



TEST YOURSELF POSITIONING OF THE SICK AND INJURED

Structure of pamphlet

Test your own knowledge on the subject POSITIONING OF THE SICK AND INJURED - solve a few assignments.

Find background knowledge in "Medical Guide for Seafarers" pp 131-136 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
questions at
cms@dma.dk**

**You may phone us at
[+45 7219 6004](tel:+4572196004)**

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You may want to read Chapter 6 in “Medical Guide for Seafarers”.

Assignment 1

How would you position the following patients?

- Unconscious *with* breathing:

- Severe abdominal pain or breathing difficulty:

- Bleeding, fractures or sprains:

- Risk of shock (except cardiac):

- Suspicion of spinal or neck injury:



*Relieving backrest/Cardiac position:
Use for persons with chest pain or
persons who finds it difficult to
breathe.*



*Fetal position: Use the fetal position for persons with
abdominal pain.*

Transport and positioning of a casualty

If the location of the accident is not safe for the rescuer or the patient, you need to make an emergency relocation of the patient.

During an emergency relocation, it is, obviously, not always possible to take into account all injuries that the patient may have.

On p 73 and 74 in "Medical Guide for Seafarers" a number of emergency relocation procedures are described/illustrated.

If you suspect spinal injury after ABCD, you need a sufficient number of persons to move the patient safely on to a Spineboard and into the transportation shell/stretcher.

Keep the spine immobilised during the entire transport procedure.

Use inflatable splints for arms or legs if you suspect fractures.

Answers to the assignments:

Assignment 1

How would you position the following patients?

- Unconscious *with* breathing:
In recovery position; this ensures open airways and prevents slime, blood or vomit to drain down windpipe to lungs.

- Severe abdominal pain or breathing difficulty:
This patient may appreciate to sit, in an upright chair; this ensures abdominal relieve and a chest without compression – ask the patient, how he feels the most comfortable.

- Bleeding, fractures or sprains:
Position the injured limb elevated to counteract bleeding and swelling, keep still preventing pain.

- Risk of shock(except cardiac):
Position the patient flat on his back. If you can rule out spinal injuries and fractures you may raise legs to allow blood from legs to flow to heart and brain.

- Suspicion of spinal or neck injury:
Position in-line with a neck collar

”Medical Guide for Seafarers”, pp 51-53.