



**Telefon:** 49(0) 4721 78 0  
**49(0) 4721 78 5 emergency call**  
**Fax:** 49(0) 4721 78 1520  
**E-mail:** medico@tmas-germany.de  
**Internet:** www.tmas-germany.de  
**MRCC Bremen:** 49(0) 421 536870

**Anleitung zur Gesundheitspflege  
Auf Kauffahrteischiffen**

Chapter Attach. B No.

**6. Stomach Ache**

<p><b>Possible causes</b></p> <p>* <b>“Acute stomach ache”</b> caused by: <b>stomach ulcer</b>, with and without perforation <b>appendicitis</b> <b>peritonitis</b> <b>intestinal occlusion</b> <b>strangulated hernia</b> <b>gallstone with colic</b> <b>inflammation of the gall bladder</b></p> <p>* <b>Heart attack</b> * <b>Renal colic</b> * <b>Pneumonia and pleurisy in the area of the diaphragm</b> * <b>Accident with and without visible external injuries</b></p>	<p>B.1.3.2. B.3.1.7. B.3.1.2.3. B.3.1.3.3. B.3.1.3.7. B.3.1.3.9. B.3.1.3.8. B.3.1.5.3.1. B.3.1.5. B.3.2.1.2.1. B.3.4.1.4. B.3.7.3.1. B.2.1.2.7.1 u. B.2.1.2.7.2.</p>	
<p><b>Rescue</b></p> <p>* <b>Illnesses in the digestive tract:</b> Lay flat, prop up head and legs * <b>Heart attack:</b> Begin treatment before transporting. Administer oxygen pain treatment, vasodilator * <b>Accident:</b> Apply infusion before rescue measures, lay flat, prop up head and legs</p>	<p>C.5. C.1.7.4. C.1.7.3.  C.1.5. C.1.7.4.</p>	<p>25.01 23.02, 23.03, 2.02  11.01, 25.01</p>
<p><b>First Aid</b></p> <p>* Be prepared for <b>heart and lung resuscitation</b> * Comfortable positioning, back position, prop up knees and head * Have spit-basin and cellulose ready * Do not give anything to eat or drink * <b>Pain treatment:</b> depending on illness and medical instructions * <b>Apply infusion</b></p>	<p>C.1.1. C.1.7.4.   C.1.5.</p>	<p>23.02 – 23.08, 25.02  0.13 167, 202  11.01</p>
<p><b>Further Treatment</b></p> <p><b>Aim for diagnosis</b></p> <p>* <b>Peritonitis:</b> After e.g. perforated stomach-intestinal ulcer, appendicitis: <b>position flat, prop up head and legs, apply infusion, absolutely no intake of solids</b> * <b>Colic:</b> With kidney stones: <b>Drink a lot, walk around, painkiller</b> Gall stones: <b>painkiller.</b> <b>Nutrition:</b> Leave out coffee, eggs, fried or grilled food * <b>Strangulated hernia:</b> Try to push it back in the lying position, with drawn up legs, no solid food * <b>Heart attack:</b> Influence in a calm way, painkiller, vasodilator, administer oxygen, absolute bed rest, * <b>Pneumonia and pleurisy:</b> bed rest, upper body high, hot chest compresses, painkiller, administer oxygen if required * <b>Accident with and without visible external injuries:</b> Infusions, painkiller, back splinting, administer oxygen if required, in the case of fractured ribs lay on injured side, pneumothorax ?</p>	<p>B.1.3.2. B.3.1.3.7. C.1.7.4. C.1.5. B.3.4.1.4.-5/6 B3.1.5.3.1.  B.3.1.3.8.  B.3.2.1.2.1. B.3.7.3.1. B.2.1.2.7.1/2 B.2.1.2.2.2./3</p>	<p>5.06, 5.07, 8.02, 8.03  11.01 5.05, 5.06 5.05, 5.07, 2.02  5.06  2.01, 5.08, 6.02 23.02 8.01, 1.01, 5.02 23.01, 5.06, 5.08, 11.01, 23.01 5.06</p>
<p><b>Further Measures:</b></p> <p>* <b>Frequent checking of respiration, consciousness, circulation (RCC-rule : <u>R</u>espiration, <u>C</u>onsciousness, <u>C</u>irculation)</b> * <b>Make medical appointment</b> * <b>Telemetry of ECG, blood pressure, oxygenation, respiration</b> * <b>Following an accident, lay patient in vacuum mattress</b></p>		