



**Telefon:** 49(0) 4721 78 0  
**49(0) 4721 78 5 emergency call**  
**Fax:** 49(0) 4721 78 1520  
**E-mail:** medico@tmas-germany.de  
**Internet:** www.tmas-germany.de  
**MRCC Bremen:** 49(0) 421 536870

## Anleitung zur Gesundheitspflege auf Kauffahrteischiffen

Chapter Attach. B No.

### 5. Backache

<p><b><u>Possible causes</u></b></p> <ul style="list-style-type: none"> <li>* Lumbago</li> <li>* Kidney disease</li> <li>* Heart attack</li> <li>* Consequences of an accident</li> </ul>	<p>B.1.3.4.1. B.3.9.1.1. B.3.4.1.1. B.3.4.1.5. B.3.2.1.2.1. B.2.1.2.3.2.</p>	
<p><b><u>Rescue ( with the suspicion of)</u></b></p> <ul style="list-style-type: none"> <li>* <b>Diseases of the spine</b> Lay patient flat, prop up head and legs, apply painkiller if required</li> <li>* <b>Kidney disease:</b> Transport the patient in the way he wants to be, let him walk alone if required</li> <li>* <b>Heart attack:</b> Begin treatment before transporting. Administer oxygen, pain treatment, vasodilator.</li> <li>* <b>Consequences of accident:</b> Lay patient flat on a hard surface, prop up head and legs, painkiller.</li> </ul>	<p>C.5. C.1.7.5. C.1.7.3. C.1.7.3.</p>	<p>25.01, 5.06, 5.07 23.02 5.08, 2.01 5.06, 5.07</p>
<p><b><u>First Aid</u></b></p> <ul style="list-style-type: none"> <li>* <b>Diseases of the spine</b> Position as with during transport, continue administering painkiller</li> <li>* <b>Heart attack:</b> Alleviate pain, administer oxygen, vasodilator, convey calmness. Place patient's upper body in an upward sloping position, absolute bed rest Prepare for heart and lung resuscitation</li> <li>* <b>Consequences of accident:</b> Lay patient on hard and flat surface, prop up head and legs, avoid any kind of active and passive movement in the back.</li> </ul>	<p>B.3.9.1. B.3.2.1.2.1. C.1.7.3. C.1.1. C1.7.5.</p>	<p>5.05 2.01, 5.08, 23.02 11.01, 11.03 11.01/3, 23.02-08, 25.02 25.01</p>
<p><b><u>Further treatment</u></b></p> <ul style="list-style-type: none"> <li>• Aim for diagnosis</li> <li>* <b>Diseases of the spine:</b> Sudden pain, which intensifies during movement. Position patient as with transporting, immobilise spine, painkiller, ointments, warmth</li> <li>* <b>Kidney disease:</b> 1.Colic: Sudden convulsive pains. Drink much, movement, painkiller, urine test strips. 2. renal pelvis inflammation: dull backache, fever, shivering, cloudy urine. Kidney tea, antibiotics, painkiller, bed rest</li> <li>* <b>Heart attack:</b> Dull spreading pain ( back, behind the breastbone, in the arm, in the stomach region) Continue with first aid measures Place upper body in an upright position, absolute bed rest, convey calmness</li> <li>* <b>Consequences of accident:</b> Localised pain when moving, possible paralysis in the legs, bladder emptying disorders. Position as with rescue. Avoid any kind of active and passive movement, painkiller, infusion</li> </ul>	<p>B.1.3.7. und B.1.3.4.4. B.3.9.1.1. 2/3 B.3.4.1.4. B.3.4.1.1. B.3.2.1.2.1. C.1.7.3. B.2.1. C.1.7.5./6</p>	<p>19.24, 5.04, 5.05 5.03 5.05, 5.08 22.05 4.02, 5.04, 5.05, 5.06 11.01, 11.03, 2.01, 5.08 5.01, 23.02 5.06, 11.01-.03 23.02</p>
<p><b><u>Further Measures:</u></b></p> <ul style="list-style-type: none"> <li>* <b>Frequent checking of respiration, consciousness, circulation (RCC-rule : Respiration, Consciousness, Circulation)</b></li> <li>* <b>Check urine for quantity, frequency and colour. Urine test strips:</b> for blood and protein (No.203)</li> <li>* <b>Make medical appointment. Telemetry of ECG, blood pressure, respiration</b></li> <li>* <b>In the event of an accident, lay patient in vacuum mattress</b></li> </ul>		