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Anleitung zur Gesundheitspflege auf Kauffahrteischiffen

Chapter Attach. B No.

5. Backache

<p><u>Possible causes</u></p> <ul style="list-style-type: none"> * Lumbago * Kidney disease * Heart attack * Consequences of an accident 	<p>B.1.3.4.1. B.3.9.1.1. B.3.4.1.1. B.3.4.1.5. B.3.2.1.2.1. B.2.1.2.3.2.</p>	
<p><u>Rescue (with the suspicion of)</u></p> <ul style="list-style-type: none"> * Diseases of the spine Lay patient flat, prop up head and legs, apply painkiller if required * Kidney disease: Transport the patient in the way he wants to be, let him walk alone if required * Heart attack: Begin treatment before transporting. Administer oxygen, pain treatment, vasodilator. * Consequences of accident: Lay patient flat on a hard surface, prop up head and legs, painkiller. 	<p>C.5. C.1.7.5. C.1.7.3. C.1.7.3.</p>	<p>25.01, 5.06, 5.07 23.02 5.08, 2.01 5.06, 5.07</p>
<p><u>First Aid</u></p> <ul style="list-style-type: none"> * Diseases of the spine Position as with during transport, continue administering painkiller * Heart attack: Alleviate pain, administer oxygen, vasodilator, convey calmness. Place patient's upper body in an upward sloping position, absolute bed rest Prepare for heart and lung resuscitation * Consequences of accident: Lay patient on hard and flat surface, prop up head and legs, avoid any kind of active and passive movement in the back. 	<p>B.3.9.1. B.3.2.1.2.1. C.1.7.3. C.1.1. C1.7.5.</p>	<p>5.05 2.01, 5.08, 23.02 11.01, 11.03 11.01/3, 23.02-08, 25.02 25.01</p>
<p><u>Further treatment</u></p> <ul style="list-style-type: none"> • Aim for diagnosis * Diseases of the spine: Sudden pain, which intensifies during movement. Position patient as with transporting, immobilise spine, painkiller, ointments, warmth * Kidney disease: 1.Colic: Sudden convulsive pains. Drink much, movement, painkiller, urine test strips. 2. renal pelvis inflammation: dull backache, fever, shivering, cloudy urine. Kidney tea, antibiotics, painkiller, bed rest * Heart attack: Dull spreading pain (back, behind the breastbone, in the arm, in the stomach region) Continue with first aid measures Place upper body in an upright position, absolute bed rest, convey calmness * Consequences of accident: Localised pain when moving, possible paralysis in the legs, bladder emptying disorders. Position as with rescue. Avoid any kind of active and passive movement, painkiller, infusion 	<p>B.1.3.7. und B.1.3.4.4. B.3.9.1.1. 2/3 B.3.4.1.4. B.3.4.1.1. B.3.2.1.2.1. C.1.7.3. B.2.1. C.1.7.5./6</p>	<p>19.24, 5.04, 5.05 5.03 5.05, 5.08 22.05 4.02, 5.04, 5.05, 5.06 11.01, 11.03, 2.01, 5.08 5.01, 23.02 5.06, 11.01-.03 23.02</p>
<p><u>Further Measures:</u></p> <ul style="list-style-type: none"> * Frequent checking of respiration, consciousness, circulation (RCC-rule : Respiration, Consciousness, Circulation) * Check urine for quantity, frequency and colour. Urine test strips: for blood and protein (No.203) * Make medical appointment. Telemetry of ECG, blood pressure, respiration * In the event of an accident, lay patient in vacuum mattress 		