

Operational Primary Healthcare Drugs List

Category	Trade Name	Generic Name	Form	Amount	Remarks
Eye / Ear Management	Spersamide	Sulfacetamide	10% Drops		Bacterial Conjunctivitis
	Spersadex	Dexamethasone	0.1g/100ml Drops		Anti-inflammatory
	Waxsol	Docusate Sodium	Drops		Ear Wax Solvent (Surfer's Ear)
	Otophen Forte	Benzocaine, Ephedrine Hydrochloride, Phenazone, Potassium Hydroxquinoline Sulphate	10ml Dropper Bottle		Otitis Media
Skin Management	Burnshield Gel	Hydrogel	125ml Bottle		Burns
	Anthisan Cream	Mepyramine	Cream		Antihistamine
Abdominal Management	Imodium	Loperamide	2mg Tabs		Diarrhoea
	Senokot	Senna glycosides	7.5mg Tabs		Constipation
	Buscopan Compositum	Hyoscine Butylbromide / Dipyron	Tabs		Abdominal Cramps
	Valoid	Cyclizine	50mg Tabs		Motion Sickness (Non drowsy)
	Stugaron	Cinnarizine	25mg Tabs		Motion Sickness (Sedative effects)
	Gaviscon	Alginic Acid / Antacid	Sachets		Gastric Reflux
	Bioplus (Effervescent Tablets)	Vitamins/ Minerals/ Caffeine	Tabs		Energy Boost
Pain Management	Panado	Paracetamol	500mg Tabs		Analgesia
	Nurofen	Ibuprofen	200mg Tabs		Analgesia
	Myprodol	Paracetamol/ Ibuprofen / Codeine	Tabs		Analgesia
	Voltaren	Diclophenac Sodium	75mg Inject		Anti-inflammatory
	Trans Act Patches	Flurbiprofen	40mg Patch		Localised Inflammation
Allergy Management	Telfast	Fexofenadine	120mg Tabs		Antihistamine
Musculo-Skeletal Injury Management	BSN Leukoband S	Tape	75mm		Strapping (Flexible)
	BSN Strappal	Tape	4cm x 10m		Strapping (Rigid)
	BSN Fixomull Transparent	Tape	10cm x 10m		Wound Closure
	BSN Leukotape Remover	Fluid	350ml		Tape Removal
	BSN Kinesiology Tape	Tape			Strapping
	Roll-on Hot Gel		Roll-On		Relief of Muscle Spasms
	Ice Man	Icing Gel	Tub		Relief of Muscle Pain

Category	Trade Name	Generic Name	Form	Amount	Remarks
Upper Airway Management	Medi-Keel	Cetylpyridinium Chloride/ Benzocaine	Lozenge		Sore Throat Lozenges
	Sinutab ND	Paracetamol/ Phenopropanolamine	Tab		Nasal Decongestant
	Sudafed	Pseudoephedrine	Tab		Nasal Decongestant
	Grippon	Paracetamol/ Chlorpheniramine mal.	Tab		Cold & Flu Management
	Med Lemon	Acetyl Salicylic Acid/ Caffeine/ Vit C/ Menthol	Sachets		Cold & Flu Management
	Corenza C (Effervescent)	Acetyl Salicylic Acid/ Vit C/ Phenylephrine	Tab		Cold & Flu Management
	Teegel	Choline Salicylate/ Cetalkonium chloride	Oral Gel		Mouth Ulcers
	Mucospect Capsules	Carbocisteine	Capsule		Mucolytic (Wet Cough)
	Benylin	Dextromethorphan	Syrup		Suppressant (Dry Cough)
Wound Management	Elastoplast Fabric	Plasters	Boxes		Minor Cuts
	Bactroban	Mupirocin	2% Cream		Topical Infections
	Hibitane	Chlorhexidine	4% Concent rate		Skin Cleaning
	Gauze Swabs	Wound Cleaning	10x 10		Wound Cleaning
	Merthiolate Spray	Spray	Spray Bottle		Wound Management
	Mercurochrome	Tincture	2% Solution		Wound Management
	BSN Leukomed T	Wound Dressing	5cm x 7.2cm		Transparent Wound Dressing
Sundry	Clingfilm		Rolls		Ice Application
	Vitamin B Co		Inject		Vitality Booster
	3ml Syringes	3ml Syringes	Syringe		Drug Admin
	21G Needles	21G Needles	Needle		Drug Admin
	Alcohol Swabs	Alcohol Swabs	Swabs		Drug Admin
	Empty Tablet Sachets	Tablet Sachets	Sachets		Handing out of Meds
Remote Medicine	Augmentin	Amoxicillin & Clavulanic Acid	Tab		Broadspectrum Antibiotic
	Erythromycin	Erythromycin	Tab		Alternative to above (Penicillin Allergy)
	Ciprofloxacin	Ciprofloxacin	Tab		Dysentery
	Flagyl	Metronidazole	Tab		Dysentery
	Doximal	Doxycycline	Tab		Malaria Treatment
	Quinine Sulphate	Quinine	Tab		Malaria Treatment
	Perfalgan Injectable	Paracetamol IV	Inject		Analgesia
	Malaria Test Kit				

Controlled Drugs

1. Controlled drugs are drugs that are graded according to the harmfulness attributed to the drug when it is misused. For this purpose, there are three drug categories:
 - Class A includes heroin, morphine, and opium,
 - Class B includes barbiturates and codeine, and
 - Class C includes, among other drugs, anabolic steroids.
2. A ship / aircraft should not carry excess quantities of Class A or Class C drugs.
3. Some countries do not allow the sale of controlled drugs to ships / aircrafts not registered in that country; therefore, ship managers / pilots are encouraged to become familiar with the controlled drug distribution laws in the countries where their ships / aircraft are travelling and to communicate directly with the cognizant authorities to learn of the options available for the procurement and delivery of controlled drugs to ships / aircraft operating in these areas.
4. Controlled drugs shall be kept in a safe or behind a double-lock system.

- References:
- (a) *Maritime Regulation 7.42*
 - (b) *Maritime Labour Convention, 2006, Standard A4.1 and Guideline B4.1*
 - (c) *International Medical Guide for Ships (IMGS), 3rd Edition 2007, World Health Organization (WHO)*
 - (d) *Guidance to the International Medical Guide for Ships 3rd edition: interim advice regarding the best use of the medical chest for ocean-going merchant vessels without a doctor onboard, Journal of International Maritime Health, 2009, 60, 1-2: 51-66.*
 - (e) *International Maritime Organization (IMO) Medical First Aid Guide for Use in Accidents Involving Dangerous Goods (MFAG), 2006 Edition*
 - (f) *ILO Document for Guidance-An International Maritime Training Guide*
 - (g) *IMO International Code of Signals, Medical Section*
 - (h) *MSC/Circ. 1042, 28 May 2002*

1. Medicines for Ship's Carrying Dangerous Cargoes

- 1.1.** Ships, including ferries, carrying dangerous cargoes or their residues, shall, in addition, comply with the International Maritime Dangerous Goods (IMDG) Code and the guidance in the latest edition of Medical First Aid Guide (MFAG). Medicines and equipment already available in the IMGS list may be counted toward the MFAG numerical requirement, if appropriate. They should be stored and registered together with the regular medicines and medical supplies carried on board.
- 1.2.** Where a cargo which is classified as dangerous has not been included in the most recent edition of MFAG, the necessary information on the nature of the substances, the risks involved, the necessary personal protective devices, the relevant medical procedures and specific antidotes should be made available to the seafarers via the ship's occupational safety and health policies.
- 1.3.** See below for a listing of MFAG medicines and supplies.

2. Controlled Drugs

- 2.1.** Controlled drugs are drugs that are graded according to the harmfulness attributed to the drug when it is misused. For this purpose, there are three drug categories:
 - Class A includes heroin, morphine, and opium,
 - Class B includes barbiturates and codeine, and
 - Class C includes, among other drugs, anabolic steroids.
- 2.2.** A ship should not carry excess quantities of Class A or Class C drugs.
- 2.3.** Some countries do not allow the sale of controlled drugs to ships not registered in that country; therefore, ship managers are encouraged to become familiar with the controlled drug distribution laws in the countries where their ships are trading and to communicate directly with the cognizant authorities to learn of the options available for the procurement and delivery of controlled drugs to ships operating in these areas.

2.4. Controlled drugs shall be kept in the Master's safe or behind a double-lock system.

3. Medicine Supply, Labeling, Re-supply, Replacement and Storage

- 3.1. All medicines are to be supplied in standard small packages, and to the extent possible, in single dose portions. The prescribed active ingredients and strengths shall be observed.
- 3.2. Medical instructions and, if necessary, the medicine labeling shall be in a language understood by the crew.
- 3.3. Sufficient reference material or product use and identification cards related to the medicines carried shall be available on board the vessel.
- 3.4. Medicines and medical equipment shall be re-supplied as necessary.
- 3.5. Medicines with expiration dates shall be replaced at the earliest possible date after the expiration date, and in any case within three (3) months of the expiration date. Once replaced, expired medicines should be removed from the vessel and disposed of in accordance with § 1.8, below. It should be noted that some countries impose fines on ships entering their territory with expired medicinal items on board.
- 3.6. All medicines shall be stored in accordance with the manufacturer's recommendation.
- 3.7. All medicines and medical devices shall be stored under lock and key.

4. Disposal of Medicines and Medical Supplies

4.1. Medicines and medical supplies shall be disposed of properly in accordance with all applicable local and national laws and regulations of the State in which disposal is occurring and any applicable international requirements.

4.2. Disposal of Non-Controlled Medications and Medical Supplies

Expired medicines and medical supplies should be:

- returned to the supplier where possible; or
- sent to an approved shoreside contractor for disposal.

If disposal is not possible, expired medicines and medical supplies may be incinerated at sea where a vessel has in place a written waste disposal policy and program that includes incineration at appropriate temperatures by exclusively authorized personnel. Records of such incinerated medicines and medical supplies shall be kept as part of the medical inventory.

It should be noted that there are licensed pharmaceutical distribution centers that handle the supply and disposal of prescription and non-prescription medications for marine vessels on a global basis. The Administrator recommends use of these companies for a vessel that regularly encounters problems with locating shoreside facilities able to accept such wastes.

4.3. Disposal of Controlled Drugs

There are various methods for disposing of controlled drugs lawfully. They include:

- giving them to a person who may lawfully supply them, such as a qualified doctor or pharmacist;
- Incineration;
- waste encapsulation;
- inertization.

Whatever method of disposing of a controlled drug is utilized by a MI flag vessel, the following conditions must be met:

- The method utilized must be properly implemented;
- The entire process from unpacking throughout the final destruction of the controlled drug must be witnessed by at least two persons and documented in the Controlled Drugs Register (see below).

5. Recordkeeping Requirements

5.1. Inventory of Medicines

- A list of medicines and medical supplies shall be maintained on board all MI flag vessels. The list must be regularly updated and contain for each item the expiry date, storage conditions, quantities remaining after purchase or use and disposal information. The medicine chest shall be inventoried no less than once a year.

5.2. Seafarer Injury and Illness Medical Record

- The Master or designated and certified onboard “medical care provider” shall fill out the form *Injury and Illness Medical Record* (MI-105MR) whenever treatment of a seafarer aboard a vessel is rendered. The purpose of this form, which is provided in below, is to facilitate the exchange of medical and related information concerning individual seafarers between the vessel and shore in cases of illness or injury.
- This form shall be kept confidential and shall be used only to facilitate the treatment of seafarers. As such, it shall be:
 - used to transmit information in the evacuation of a seafarer;
 - provided to shoreside medical personnel either filled out in part or full, as applicable, or forwarded to shoreside medical personnel as a blank form to be completed and returned to the vessel upon examination of the seafarer;
 - provided in copy to the seafarer upon request;
 - kept with the seafarer’s medical records while on board the vessel or ashore by the Shipowner when the seafarer leaves the ship; and
 - forwarded as a copy to the Office of the Maritime Administrator when a *Report of Personal Injury or Loss of Life* (MI-109-1) is filed.
- The Seafarer Injury and Illness Medical Record shall be kept by the Shipowner for a period of two (2) years.

5.3. Ship Master's Report Form

- Assisted by the ship's doctor or crew members assigned to basic medical duties, the ship's Master shall complete the *Ship Master's Report Form* as provided for each medical case managed on board. This form shall be filed in the ship's medical log with the *Seafarer Injury and Illness Medical Record* (MI-105MR) attached.
- The Ship Master's Report shall be kept by the Shipowner for a period of two (2) years.

5.4. Medical Log

- Each vessel shall keep a medical log book wherein shall be entered every case of illness or injury happening to any member of the crew, passenger or other persons engaged in the business of the vessel; the nature thereof; and the medical treatment.

5.5. Controlled Drugs Register

- A register of controlled drugs must be maintained by the Master.
- Controlled drugs must be entered into the controlled drugs register on reception by the vessel. The information logged shall include the type, quantity and date received.
- The following shall also be recorded in the Controlled Drugs Register:
 - the doses given, including the name of the person ordering the dose, the name of the person giving it and the name of the person receiving it;
 - date and time when a dose is lost or spoiled (e.g., broken ampoule, drug prepared, but not injected, etc.);
 - a running count of remaining stocks, updated after each use;
 - a count, made at least weekly, of remaining ampoules, tablets, etc. in store, to be checked against records of use and the running count; and
 - information on disposal, including method, drug type, amount, date, time, receipts and witness documentation, including signatures (e.g., control signature form).
 - The register of controlled drugs shall be kept for a period of two (2) years after the date of last entry.

6. International Health Regulations

- 6.1. The International Health Regulations (2005) (IHR (2005)), administered by WHO, provide a code of procedures and practices for preventing the transboundary spread of infectious disease. Article 37 of the regulations require, in general, a Master of a ship arriving from a foreign port to provide a State that is a Party to IHR (2005) with a Maritime Declaration of Health (MDH) prior to arrival in port. The MDH contains a series of health-related questions, including those addressing illness, death and sanitary measures on board, to which a Master must attest.

7. Pest Management

- 7.1. The presence of insects, rodents and other pests shall be controlled to prevent the transmission of illness and disease to seafarers and other persons on board a vessel.
- 7.2. In controlling pests, it is important to note that very few pesticides are suitable for use against all kinds of pests that may occur aboard or in different parts of the ship. It is therefore necessary to consider the pesticides individually and utilize them in accordance with manufacturer instructions and as recommended in the IMDG Code Supplement, *Recommendations on the Safe Use of Pesticides in Ships*. In developing a pest control strategy, cruise ships and commercial yachts also may want to consider recommendations regarding pest control contained in §8 of the United States Centers for Disease Control and Prevention, *Vessel Sanitation Program Operations Manual*.