

MARITIME SAFETY COMMITTEE
107th session
Agenda item 19

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ANY OTHER BUSINESS

Best practice industry publications released in 2022/2023 and relevant to the Maritime Safety Committee

Submitted by ICS

SUMMARY

Executive summary: This document and the accompanying annex inform of recent best practice guidance released in 2022 and 2023 from International Chamber of Shipping, including the *International Medical Guide for Seafarers and Fishers, First Edition*; *Bridge Procedures Guide, Sixth Edition*; and *Guidelines on the IMO STCW Convention, Fourth Edition*.

Strategic direction, if applicable: 6

Output: No related provisions

Action to be taken: Paragraph 26

Related document: FAL.6/Circ.14/Rev.1

General

1 This document is submitted in accordance with the provisions of paragraph 6.12.6 of the *Organization and method of work of the Maritime Safety Committee and the Marine Environment Protection Committee and their subsidiary bodies* (MSC-MEPC.1/Circ.5/Rev.2).

2 The International Chamber of Shipping notifies the Committee of the publication of several new and revised best practice publications that help shipping companies achieve regulatory compliance and support safe and environmentally responsible operations

International Medical Guide for Seafarers and Fishers

3 The International Chamber of Shipping *International Medical Guide for Seafarers and Fishers* was published in March 2023.

4 Carriage of a medical guide on board is mandatory under the International Labour Organization's Maritime Labour Convention (ILO MLC) and the International Maritime Organization's (IMO) Seafarer Training, Certification and Watchkeeping (STCW) Convention.

5 The fishing industry requires proper medical care to be provided on board under the ILO Work in Fishing Convention, and medical training for those providing first aid care under the IMO STW-F 1995 Convention.

6 The International Chamber of Shipping has collaborated with the International Transport Workers' Federation (ITF) and International Maritime Health Association (IMHA) on a new international medical guide that provides clear, comprehensive and up to date medical guidance to seafarers and fishers who are responsible for administering medical care on board, and which also includes an updated ship's medicine chest.

7 An overview of the features of this publication and information about the collaborators have been included in the annex for reference.

Guidelines on the IMO STCW Convention, Fourth Edition

8 The International Chamber of Shipping published the *Guidelines on the IMO STCW Convention, Fourth Edition* in February 2023

9 The International Chamber of Shipping Guidelines set out the obligations for shipping companies of the IMO STCW Convention and includes guidance on how to ensure compliance on board.

10 The fourth edition integrates IMO regulations and guidance released since the last edition was published in 2011 and that affect training, including: the International Code of Safety for Ships using Gases or other Low-flashpoint Fuels (IGF Code); International Code for Ships Operating in Polar Waters (Polar Code); new requirements for familiarization training for crew on ro-ro passenger ships; changes to chapter V regarding tanker training; and updated guidance for crews operating dynamically positioned (DP) vessels.

11 The fourth edition supersedes and replaces the third edition, which was withdrawn from sale in December 2022.

Diversity and Inclusion Toolkit for Shipping

12 The International Chamber of Shipping *Diversity and Inclusion Toolkit for Shipping* was published in January 2023.

13 The *Diversity and Inclusion Toolkit for Shipping* has been developed to create awareness and inspire change in the strategies, policies and practices that will enable the maritime industry to meet the needs of the diverse seafarer community.

14 It provides descriptions and definitions; provides ways to assess the current needs of diverse communities and identify gaps in services, policies and practice; and makes suggestions on how to fill these gaps.

On Board Training Record Book for Electro-Technical Officers (ETO Cadets)

15 *On Board Training Record Book for Electro-Technical Officers (ETO Cadets)* was published in April 2022.

16 The *On Board Training Record Book for Electro-Technical Officers (ETO Cadets)* helps shipowners and managers ensure compliance with international regulations and helps ETO cadets understand the training required to develop their skills and competencies. It can also be used by training academies, administrations and insurers as a universal and standard approach to tracking ETO cadet training and career development.

17 The STCW Convention requires that a cadet's seagoing service must be properly structured and recorded in a training record book approved by the maritime administration responsible for issuing certificates of competence and specifically refers to the ICS On Board Training Record Books as an example of such documentation.

Bridge Procedures Guide, Sixth Edition

18 *Bridge Procedures Guide, Sixth Edition* was published in January 2022.

19 For over 40 years, the *Bridge Procedures Guide* has reflected and defined current best practice on the bridges of merchant ships operating in all sectors and trades, and is used by masters, watchkeeping officers, shipping companies, training institutions and accident investigators worldwide.

20 The sixth edition provides clear guidance on best practice approaches to watchkeeping that make safe and effective use of modern technology and embrace internationally agreed standards and recommendations adopted by the IMO.

21 The sixth edition replaced the fifth edition, which was withdrawn from sale in November 2021.

22 The publication is referenced in FAL.6/Circ.14/Rev.1.

Availability

23 International Chamber of Shipping publications are available to buy as print and ebooks: <https://publications.ics-shipping.org/>.

24 A reference copy of each ICS publication is also available for IMO Members to read in the library of the IMO Maritime Knowledge Centre (MKC).

25 Delegates can register to receive regular updates on ICS publications, news and events at <https://www.ics-shipping.org/sign-up/>.

Action requested of the Committee

26 The Committee is invited to note the information provided above and in the accompanying annex.

ANNEX

INTERNATIONAL MEDICAL GUIDE FOR SEAFARERS AND FISHERS (FIRST EDITION)

1 Covers

The new medical guide includes a fully updated ship's medicine chest.



2 Regulatory compliance

The ILO MLC 2006 and the IMO STCW Convention state that all ships must carry either an international medical guide or a national medical guide.

This publication is ideal for ships whose flag State does not have a national guide.

3 Features

The guide is international and globally applicable.

Contains comprehensive and up-to-date guidance on all injuries, illnesses and health issues experienced on ships and fishing vessels.

Presents guidance in a practical and user-friendly structure and style that is easy for seafarers and fishers with limited medical training to use.

Includes removable action cards for use in emergency situations.

Is accompanied by a medicine chest which includes up-to-date and internationally available medicines which are based on consultations with and recommendations from experts in the industry.

4 Technical Review Group and Medicine Chest Review Group Members

	International Chamber of Shipping
	International Transport Workers' Federation
	International Maritime Health Association
With support from an international team of maritime medical health experts, shipping company representatives, telemedical assistance service representatives and crew representatives.	

5 Preview

1 ABCDE: assess a sick patient

A standardised and thorough assessment should be performed for all acute, severe, and possibly life-threatening situations. Even in situations that at first do not appear to be serious, it is worth making a full, initial assessment. This will identify potential problems and act as a reference point if the patient's condition gets worse.

The recommended method is based on a fixed sequence:
Airway → **B**reathing → **C**irculation → **D**isability → **E**xposure
 This helps to identify serious and life-threatening illness so that immediate care can start.
 Treat problems as they are found and ask for extra assistance early. You may need help to treat and move the patient when appropriate.

Approach the patient if it is safe

Before you go near the patient, it is essential to check it is safe to approach and for you both to remain in that environment.

The aim is to avoid any danger, and to prevent additional casualties and further harm to the patient.

- Avoid obstacles, such as swinging deck gear, wreckage, electrical cables.
- Check for any risk of poisonous gas.
- Turn off the electricity, gas supply and so on.
- Be aware of a wet floor.
- If the patient is outside, check the weather and dress appropriately.

Before assessing and treating a patient, put on a medical face mask, clean disposable gloves, and ideally a plastic apron and goggles or a visor.

Consider additional personal protective equipment (PPE) such as breathing apparatus, if required.

Once it is safe to approach, decide if it is necessary and appropriate to move the patient to a safer environment (see chapter 46).

Chapter 1 ABCDE: assess a sick patient

Assess the situation

With sudden illness, assess the situation quickly, obtain a clear overview and get everything right. The key questions are:

- What has happened?
- How did it happen?
- What triggered the situation?
- How to ensure the situation does not escalate?

Call for help from others on board.
 Ask someone to collect the emergency treatment equipment bag if one is available on board.

Assess the patient

A Airway

The aim is to ensure the patient has an open airway so that they can breathe.

Speak to the patient, close to their head, and ask: 'Are you alright?'

Speak in their native language or one they understand.

Gently squeeze their shoulders without moving them.

If the patient answers you, they have an open airway and can breathe.

If the patient does not answer you, place them on their back and assess their airway in more detail:

- Look to see if there is anything in the mouth or throat. If there is, remove it using your fingers. Only remove something you can see, do not blindly sweep around the mouth.
- If false teeth are loose, remove them. If they are well-fitting and secure, leave them in place.
- If available at the scene, use the portable manual hand held suction device to remove saliva or other liquid such as blood or vomit. Only use the suction where you can see, do not blindly suck in the patient's throat.
- Open the airway using a head tilt and chin lift or a jaw thrust.
- Correctly size and insert an oral (Guedel) airway (see below).
- If it is not possible to insert an oral airway, consider using a nasal airway if you are trained and confident to do so (see below).

6 Visual aids

Figure 33.1 - In line immobilisation of the neck

Figure 33.2 - In line immobilisation of the neck from above

Figure 33.3 - Gently squeeze their shoulders without moving them

Figure 15.2 - Examine each quadrant of the abdomen. Start with the quadrant farthest from where the pain is indicated by the patient

Figure 51.3 - Painful stimulus

Figure 46.4 - Crab technique

Figure 44.37 - Fitting loose arm sling (mitella). The last picture shows a fixed arm sling

Figure 44.39 - Solving a wrist

What can you do?

- Remove the patient from the cold environment, remove their wet clothes. Keep the patient dry.
- Perform an ABCDE assessment and treat any problems as you find them.
- If you need to start immediate treatment and/or if you have any concerns, contact the telemedical assistance service (TMAS).
- Monitor the patient's condition for any deterioration.
- Reassess regularly using ABCDE.
- Check the patient's temperature with an appropriate thermometer. If possible, take it rectally, as this is likely to be more accurate. Use a rectal or hypothermic digital thermometer from the medicine chest.
- Check blood glucose levels.
- Consider treating an intravenous (IV) cannula and start IV fluids, preferably warmed.
- Record the patient's breathing rate, oxygen saturation, heart rate, blood pressure, level of consciousness and temperature regularly.
- Contact TMAS for further advice on treatment. TMAS will also advise on the urgency of a medical assessment ashore and whether an evacuation is necessary or practical.

1 Use the ABCDE **2 Give oxygen** **3 Contact TMAS**

If a patient is hypothermic, begin immediate treatment as below and contact TMAS urgently. Prior to the assessment treatment, protect the patient by covering and warming them. Do not remove any air signs of life in a cold patient, check for breathing and a pulse for a full minute. If the patient is not breathing and not moving, start cardiopulmonary resuscitation (CPR).

7 Removable action cards

A5 laminated 'bridge' style cards that can be kept in the medical grab bag for emergency use.

Front

1 ABCDE illness

How to assess a sick patient

If the patient requires immediate treatment, always call the telemedical assistance service (TMAS).
Is it safe to approach? What has happened?
If the patient is not breathing and not moving, start cardiopulmonary resuscitation (CPR). Call for help from others on board.
Ask someone to collect the emergency treatment equipment bag if one is available on board.

ABCDE assessment

Airway

- Is the patient talking to you?
- Speak to the patient, close to their ear. Gently squeeze their shoulders.
- Yes:** go to 'Breathing'
- No:** open the airway with a head tilt and chin lift or a jaw thrust, and consider using an oral or nasal airway, use suction as necessary.

Breathing

- Is the patient breathing?
- No:** start basic life support and fetch an automated external defibrillator (AED), if available.
- Yes:** give oxygen at 10 litres per minute with a mask and reservoir bag, assess further.
- Consider other treatment.
- Further assessment:
 - Is the patient using a lot of effort to breathe?
 - Check the breathing rate: count the number of breaths taken in 10 seconds.
 - Is the patient blue around the lips?
 - Is the chest moving equally on both sides?
 - Is the breathing normal?
 - Are there any additional noises, such as whistling, wheezing or rattling?
 - Is the windpipe (trachea) in the middle between the ends of the collarbones (clavicles)?
 - Measure the patient's oxygen saturation.

Circulation

- Can you feel the patient's pulse at the wrist or in the neck?
- No:** start basic life support and fetch an AED, if available.
- Yes:** consider inserting an intravenous (IV) cannula and giving IV fluids. If no history of trauma, raise the patient's legs. Assess further.
- Further assessment:
 - What is the heart rate?
 - Is it weak/strong/regular?
 - Check the skin colour.
 - Check the skin temperature.
 - Check the capillary response time.
 - Measure the blood pressure, if the equipment is available.

Back

ABCDE assessment - continued

Disability

- Check pupils.
- Check blood glucose, if the equipment is available.
- Check AVPU (alert, verbal, pain, unresponsive). If P or U: place the patient in the recovery position.
- Treat as necessary.

Exposure

- Check the patient's temperature.
- Check for medic alert bracelets.
- Check for obvious blood or fluid loss.
- Treat as necessary.

Modified Early Warning Score (MEWS)

For the first hour, record the patient's breathing rate, oxygen saturation, heart rate, blood pressure and level of consciousness every 15 minutes and calculate a Modified Early Warning Score (MEWS). Then repeat as often as directed by TMAS or according to the patient's condition.

Score	3	2	1	0	1	2	3
Breathing rate	≤8	9-14	15-20	21-29	≥30		
Heart rate	≤40	41-50	51-100	101-110	111-129	≥130	
Systolic blood pressure (top figure)	≤70	71-80	81-89	90-99	100-109	110-159	≥160
Temperature	≤35			35.1-36.4		≥36.5	
AVPU				Alert	Verbal	Pain	Unresponsive
Total Score	Action						
0	No immediate action necessary.						
1-2	Start appropriate treatment and reassess.						
≥3	Start immediate treatment and contact TMAS as soon as possible.						

If the patient has a MEWS of 3 or more, or an increasing score, contact TMAS urgently.

From the International Chamber of Shipping International Medical Guide for Seafarers and Fishers