

Medic Reports

Report to Woodside Energy

Mr. Christopher Carpenter
Seismic Operations Manager
Woodside Energy
No. 1 Adelaide Terrace
PERTH WA.

SCOPE: Weekly report from Medic, **MV Western Pride**

LOCATION: Bass Straight, Victoria, Australia.

PREPARED by: Gudrun Griffin RN RM IBCLC Ba. Sc. (Nursing), M. Health Mgmt., FRCNA

Activities for Week 5. Sunday 19th March, - Saturday 25th March, 2000.

1. HEARING CONSERVATION PRESENTATION.

A presentation was held at the three best times for the crew (1045, 1345, 1645hrs) which was attended by 14 personnel on Tuesday, the 21st of March. Awareness of preservation of hearing was raised and effective methods of doing so discussed. The efficacy of various types of hearing protection was discussed and time exposure. The logarithmic effect on dB measures and the effect of noise on hearing was demonstrated by powerpoint 97 viewed on the large TV screen.

2. CPR and EAR PRACTISE.

Three different sessions were offered for the cardio-pulmonary resuscitation and air-viva utilisation which was practised on the MOB dummy in the hospital on the 22nd of March. One and two man practises were welcomed by a total of 7 personnel. Oxygen therapy via Hudson mask and oxy-viva was also practised. This session was largely attended by the MOB FRC crew who demonstrated great interest. Revival possibilities were discussed, also drugs and onshore contact.

Some mentioned later that they were sorry that they had missed the session which was then worked through verbally. Refreshment of breaths and compression rates was considered of value.

3. SHIP'S CAPTAIN MEDICAL REFRESHER.

3.1. The fourth and final Ship's Captain Medical Refresher was held for the 1230hr session with Captain John Jones and HSE co-ordinator Ian Robertson on the 23rd of March. Musculo-skeletal assessment incorporating active and resistance for documentation purposes was covered. Intravenous therapy, cannulation, suturing of livers and injection giving to oranges was covered with great enthusiasm.

3.2. The session was repeated for the first and second mate Victor Pinto and Darren Webster attended on the 25th of March.

It was commendable that despite the ISM training earlier this swing, these four senior personnel: Captain, first and second Mate and HSE co-ordinator, attended the health promotion sessions (5) and the SCMR in their 'spare' time.

4. SMIT LLOYD.

A package was prepared for the support vessel the Smit Loyd to involve this part of the marine crew in the Health Promotion program. Handouts, pamphlets and articles were printed and packaged for the next small boat transfer.

5. DRUG INVENTORY.

A comprehensive drug inventory is being undertaken. The data base is being developed further to include the usage, dosage and recommendation for the drugs listed. It is important that the pharmacology aspect is made as easy as possible for the mate when attending to cases.

6. QUESTIONNAIRE.

A questionnaire has been available for participants to complete and respond with their valued comments.

7. CASES ATTENDED.

Minor First Aid Medical Treatments

Health Promotion Review Injury/Accidents

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Activities for Week 4. Sunday 12th March, 2000 - Saturday 18th March, 2000.

1. Blood Pressure and Weight Loss Program.

- 1.1. A specialised chart has been designed for those who seek a program of weight loss and or blood pressure reduction. According to date, blood pressure, weight and body measurements can be easily correlated. One man is waiting to see what his 'new suit' will measure by the end of the 5 weeks of healthy eating choices and exercise contribution.
- 1.2 Participation and confidence is being gained to exercise more frequently and incorporating variety by some personnel. To 'warm up' appropriately before exercising has caught the attention of a few personnel.

2. Ship's Captain Medical Refresher Training.

Medical Training Refresher Sessions for Captain, First and Second Mate and HSE co-ordinator was presented Monday the 13th of March, during 2 separate sessions regarding the abdomen. Illnesses of the gall bladder, pancreas, kidney, bladder, intestine, and appendix were covered. Assessment, diagnosis and medivac decisions were covered. Medications on board and the utilisation of same was integrated into the session.

3. Men's Health Presentation.

Cancer of the Prostate, Testicular Cancer and Breast Cancer in men was presented on Tuesday the 14th of March. The leaflet handouts which were brought from the Perth Cancer Foundation were well received. A special printout was inserted into the pamphlets as to the 'how' to check for breast cancer and testicular cancer, and the recommended frequency of self-checks and medical practitioner checks.

Although breast cancer is very rare in men, it can occur. Only 2 men were aware that breast cancer can occur in men. Better to know about it than to be left in the dark is our motto.

4. M.O.B. (Man Overboard) Drill.

As the FRC crew retrieved the MOB, the stretcher team prepared for receipt, assessment and revival of the MOB. Upon receipt of the dummy, the medic co-ordinated resuscitation training with the stretcher team. CPR (Cardio Pulmonary Resuscitation) and EAR techniques were refreshed.

This exercise demonstrated that the stretcher team are not the normal 'resuscitators', however the First Aider is. In the future, it can not be assumed that the stretcher team is automatically the First Aid Team. A practise session is to be offered on a separate day for CPR and EAR this trip. Also, it may be worth while to have a second dummy for revival technique practise while the FRC crew are out retrieving the MOB to enhance effectiveness of training time each swing.

5. HERRON RECALL.

Paracetamol tablets manufactured by Herron, Australia, have had an incidence of two deaths related to contamination of paracetamol during manufacture. Hence, all 12 packets of 24 tablets of Herron Paracetamol on board the ship have been recalled and destroyed. Paracetamol which was in some First Aid boxes have been replaced with another brand.

6. Cases Attended.

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Activities for Week 3. Sunday 4th March, 2000 - Saturday 11th March, 2000.

1. BLOOD PRESSURE and CHOLESTEROL PROGRAM.

- 1.1. Blood pressure and cholesterol checks are being continued for those who had not yet their assessment done. Review of elevated readings are also continuing.
- 1.2. One individual is receiving regular support regarding a weight-loss program. Appointment times are being maintained.
- 1.3. Follow-up on the internet and replication of nutrition 'serves' by the Australian Nutrition Foundation was posted in the mess and to individuals who were keen to have the information.

2. AUDIT of the HOSPITAL.

Follow-up of the comprehensive audit of the hospital which was done in the second week on board has been completed and all items listed are closed out.

3. RELAXATION and PEACE of MIND.

The third part of the Health Promotion Program, Relaxation and Peace of Mind Sessions were conducted at 1045 hrs, 1245, and 1845 hrs. An amazing response of 27 individuals presented during the day.

These were well received by personnel from all sectors of the ship. In each session at least one person had done relaxation previously. Before the session began the benefits of relaxation were explained particularly with reference to assist with reduction in the systolic blood pressure reading, and further how blood vessels can be affected by tension and relaxation techniques. The practice of relaxation can assist with stress management in every day life – on and offshore. The outcome was a positive one indeed. Very empowering for each individual.

4. CAPTAIN'S MEDICAL REFRESHER.

Two Mates, Victor Pinto and Darren Webster attended the morning session, and the Captain, John Jones and HSE co-ordinator Ian Robertson attended the afternoon session.

The second session was conducted on the Chest. Assessment and diagnostic techniques were discussed and practised regarding asthma, trauma, infections and medications on board were integrated into the session.

5. SOPEP.

SOPEP training was attended on oil spill management and purposes of the kits provided. Muster points and evacuation in emergency situations was also covered.

6. CASES ATTENDED.

Minor	<input type="text" value="16"/>	First Aid	<input type="text" value="1"/>	Medical Treatments	<input type="text" value="0"/>
Health Promotion	<input type="text" value="3"/>	Review	<input type="text" value="2"/>	Injury/Accidents	<input type="text" value="0"/>

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Activities for Week 2. Sunday 27th February, 2000 - Saturday 4th March, 2000.

1. BLOOD PRESSURE and CHOLESTEROL PROGRAM.

1.1. Blood Pressure and Cholesterol presentations were conducted at 3 different times to offer the best coverage for all personnel on board, ie: 1030 hrs, 1245, and 1845 hrs., on the 27th February .

1.1.1 Introduction of focus from Woodside Energy and Western Geophysical regarding the role of the Medic. Background and objectives of the medic was briefed.

1.1.2. Blood Pressure and Cholesterol presentation: Power Point on the laptop was utilised and presented through the main large screen television in the day room. Quality of life and our personal objectives for working were discussed. Health Promotion can offer quality of life on and off the ship. Inadvertently the employer, employees and families benefit from any positive changes made. An opportunity for discussion was made available at the end.

A great response of 23 personnel presented for the three presentations.

1.1.3. An invitation to all personnel on the ship was extended to present at the hospital for a blood pressure reading; cholesterol test with the Accutrend (one drop of blood and 3 minutes later, a result); weight and Body Mass Index evaluation.

Participants came willingly to learn about the results of their assessments. A leaflet was made to record current results and future readings which could be easily kept in the back of the Western Geophysical Health, Safety and Environmental Passbook. Participants valued the opportunity for immediate follow up and discussion regarding the health assessment just undertaken. The personalised. program was extremely well received with positive feed back as a 'whole' package and each individual appreciated this opportunity provided for them by Western Geophysical and Woodside Energy. Many emphasized that they had never had an opportunity such as this while on a ship. Other feed back highlighted that they were impressed that this was being done for them particularly as other training is general and not personalised such as first aid.

If an elevated reading of blood cholesterol was recorded, a chapter from Rosemary Stanton's book "Eating for Peak Performance" was copied to give support for personal cholesterol management. Pamphlets were given for those with elevated blood pressure.

- 1.2. One person in particular was interested in discussing options for a weight-loss programme. Appointment times were set for individual regular support and discussion (counselling) sessions in the hospital.

2. AUDIT of the HOSPITAL.

A comprehensive audit of the hospital was done with the HSE co-ordinator, Ian Robertson. The following ensued:

- 2.1. The "Register of Controlled Drugs" required updating. Pethidine and Morphine was moved to the Captain's safe. Codeine Phosphate located behind a double lock system. These drugs were written in the control register for checking each swing.
- 2.2. Class B drugs noted in the Register of Controlled Drugs were exempted from the register and clarified with the Executive Medical Centre in Croyden, UK.
- 2.3. Drugs which could not be identified due to language barriers were identified by multilingual personnel on board.
- 2.4. Stock which was out of date and in excess was organised for release to third world countries.
- 2.5. A second emergency grab bag was made up for easy access from the bridge.
- 2.6. Oxygen cylinders checked, levels recorded and new check sheet to be printed.
- 2.7. Hospital keys to be labeled for easier access to cupboards and inner cupboards.
- 2.8. Identify medical stores which need to be ordered before the end of the swing.
- 2.9. First Aid Kits in the lifeboats were checked, replenished with some fresh stock items exchanged.

3. NUTRITION PRESENTATION.

The topic of Nutrition was presented on the 24th of February; using the laptop, Power Point and the large TV in the day room. An enormous amount of interest was expressed regarding the Australian Nutrition Foundation "serves" which constituted a balanced diet.

The being the second presentation of the Health Promotion program was well attended – 23 personnel.

The chefs have noticed a shift in food choices and has made adjustments to what is being prepared to correlate with the nutrition presentation which is very supportive for the guys on board and their goals regarding nutrition.

4. CAPTAIN'S MEDICAL REFRESHER.

Two Mates, Victor Pinto and Darren Webster attended the morning session, and the Captain John Jones and HSE co-ordinator Ian Robertson attended the afternoon session. The HSE advisor has completed the Ship's Captain Medical Certificate previously.

The first session was conducted on Head and Neck. Assessment and diagnostic techniques were discussed regarding eyes, ears and throat. Treatment options and medications available on board were integrated into the session.

5. FIRE DRILL.

The medic worked closely with the medial team in the fire drill scenario which involved the medical/stretchers team evacuating a person injured near a fire in the engine control room. The stretcher 'Sedco' chosen was effective for turning in narrow passage ways with a need to further review protection to the head. The team practised beforehand with the 'Sedco' stretcher in the hospital to gain confidence in its use. Immobilising a fracture was incorporated. A debrief was held following the drill.

6. CASES ATTENDED.

Some adjustments have been made regarding the classification of First Aid, and medical treatments being occupationally related. The First Aid and Medical Treatment cases which are not occupationally (work) related have been added to the Minor section. This information was also given to the Client Representative Matthew Ulva-Green.

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Week 1. Tuesday 22nd February, 2000 7th December – Saturday 26th February, 2000.

Arrangements were made for crew change from Melbourne to Portland by coach on the morning of Tuesday, the 22nd of February. At noon the MV Western Pride was at the dock ready for boarding by all of the crew. The vessel set to sea at 0100 hrs. the next morning.

Due to a problem with a crucial part of seismic equipment, the ship returned to Portland on Thursday. The introduction to health promotion was delayed by a few days as the supervisor for Marine Operations, Dick Morgan was on board and giving presentations on ISM.

1. CREW MEETING.

A crew meeting was held at 1230 hrs. on Saturday the 26th of February where the HSE co-ordinator, Ian Robertson introduced the Medic and Health Promotion Consultant. A large number of personnel from seismic and marine attended for this meeting.

The role of the medic was explained and what the Health Promotion Activities would entail. Everyone was welcomed to have their Blood Pressure and Cholesterol levels taken, and Body Mass Index assessed in the Hospital at a time suitable to personnel.

2. PROGRAMS.

Dates and proposed program outlines have been discussed with the HSE co-ordinator, Captain and Medic.

2.1. Health Promotion.

Recommended times are 1045, 1245, 1845 hrs.

2.1.1. BP and Cholesterol Sunday, 27th Feb.

2.1.2. Nutrition Thursday 2nd March

2.1.3. Relaxation 7th March

2.1.4. Men's Health 14th March

2.1.5. Hearing Conservation 21st March

2.2. Captain's Medical Refresher.

Captain, both Mates and the HSE co-ordinator are interested in participation. Times are 0930 and 1245 hrs. for:

2.2.1. Head and neck

2.2.2. Chest

2.2.3. Abdomen

2.2.4. Musculo-skeletal, cannulation, suturing, injections.

3. STATISTICS.

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