



PATRON: Her Majesty The Queen
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CATEGORY C MEDICAL STORES

Category C Stores, are required by MSN 1768 (M + F) (numbering refers) on all coded vessels up to category 2. (Listed in annex 2 of MGN 280) **(Quantities required.)**
See www.mcga.gov.uk

1. CARDIO VASCULAR

(b) ANTI - ANGINA PREPARATIONS

Glycerol Trinitrite (GTN)

(1 unit)

GTN causes dilation of the coronary arteries and is used to ease the pain of angina and a heart attack. A reduction of the blood flow to the heart muscle, due to a narrowing or blockage of the coronary arteries, causes the pain. The pain may come on suddenly and be induced by exercise. Possible side effects of GTN include throbbing headache, flushed face, dizziness and feeling faint.

Administration

GTN SPRAY 400-microgram/200 dose aerosol. Spray into the mouth under the tongue, keeping the spray button down until the entire dose has been released. (Tablets, lozenges and patches are also found in the kits.)

Dosage: GTN should give relief within minutes. If the pain has not eased in 5 minutes give a second dose, and if there is still pain after 15 minutes call Mayday.

If unsure about treatment get medical advice by VHF.

2. GASTRO INTESTINAL SYSTEM

(b) ANTI - EMETICS

Hyoscine Hydrobromide (Kwells) (60)

This is used in the prevention and control of motion sickness. It may cause drowsiness and dry mouth, dizziness and blurred vision.

Administration /dosage

In tablet form 300 micrograms (or 0.3mg).

1 tablet 30 minutes before starting journey, then 1 tablet every 6 hours. Maximum: 3 tablets in 24 hours.

OR

Cinnarizine 15mg (Stugeron) (60)

Used for motion sickness. Possible side effects fatigue, dry mouth and blurred vision.

Administration/dosage

15mg (1 tablet) 8 hourly.

(d) ANTI - DIARRHOEALS

Loperamide 2mg capsules (Immodium) (30)

This is a drug used for the treatment of diarrhoea. It works by slowing the muscular contraction in the intestines. Side effects may include drowsiness, dizziness and abdominal cramps.

Administration/dosage

4mg (2 capsules) initially and then 2mg after each loose stool.

The patient may need treatment for dehydration.

3. ANALGESICS AND ANTI - SPASMODICS

(a) ANALGESICS

(i) Paracetamol (50)

Used for mild to moderate pain and fever.

Administration

500mg tablet form, taken by mouth and can be soluble.

ADULT: 1-2 tablets every 4 hours. Maximum 8 tablets in 24 hours.

Very dangerous in overdose.

AND

(ii) Ibuprofen 400mg Tablets

(50)

Anti-inflammatory painkiller, suitable for headache and muscle pain. Possible side effects may include stomach pain, nausea and wheeziness. Do not give to asthmatics or patient who has any form of ulcer.

Administration: 400mg tablet taken with or after food/milk every 8 hours.

4. NERVOUS SYSTEM

(c) SEASICKNESS REMEDIES

Hyoscine Hydrobromide OR Cinnarizine

5. MEDICINES FOR EXTERNAL USE

(a) SKIN MEDICINES

Antiseptic solution of Chlorhexidine / Cetrimide

(1)

100 ml solution or wipes for cleaning the skin. It can also be used for cleaning instruments and hard surfaces.

Burn preparation: antiseptic cream

Can be used on minor wounds, abrasions and burns (after cooling)

(1)

STORAGE OF MEDICATION ON BOARD

All medication should be stored on board in a marked, locked container under the supervision of a suitably trained person. The location should be listed in the training manual and covered in the safety brief to the crew. Medicines should be kept in a cool place, protected from heat, light and damp. The dates should be regularly checked and out of date medicines discarded. All instruction leaflets should be kept and any foreign bought items marked with their generic name and instructions for use. Bandages and dressings need to be checked for expiry dates too.

Medical Equipment

Resuscitation equipment.

Pocket mask (not just a face shield) (1)

Dress and suturing equipment.

Adhesive elastic bandage (1)

Disposable gloves (5 pairs)

Adhesive dressings (plasters) (20 assorted)

Sterile bandages with unmediated dressings (wound dressings) (M x6, L x2, XL x2)

Adhesive sutures or zinc oxide bandages (75mm strips) (6)

Sterile gauze swabs (packet of 5) (1)

Recommended additional items

Scissors (1)

Triangular bandages (4)

Safety pins (6)

Sterile paraffin gauze dressings (10)

Plastic burn bags (1)

Also required

St Johns / St Andrews / Red Cross First Aid Manual

Latest edition

First Aid Training

The skipper, or another member of the crew, must hold an MCA Elementary First Aid, Medical First Aid or Medical Care Aboard Ship Certificate, or **an RYA First Aid Certificate** or a Sea Fish Basic First Aid Certificate, provided use of the category C stores was covered. Refresher training must be undertaken as shown on the certificate, or at least every 5 years.