone agent  | adrenal hormone agent (equivalent<br>of dexamethasone 0.5 ml) | 3 tubes   | 5 tubes   | ○    |  |
|                      | revitalizer                                       | glyconutritional agent   | glyconutritional agent (5%•500 ml)                            | 1 vial  | 1 vial  | ○    |  |
|                      | blood/body fluid<br>drug                          | styptic agent  | styptic agent   | 5 tubes   | 5 tubes   | ○    |  |
|                      |   | blood replacement<br>fluid   | Ringer solution (500 ml)                                      | 1 vial  | 1 vial  | ○    |  |
| external<br>medicine | dermatological<br>preparation                     | antimicrobial agent for<br>external use                                | wound antiseptic  |   |   |      |  |
|                      |   |  | alcohol preparation   | 200 ml  | 200 ml  |      |  |
|                      |   |  | diluted iodine tincture                                       | 50 ml   | 50 ml   |      |  |
|                      |   |  | other wound antiseptic  | as needed   | as needed   |      |  |
|                      |   |  | sterilized saline   | 1,000 ml  | 1,500 ml  |      |  |
|                      |   |  | eye wash  | 500 ml  | 1,000 ml  |      |  |
|                      |   | soap preparation   | 1,000 ml  | 1,000 ml  |   |      |  |
|                      |   | suppurative disease<br>agent   | antibiotics for external use                                  |   |   |      |  |
|                      |   |  | ointment  | 50 g  | 75 g  |      |  |
|                      |   |  | gauze   | 5 sheets  | 5 sheets  |      |  |
|                      |   | analgetic anti-pruritic<br>astringent<br>anti-inflammatory<br>agent    | zinc oxide oil  | 50 g  | 100 g   |      |  |
|                      |   |  | zinc oxide starch preparation                                 | 100 g   | 100 g   |      |  |
|                      | anti-histamine for external use                   |  | 100 g   | 100 g   |   |      |  |
|                      | plaster   |  | as needed   | as needed   |   |      |  |
|                      | corticosteroid                                    |  | 50 g  | 50 g  | ○   |      |  |
|                      | drugs for parasitic<br>dermatological<br>diseases | other analgetic anti-pruritic<br>astringent anti-inflammatory<br>agent | 100 g   | 100 g   |   |      |  |
|                      |   | drugs for parasitic dermatological<br>diseases                         | 15 g  | 15 g  |   |      |  |
|                      | skin softener                                     | combination drug   | as needed   | as needed   |   |      |  |
|                      |   | organic acid preparation   | 1 sheet   | 2 sheets  |   |      |  |
|                      | blood/body fluid<br>drug                          | styptic agent  | cellulose preparation   |   |   |      |  |
|                      |   |  | cotton  | 1   | 1   | ○    |  |
|                      |   |  | gauze   | 1   | 1   | ○    |  |

(Class-B medical materials)

| Classification   |   |  | Name                                   | Amount (for marine vessels with crew members 30 or less) | Amount (for marine vessels with more than 30 crew members) | Note |
|--|---|--|--|--|--|------|
| external medicine  | agent for dental and oral use               | agent for dental and oral use          | agent to be applied on the pharynx     | 25 ml  | 25 ml  |      |
|  |   |  | dental analgesic sedative agent        | 10 ml  | 10 ml  |      |
|  |   |  | temporal cavity filler                 | 10 g   | 10 g   |      |
|  | agent for digestive organs                  | enema agent                            | glycerin preparation                   | 200 ml   | 200 ml   |      |
|  | agent for anal diseases                     | hemorrhoid agent                       | hemorrhoid agent                       | 10   | 10   |      |
|  | sensory organ agent                         | ophthalmic agent                       | ophthalmic antibiotic agent            |  |  |      |
|  |   |  | ointment                               | 5 g  | 5 g  | ○    |
|  |   |  | eye drops                              | 10 ml  | 10 ml  | ○    |
|  |   |  | ophthalmic local anesthesia            | 10 ml  | 20 ml  |      |
|  | agents affecting the central nervous system | anti-pyretic analgesic anti-phlogistic | anti-pyretic analgesic anti-phlogistic | 10   | 10   | ○    |
|  | other external medicine                     |  | Vaseline                               | 100 g  | 100 g  |      |
| <p>Remarks</p> <p>1 The injection drugs and oral drugs (only adrenal hormone agent) in this table should be used following the advice of a medical doctor.</p> <p>2 Injection drugs in this table are to be injected in the hypodermis or muscle.</p> <p>3 Among the drugs in this table, drugs with ○ mark in "note" column must be purchased with certification of the captain.</p> <p>4 Isoxsuprine hydrochloride and ergot preparation are not necessary for marine vessels with no female crew members.</p> |   |  |  |  |  |      |

## (Class-C medical materials)

| Classification     |   |  | Name  | Amount (for marine vessels with crew members 20 or less) | Amount (for marine vessels with more than 20 crew members) | Note |
|--------------------|---|--|---|--|--|------|
| oral drug          | antibiotic agent                            | antibiotic agent                             | penicillin antibiotic (250 mg)                | 50 tablets   | 60 tablets   | ○    |
|                    |   |  | erythromycin antibiotic (200 mg)              | 40 tablets   | 70 tablets   | ○    |
|                    | agents affecting the central nervous system | anti-pyretic analgesic anti-phlogistic       | salicylic acids                               | 30 tablets   | 50 tablets   |      |
|                    |   |  | combination drug                              | as needed  | as needed  |      |
|                    | peripheral nervous system agent             | anti-spasmodic agent                         | atropine type agent                           | 30 tablets   | 40 tablets   |      |
|                    | sensory organ agent                         | anti-vertigenous drug                        | anti-vertigenous drug                         | 20 tablets   | 30 tablets   |      |
|                    | cardiovascular agent                        | vasodilator                                  | coronary vasodilator                          | 20 tablets   | 20 tablets   | ○    |
|                    |   |  | nitroglycerine                                | 20 tablets   | 20 tablets   | ○    |
|                    |   | diuretic drug                                | furosemide                                    | 20 tablets   | 20 tablets   | ○    |
|                    | respiratory organ agent                     | anti-tussive expectorant drug                | anti-tussive drug                             | 30 tablets   | 30 tablets   |      |
|                    |   | bronchodilator                               | bronchodilator                                | 20 tablets   | 20 tablets   | ○    |
|                    | digestive organ agent                       | stomachic digestive agent                    | stomachic agent                               | 100 tablets  | 100 tablets  |      |
|                    |   |  | digestive enzyme preparation                  | 100 tablets  | 100 tablets  |      |
|                    |   | anti-peptic ulcer drug                       | anti-peptic ulcer drug (including H2 blocker) | 100 tablets  | 100 tablets  |      |
|                    |   | anti-diarrheal drug and anti-flatulent agent | anti-diarrheal drug                           | as needed  | as needed  |      |
|                    |   |  | anti-flatulent agent                          | as needed  | as needed  |      |
|                    |   | purgative drug                               | drastic purgative drug                        | 40 ml  | 60 ml  |      |
|                    |   |  | lapactic agent                                | 20 tablets   | 20 tablets   |      |
|                    |   | other digestive organ agent                  | domperidone                                   | 30 tablets   | 30 tablets   |      |
|                    | allergy drug                                | anti-histamine                               | anti-histamine                                | 30 tablets   | 30 tablets   | ○    |
|                    | vitamin preparation                         | vitamin preparation                          | vitamin B1 preparation (5 mg)                 | 200 tablets  | 300 tablets  |      |
|                    |   |  | vitamin C preparation (250 mg)                | 50 tablets   | 100 tablets  |      |
|                    | blood/body fluid drug                       | styptic agent                                | styptic agent                                 | 20 tablets   | 20 tablets   |      |
| anti-parasite drug | anti-protozoal drug                         | combination drug                             | as needed                                     | as needed  | ○  |      |
|                    | anthelmintic agent                          | anthelmintic agent                           | 10 tablets                                    | 10 tablets   | ○  |      |
| injection drug     | cardiovascular agent                        | cardiotonic agent                            | combination drug                              | 3 tubes  | 5 tubes  | ○    |

## (Class-C medical materials)

| Classification    |                            |                                      | Name  | Amount (for marine vessels with crew members 20 or less) | Amount (for marine vessels with more than 20 crew members) | Note      |   |
|-------------------|----------------------------|--------------------------------------|---|--|--|-----------|---|
| external medicine | dermatological preparation | antimicrobial agent for external use | wound antiseptic  |  |  |           |   |
|                   |                            |                                      | alcohol preparation   | 100 ml   | 100 ml   |           |   |
|                   |                            |                                      | diluted iodine tincture   | 50 ml  | 50 ml  |           |   |
|                   |                            |                                      | other wound antiseptic  | as needed  | as needed  |           |   |
|                   |                            |                                      | sterilized saline   | 1,000 ml   | 1,000 ml   |           |   |
|                   |                            |                                      | eye wash  | 500 ml   | 500 ml   |           |   |
|                   |                            |                                      | soap preparation  | 500 ml   | 500 ml   |           |   |
|                   |                            |                                      | suppurative disease agent   | antibiotics for external use                             | 25 g   | 25 g      |   |
|                   |                            |                                      | analgetic<br>anti-pruritic<br>astringent<br>anti-inflammatory agent | zinc oxide oil   | 50 g   | 50 g      |   |
|                   |                            |                                      |   | zinc oxide starch preparation                            | 100 g  | 100 g     |   |
|                   |                            |                                      |   | anti-histamine for external use                          | 100 g  | 100 g     |   |
|                   |                            |                                      |   | plaster  | as needed  | as needed |   |
|                   |                            |                                      | drugs for parasitic dermatological diseases                         | antibiotics for parasitic dermatological diseases        | 9 g  | 15 g      |   |
|                   |                            |                                      |   | combination drug   | 50 g   | 50 g      |   |
|                   |                            | agent for dental and oral use        | agent for dental and oral use                                       | agent to be applied on the pharynx                       | 10 ml  | 10 ml     |   |
|                   |                            |                                      |   | dental analgesic sedative agent                          | 10 ml  | 10 ml     |   |
|                   |                            | agent for digestive organ            | enema agent   | glycerin preparation                                     | 10   | 10        |   |
|                   |                            | agent for anal diseases              | hemorrhoid agent  | hemorrhoid agent   | 10   | 10        |   |
|                   |                            | sensory organ agent                  | ophthalmic agent  | ophthalmic antibiotic agent                              | 10 ml  | 10 ml     | ○ |
|                   |                            |                                      |   | astringent anti-inflammatory eye drops                   | 5  | 5         |   |
|                   | other external medicine    |                                      | Vaseline  | 50 g   | 50 g   |           |   |

## Remarks

- 1 The injection drugs in this table should be used following the advice of a medical doctor.
- 2 The injection drugs in this table are to be injected into the hypodermis.
- 3 Among the drugs in this table, drugs with the ○ mark in "Note" column must be purchased with certification of the captain.



(Class-D medical material)

| Classification    | Name                         | Amount         |
|-------------------|------------------------------|----------------|
| oral drug         | salicylic acids              | 40<br>tablets  |
|                   | atropine type agent          | 20<br>tablets  |
|                   | stomachic agent              | 100<br>tablets |
| external medicine | wound antiseptic             | 25 ml          |
|                   | antibiotics for external use | 50 g           |
|                   | zinc oxide oil               | 50 g           |
|                   | eye drops                    | 3              |

## 8




## Telephone Number of Coast Guard Offices

Japan Coast Guard (Phone: 03-3591-9812) \*Emergency telephone number [118]

| Institution                            | Phone        | Institution                            | Phone        |
|--|--------------|--|--------------|
| 1st Regional Coast Guard Headquarters  | 0134-27-0118 | 6th Regional Coast Guard Headquarters  | 082-251-5111 |
| Hakodate Coast Guard Office            | 0134-27-6118 | Mizushima Coast Guard Office           | 086-444-9701 |
| Otaru Coast Guard Office               | 0164-42-9118 | Tamano Coast Guard Office              | 0863-31-3421 |
| Muroran Coast Guard Office             | 0162-22-0118 | Hiroshima Coast Guard Office           | 082-253-3111 |
| Kushiro Coast Guard Office             | 0138-42-1118 | Kure Coast Guard Office                | 0823-26-0118 |
| Rumoi Coast Guard Office               | 0143-23-0118 | Onomichi Coast Guard Office            | 0848-24-0118 |
| Wakkanai Coast Guard Office            | 0154-22-0118 | Tokuyama Coast Guard Office            | 0834-31-0110 |
| Monbetsu Coast Guard Office            | 0153-24-3118 | Takamatu Coast Guard Office            | 087-821-7011 |
| Nemuro Coast Guard Office              | 0158-23-0118 | Matsuyama Coast Guard Office           | 089-951-1196 |
| Chitose Air Station                    | 0123-23-9118 | Imabari Coast Guard Office             | 0898-22-0118 |
| Kushiro Air Station                    | 0154-57-4118 | Uwajima Coast Guard Office             | 0895-22-1256 |
| Hakodate Air Station                   | 0138-58-3515 | Hiroshima Air Station                  | 0848-86-9191 |
| 2nd Regional Coast Guard Headquarters  | 022-363-0111 | 7th Regional Coast Guard Headquarters  | 093-321-2931 |
| Aomori Coast Guard Office              | 017-734-2421 | Senzaki Coast Guard Office             | 093-321-3215 |
| Hachinohe Coast Guard Office           | 0178-33-1221 | Moji Coast Guard Office                | 093-761-2497 |
| Kamaishi Coast Guard Office            | 0193-22-3820 | Wakamatu Coast Guard Office            | 092-281-5865 |
| Miyagi Coast Guard Office              | 022-363-0114 | Fukuoka Coast Guard Office             | 0944-53-0521 |
| Akita Coast Guard Office               | 018-845-1621 | Miike Coast Guard Office               | 0955-74-4321 |
| Sakata Coast Guard Office              | 0234-22-1830 | Karatsu Coast Guard Office             | 095-827-5133 |
| Fukushima Coast Guard Office           | 0246-53-7111 | Nagasaki Coast Guard Office            | 0956-31-6003 |
| Sendai Air Station                     | 0223-22-2891 | Sasebo Coast Guard Office              | 0920-52-0640 |
| 3rd Regional Coast Guard Headquarters  | 045-211-1118 | Tushima Coast Guard Office             | 097-521-0112 |
| Yokohama Coast Guard Office            | 045-671-0118 | Oita Coast Guard Office                | 0837-26-0241 |
| Tokyo Coast Guard Office               | 03-5564-1118 | Fukuoka Air Station                    | 092-441-8315 |
| Ibaraki Coast Guard Office             | 029-263-4118 | 8th Regional Coast Guard Headquarters  | 0773-76-4100 |
| Chiba Coast Guard Office               | 043-301-0118 | Maizuru Coast Guard Office             | 0773-76-4120 |
| Choshi Coast Guard Office              | 0479-21-0118 | Tsuruga Coast Guard Office             | 0770-22-0191 |
| Yokosuka Coast Guard Office            | 046-862-0118 | Sakai Coast Guard Office               | 0859-42-2531 |
| Shimoda Coast Guard Office             | 0558-23-0118 | Miho Air Station                       | 0855-27-0771 |
| Shimizu Coast Guard Office             | 054-353-0118 | Hamada Coast Guard Office              | 0859-45-1100 |
| Haneda Air Station                     | 03-3747-1118 | 9th Regional Coast Guard Headquarters  | 025-285-0118 |
| Haneda Special Rescue Station          | 03-3747-7118 | Niigata Coast Guard Office             | 025-247-0118 |
| 4th Regional Coast Guard Headquarters  | 052-661-1611 | Fusiki Coast Guard Office              | 0766-45-0118 |
| Nagoya Coast Guard Office              | 052-661-1615 | Kanazawa Coast Guard Office            | 0767-52-9118 |
| Yokkaichi Coast Guard Office           | 059-357-0118 | Nanao Coast Guard Office               | 076-266-6118 |
| Owase Coast Guard Office               | 0599-25-0118 | Niigata Air Station                    | 025-273-8118 |
| Toba Coast Guard Office                | 0597-25-0118 | 10th Regional Coast Guard Headquarters | 099-250-9800 |
| Chubu Airport Coast Guard Air Station  | 0569-38-8118 | Kumamoto Coast Guard Office            | 099-222-6680 |
| 5th Regional Coast Guard Headquarters  | 078-391-6551 | Miyazaki Coast Guard Office            | 0964-52-3103 |
| Osaka Coast Guard Office               | 06-6571-0221 | Kagoshima Coast Guard Office           | 0987-22-3021 |
| Kobe Coast Guard Office                | 073-402-5850 | Kushikino Coast Guard Office           | 0996-32-2205 |
| Himeji Coast Guard Office              | 0739-22-2000 | Amami Coast Guard Office               | 0997-52-5811 |
| Wakayama Coast Guard Office            | 078-331-2027 | Kagoshima Air Station                  | 0995-58-2541 |
| Tanabe Coast Guard Office .            | 079-231-5063 | 11th Regional Coast Guard Headquarters | 098-867-0118 |
| Tokushima Coast Guard Office           | 0885-33-2244 | Naha Coast Guard Office                | 098-951-0118 |
| Kochi Coast Guard Office               | 088-832-7111 | Ishigaki Coast Guard Office            | 0980-83-0118 |
| Kansai Airport Coast Guard Air Station | 072-455-1235 | Nakagusuku Coast Guard Office          | 098-938-7118 |
|  |              | Naha Air Station                       | 098-858-0118 |
|  |              | Ishigaki Air Station                   | 0980-86-8511 |

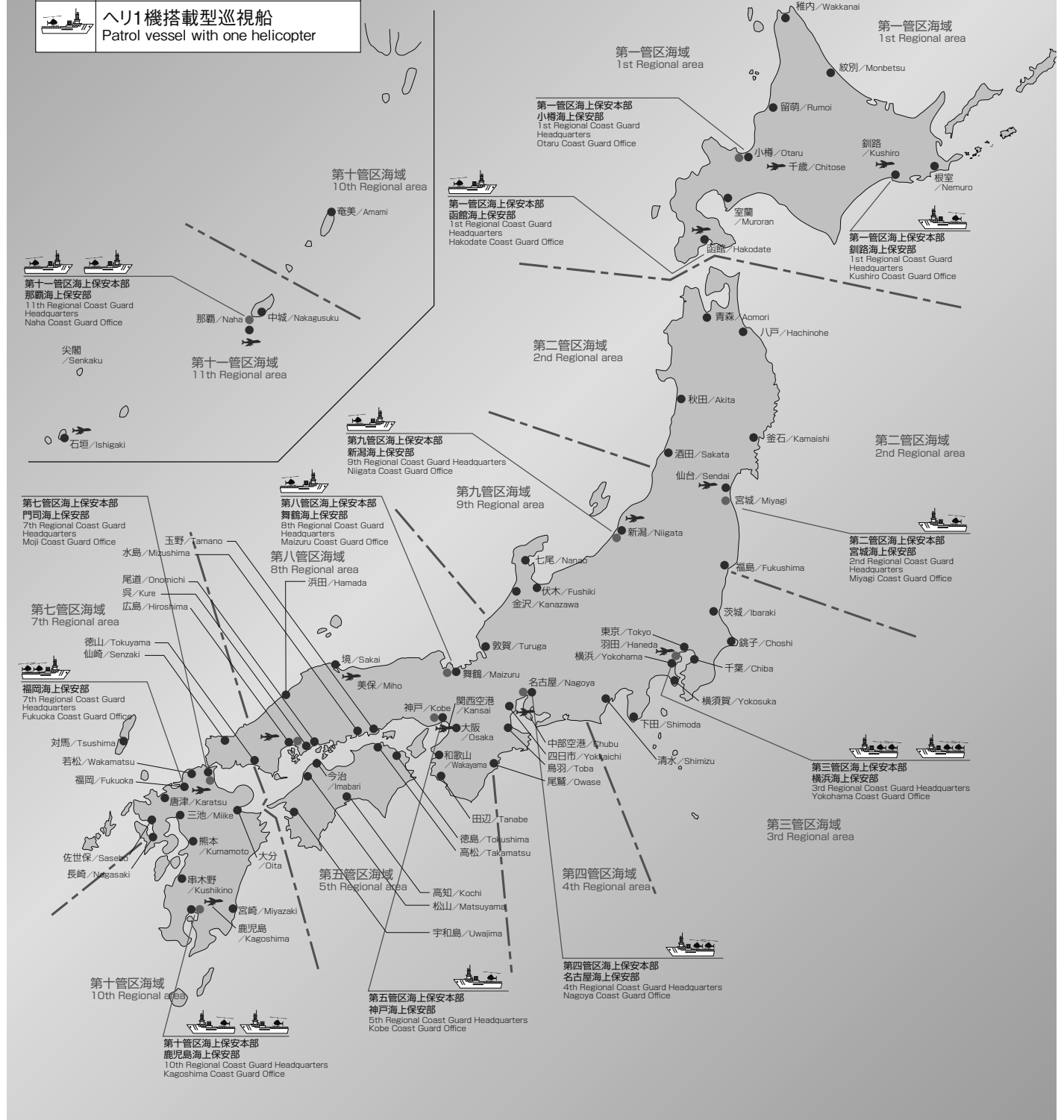
# 海上保安機関一覽

## Deployment of Japan Coast Guard

| 凡例<br>Legend  | 区分<br>Tiers   |
|---|---|
| ●   | 管区海上保安本部<br>Regional Coast Guard (RCG) Headquarters |
| ●   | 海上保安(監)部<br>Coast Guard Office (CGO)                |
|  | 航空基地<br>Air Station                                 |
|  | ヘリ2機搭載型巡視船<br>Patrol vessel with two helicopters    |
|  | ヘリ1機搭載型巡視船<br>Patrol vessel with one helicopter     |

洋上救急を要請する場合は、緊急電話118番が最寄りの海上保安機関に連絡してください。

Nearest Regional Coast Guard Office can be reached through its emergency telephone number 118 for a request for medical rescue at sea.



The following ten items should be reported  
in the first communication.

- 
1. Company name and ship's nationality

---

  2. Patient's occupation

---

  3. Name and sex

---

  4. Birth date

---

  5. Patient's condition at onset of illness

---

  6. Current symptoms, medication, injections, treatment, and questions

---

  7. Pre-existing conditions

---

  8. Type of medical kit, names and quantities of medication on board

---

  9. Ship's position

---

  10. Direction of sail, scheduled arrival date at next port

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☎03-6862-3060 (通常電話)