



TEST YOURSELF THE NOSE

Structure of pamphlet

Test your own knowledge on the subject THE NOSE - solve a few assignments.

Find background knowledge in "Medical Guide for Seafarers" pp 141-142 and in the videos related to the book.

Find the correct answers at the end of the pamphlet.

However, test your knowledge, before you read the answers.

Stay up-dated

Find all self-training
assignments at our
webpage
www.dma.dk

You may ask us
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You may want to read pp 141-142 in “Medical Guide for Seafarers”.

Assignment 1

How do you recognise the symptoms, if a patient has nose-bleed from *front* part of the nose?

Assignment 2

How do you recognise the symptoms, if a patient has nose-bleed from *back* part of the nose?

Assignment 3

Which treatment would you initiate, if you suspect bleeding stems from *front* part of the nose?

Assignment 4

Which treatment would you initiate, if you suspect bleeding stems from *back* part of the nose?



Find nasal spray/drops 15.5 Xylometazoline in medicine chest A and B – use with common cold.

Did you know ?

The common cold is an infection of the mucosa in the nose by various viruses.

You cannot cure a virus infection with antibiotics.

The common cold is –as name indicate, very common.

The common cold spreads via hands and droplets in the air when you sneeze or cough.

Proper hand hygiene effectively prevents spreading of the common cold – as well as all other diseases.

Time from infection with the common cold infection to disease outbreak is 1-3 days

General symptoms include: Runny nose, congestion and coughs. Usually one is well again after a week.

Answers to the assignments:

Assignment 1

How do you recognise the symptoms, if a patient has nose-bleed from *front* part of the nose?

Patient sits with head bent forward, and pressure on nostril from the outside. If bleeding stops, and no blood runs to the throat; then, most likely, blood is from the *front* part of the nose.

” Medical Guide for Seafarers”, p 141

Assignment 2

How do you recognise the symptoms, if a patient has nose-bleed from back part of the nose?

Patient sits with head bent forward, and pressure on nostril from the outside. If bleeding does *not* stop, and blood *does* run down the throat; then, most likely, blood is from *rear* part of the nose.

Bleeding from the rear part of the nose may be severe enough, that patient goes into bleeding shock.

”Medical Guide for Seafarers”, pp 141 and 85

Assignment 3

Which treatment would you initiate, if you suspect bleeding stems from *front* part of the nose?

Make the patient sit up, with head slightly bent forward. With patient’s 2nd and 3rd finger pinch soft part of nose for 10-20 minutes. Give patient ice cubes to

Medical Guide for Seafarers”, pp 141-142

Assignment 4

Which treatment would you initiate, if you suspect bleeding stems from *back* part of the nose?

Perform ABCDE and fill in ”first contact” form for Radio Medical Denmark. Pay special attention to the part about patient’s medicine.

Contact Radio Medical Denmark – they might prescribe ”nasal packing”.

” Medical Guide for Seafarers”,p 40,

In case of symptoms of bleeding shock, perform treatment as prescribed by Radio Medical Denmark.

” Medical Guide for Seafarers”, pp 40, 83 and 141