



## VIC MAUI RACE SELECTED MEDICAL TOPICS

### SEASICKNESS

#### **PREVENTION:**

- Avoid fatigue, alcohol and dehydration
- Each crewmember should drink 2 to 4 litres of fluids per day (urine should be clear)
- Each crewmember should know what works for them
- Scopolamine patches are recommended but should be tried ahead as side effects can occur
- Scopolamine is delivered transdermally, 1.5 mg every 72 hours. Side effects include dry mouth, drowsiness and blurred vision
- *Seabands have not been proven to work any better than placebo*

#### **TREATMENT:**

- Gastrolyte oral rehydration formula
- Pharmacologic (*see antihistamines – below*)

**ANTIHISTAMINES** *The antihistamines are primarily used for motion sickness. Available agents include:*

- Diphenhydramine (Benadryl), 25-50 mg orally every six hours or 10 to 50 mg IV or IM
- Dimenhydrinate (Gravol, Dramamine), 50 mg orally or rectally every four hours
- Cyclizine (Marezine), 50 mg orally or intramuscular every four hours or 100 mg by suppository every four hours
- Meclizine (Antivert), 25 to 50 mg orally every 24 hours
- Promethazine (Phenergan), 12.5 to 25 mg rectally every 12 hours

*Sedation is a common side effect with any of these drugs*

- Apply clean non-stick dressing or Second Skin

### WOUNDS

#### **PREVENTION**

- Meticulous attention to safety at all times



## VIC MAUI RACE SELECTED MEDICAL TOPICS

### ***TREATMENT***

- Local pressure to stop bleeding
- Tourniquet as last resort
- Cleanse with sterile saline
- Remove any foreign material
- Close wound with steri-strips or staple
- Apply antibiotic ointment
- Cover with telfa, gauze and kling bandage

### **INFECTIONS**

#### ***PREVENTION***

- Wash your hands (or use hand cleanser)
- Keep fingernails short
- Stay dry (prevent boat butt)
- Use wet wipes when showers not practical
- Keep cooking surfaces clean
- Treat athlete's foot for at least 3 months prior to departure
- Watch even minor injuries for signs of infection and use topical antibiotics

### **BURNS**

- Use ice immediately
- Commercial ice bags work well – keep in cooler, not in freezer
- Cleanse with sterile saline
- Apply flamazine (also kept in cooler)

### **SUNBURNS**

#### ***PREVENTION***

- Use sunscreen or zinc (total block)
- Sunscreen should be SPF 15 at least, used prior to exposure and re-applied frequently
- Use only UVA and UVB, non-PABA and CDA (Canadian Dermatology Association) approved

#### ***TREATMENT***

- Aspirin
- Solarcaine
- Aloe lotion