

## 1. General

Maritime Safety Authority advisory circulars are designed to give you assistance and explanations about the standards and requirements set out in the maritime and marine protection rules. However, the notes contained in advisory circulars should not be treated as a substitute for the rules themselves, which are the law.

When a number such as 50.9 is referred to in this circular, this is a reference to a specific rule within Part 50.

## 2. Application

The medical stores requirements of Part 50 apply to all New Zealand commercial ships, except those subject to a maritime rule requiring the implementation and audit of a safe operational plan. Safe operational plans are required for commercial white water rafts and jet boats operating in rivers.

Compliance with safe operational plan requirements is an alternative to participation in a safe ship management system for two classes of commercial ship: fishing boats of 6 metres or less in length which do not operate beyond enclosed waters (rivers and lakes) or more than 2 miles off the coast, and ships of 6 metres or less in length engaged solely in excursions for recreational diving within enclosed water limits or not more than 5 miles from a safe haven.



### 3. **Specifications of medicines**

The medicines that are recommended in Part 50 are those available in New Zealand. Drugs obtained elsewhere may be of different strength, and this should be taken into account when administering them.

Medicines replenished outside New Zealand should comply with one of the standards set out in any of the following publications –

- The European Pharmacopoeia
- The British Pharmacopoeia
- The British Pharmaceutical Codex
- The United States Pharmacopoeia
- The United States National Formulary
- The Therapeutic Goods Standards of Australia

### 4. **Availability of medical guides**

The IMO/WHO/ILO publication *Medical First Aid Guide for Use in Accidents Involving Dangerous Goods* is available from:

IMO Publications Section  
4 Albert Embankment  
London SE1 7SR  
United Kingdom  
Phone: 44 20 7735 7611  
Fax: 44 20 7587 3210  
Website [www.imo.org](http://www.imo.org).

Transpacific Marine Ltd.  
121 Beaumont Street  
Auckland  
Phone: 058 800 600  
Fax: 09 307 8170  
Website: [www.transpacific.co.nz](http://www.transpacific.co.nz)  
E-mail: [sales@transpacific.co.nz](mailto:sales@transpacific.co.nz)

The *MFAG*, which is the chemicals supplement to both the *International Medical Guide for Ships* and *The Ship Captain's Medical Guide*, is also incorporated in the supplement to the *International Maritime Dangerous Goods Code*.

The WHO/IMO/ILO publication *International Medical Guide for Ships* is available from:

The World Health Organization  
Distribution and Sales  
CH-1211 Geneva 27  
Switzerland

Phone: 41 22 791 24 76:  
Fax: 41 22 791 48 57  
E-mail: [bookorders@who.ch](mailto:bookorders@who.ch)

Medical Books (WGTM) 1985 Ltd  
P.O. Box 7389  
Wellington South  
Phone: 04 389 7592  
Fax: 04 389 9090

The United Kingdom Maritime and Coastguard Agency publication *The Ship Captain's Medical Guide* can be downloaded from [www.mcagency.org.uk](http://www.mcagency.org.uk)

First aid books published by the Order of St John and the New Zealand Red Cross are available from bookshops and from the organisations concerned.

The owner and the master of a ship that has scale 3 and 4 medical stores may, after taking professional advice, consider carrying a recent edition of the *New Ethicals Catalogue*, available on subscription from Adis International, Private Bag 65901, Mairangi Bay, Auckland 10, telephone (09) 477 0700, fax (09) 477

0785. The *New Ethicals Catalogue* is published biannually and any edition carried should have been published in the previous 12 months. The *Catalogue* incorporates concise information on contra-indications, important precautions, adverse reactions and drug interactions. Users of this publication should be aware that the information is condensed from the *New Ethicals Compendium*.

## **5. Ships trading to malarial areas**

Advice on risk areas and preferred drug prophylaxis for seafarers on ships trading to malarial areas may be found in the annual WHO publication *International Travel and Health*. This publication is available from the World Health Organization and the New Zealand WHO sales agent at the addresses shown in section 4. The latest version of the guide may be consulted at the library of the Ministry of Health in Wellington. An online edition is available on the WHO website at <http://www.who.int/ith/index.html>.

## **6. Ships carrying dangerous goods**

Under rule 50.10, ships carrying dangerous goods are required to prepare for accidents involving such goods by carrying on board the IMO/WHO/ILO *Medical First Aid Guide for Use in Accidents Involving Dangerous Goods (MFAG)* and antidotes for chemical poisoning. The *MFAG* supplementing Amendment No. 30-00 of the *International Maritime Dangerous Goods Code* is the appropriate reference document.

The rule requires the range of antidotes carried to be consistent with the range of dangerous goods carried by the ship. In the case of ferry operations, the range of medicines would have to take into account the classes of dangerous goods that may be presented at short notice for carriage from voyage to voyage. A review of a company's records of dangerous goods declarations should help the owner and master of the ship to determine what range is appropriate.

Rule 50.10(2) permits ships on New Zealand coastal voyages which are continuously within the range of rescue helicopter services or never more than six hours from a port with adjacent hospital facilities able to deal with cases of chemical poisoning to carry a reduced inventory of antidotes in recognition of

the proximity of external assistance. Hospitals in all the main centres have this capability while shipping routes between the North and South Islands are within rescue helicopter range.

It is recommended that any reduced inventory of antidotes be based on the medicines and appropriate minimum quantities specified in appendix 14 of the MFAG accompanying *Code* Amendment No. 30-00. (Rule 50.10(2) is based on the list of medicines in section 11 of the MFAG supplementing Amendment No. 29-98 of the *Code*. This list provides no scaling of medicines on the basis of the time required to hospitalise casualties.)

Antidotes are not required on board ships that carry only limited quantities of certain dangerous goods. The threshold quantities and the particular goods are as defined in section 18 of volume I of the *International Maritime Dangerous Goods Code* (Amendment No. 29-98). In the case of Amendment No. 30-00, this information is found in chapter 3.4 of Part 3 of the *Code*. Owners and masters will need to refer to this section/chapter of the *Code* to determine its application to their ship. As a rule, most ships regularly carrying dangerous goods are unlikely to be exempt.

## **7. Sourcing prescription medicines and entitlement to controlled drugs**

While a number of the recommended medicines in Part 50 are classed as prescription medicines or, in the case of morphine, a controlled drug, their supply to ships without prescription is provided for in regulation 44(i) of the Medicines Regulations 1984 and regulation 20(1)(d) of the Misuse of Drugs Regulations 1977.

Any licensed pharmacist may fill requisitions for prescription medicines and controlled drugs. He or she will need to be satisfied that the order falls under the scope of the provisions made for ships' medicine chests within the regulations. Orders should be addressed to the pharmacist in writing and state the name of the ship and of the master or shipowner, the address of the ship or shipowner, and the list of drugs required (specifying in each case the name, strength and quantity of each medicine). The requisition should conclude with a declaration that the drugs are required for compliance with

Part 50 of the maritime rules under the Maritime Transport Act 1994. The order must be signed by the master and dated. The name of the person signing the requisition and their occupation should be printed clearly on the order.

A record of the supply, use, and disposal of controlled drugs must be kept on board the ship (rule 50.16). This record is in addition to the obligation on masters of ships to which *Part 73 – Logbooks* applies to record, under rule 73.9(h) of that Part, the confiscation by the master of controlled drugs and misused prescription medicines from any person on board.

## **8. Information on medicines**

Part 50 (rule 50.14) requires the owner and the master to ensure that a pharmacist marks the container or wrappings of medicines to show basic information about what the medicine is for and how to use it, and the medicine's expiry date. It also requires the label to record that a particular drug should only be given on radio medical advice where the medical guides for ships give such guidance. This is information additional to the labeling information required under the Medicines Regulations 1984 and the Misuse of Drugs Regulations 1977. The aim is to provide some backup in the safe use of medicines should the ship's medical guide not be available. For ships not required to carry a medical guide, this information will be an important source of information about the appropriate use of the medicines on board.

When ordering medicines, the pharmacist should be requested to supply this information.

The table at annex 2 to this circular contains a brief guide to the drugs set out in Part 50. It is not comprehensive. Only common and important side effects are listed. The information is not a substitute for the medical guides and radio medical advice.

A number of the items in the medical scales are neither prescription medicines nor controlled drugs. Many of these "over-the-counter" medicaments come with patient information leaflets, containing advice on precautions and side effects. This information should be retained on board for reference in the event that these medicines are used.

## 9. Packaging of medicines

Taking into account the circumstances under which medicines in tablet form are dispensed on ships, the owner and the master may consider it appropriate, when ordering medicines, to request pharmacists to foil wrap individual doses in order to avoid soiling.

## 10. Radio medical advice

Advice on the use of medicines on board ships is available free of charge 24 hours a day via Taupo Maritime Radio or the Maritime Operations Centre (MOC), as shown below –

<i>Band</i>	<i>Station</i>	<i>Calling in KHz</i>	<i>Working in KHz</i>
<b>HF/MF</b>	<i>Taupo Maritime Radio ZLM</i>	2182	2207
		4125	4146
		6215	6224
		8291	8297
		12290	12356
		16420	16531
<b>VHF</b>	<i>Kaitiai Maritime Radio</i>	16	71
	<i>Whangarei Maritime Radio</i>	16	67
	<i>Auckland Maritime Radio</i>	16	71
	<i>Great Barrier Maritime Radio</i>	16	67, or other channel as arranged with MOC
	<i>Plenty Maritime Radio</i>	16	68
	<i>Runaway Maritime Radio</i>	16	71
	<i>Tolaga Maritime Radio</i>	16	67
	<i>Napier Maritime Radio</i>	16	68
	<i>Wairarapa Maritime Radio</i>	16	67
	<i>Wellington Maritime Radio</i>	16	71
	<i>Picton Maritime Radio</i>	16	68
	<i>Taranaki Maritime Radio</i>	16	67
	<i>D'Urville Maritime Radio</i>	16	67
	<i>Farewell Maritime Radio</i>	16	68
	<i>Westport Maritime Radio</i>	16	71
	<i>Greymouth Maritime Radio</i>	16	68
	<i>Fox Maritime Radio</i>	16	67
	<i>Fiordland Maritime Radio</i>	16	71
	<i>Puysegur Maritime Radio</i>	16	67
	<i>Kaikoura Maritime Radio</i>	16	67
<i>Akaroa Maritime Radio</i>	16	68	
<i>Waitaki Maritime Radio</i>	16	67	
<i>Chalmers Maritime Radio</i>	16	71	
<i>Bluff Maritime Radio</i>	16	68	
<b>Maritime Operations Centre (24 hours)</b>			
Telephone: 64-4-914 5663		Satcom C: 582-451-200-067	
Fax: 64-4-914 5520		Answer back: BCL Maritime	

For medical advice outside NAVAREA XIV, ships should contact the nearest radio communication station.

**11. Medical cabinet**

Medical cabinets should be fitted in a position that is dry and isolated from all sources of heat. Fittings, such as shelving, drawers, and racks within the cabinet, should be appropriate to the range of medical stores required to be carried by the ship. Where shelving is fitted, it should be arranged to facilitate the identification of medicines. Any dispensing counter or table should be made of material that can easily be kept clean. The cabinet should contain a space for *The Ship Captain's Medical Guide* or the *International Medical Guide for Ships*, (or any other approved guide) where these are required to be carried by Part 50. The medical guides, however, need not be carried in such a space if the master and the person in charge of ill and injured persons on board consider it to be more conveniently accessible on the bridge. Controlled drugs may be kept in the master's safe and any drugs requiring refrigeration in the master's fridge provided these meet the security and storage arrangements for medical cabinets containing controlled drugs as set out in regulation 28 of the Misuse of Drugs Regulations 1977. These requirements are reproduced in annex 2 to this circular.

Requirements for ships' hospitals are set out in *Part 51 – Crew Accommodation*.

**12. Record of medical treatment**

Under Part 50 (rule 50.18), a record of medical treatment must be completed for any person receiving treatment on board ships carrying scale 3 or 4 medical stores. The form of the record is at Appendix 4 of Part 50. This may be adapted as appropriate for ships not engaged in international voyages. Where the patient is not a seafarer, the entries relating to employment should be disregarded. Forms are only required to be carried on board where ships are engaged in voyages of greater than 72 hours in duration.

While the recording of instances of medical treatment as defined in rule 50.2 is mandatory under rule 50.18, the master, ship's medical practitioner, or other person in charge of ill and injured persons on board, should not hesitate to



complete the form in the case of any first-aid or other treatment which they consider prudent to record.

In the case of ships not required to carry medical report forms, it is good practice, but not a requirement, to record all cases of on board medical treatment.

### **13. Insecticides**

The specific compounds carried on board should enable control of flies, cockroaches, lice, bedbugs, fleas, and pests in stored products (cockroaches, beetles, moths, ants, mites, silverfish, and springtails). Chemicals to control mosquitoes must be carried on ships trading to areas where mosquitoes pose a risk to human health.

The *International Medical Guide for Ships* or *The Ship Captain's Medical Guide* should be consulted for advice on appropriate chemical regimes for the control of various pests. Advice on insect infestation is also provided in the *IMO Recommendations on the Safe Use of Pesticides in Ships*. The 1996 revision of these recommendations is incorporated in the *Supplement to the International Maritime Dangerous Goods Code. (Amendment No. 30-00)*.

### **14. Approval to carry inspections of medical stores**

Rule 50.17(1)(a) requires the inspection of scale 3 and 4 medical stores on board New Zealand by a pharmacist, a registered nurse conversant with the use of medical stores on board ships or by a person approved by the Director. Rule 50.17(2) indicates that the Director must be satisfied that the person approved to carry out inspections is conversant with the use of medical stores on board ships and the requirements of Part 50.

The Director has determined that an application for approval to carry out inspections must:

- be in writing addressed to the Director of Maritime Safety

- state that the application is in respect of approval under rule 50.17(2) of Part 50 of the maritime rules to carry out, under rule 50.17(1)(a), inspections of scale 3 and 4 medical stores on board New Zealand ships
- include a completed application form (copies of the form of declaration are available on request from the Operations Division, Maritime Safety Authority Head Office at PO Box 27006, Wellington)
- outline the professional training, qualifications and the relevant professional experience of each applicant. An applicant meeting the definition of "qualified paramedic" in rule 50.2 and who is conversant with the use of medical stores on board ships and the requirements of Part 50 would generally be considered to have the appropriate training, qualifications and experience
- include copies of applicant qualifications
- outline the activities of the organisation in which the applicant works
- provide names and contact details of two referees (for each applicant) outside the organisation in which the applicant is currently employed.

## **15. Summary of Part 50 requirements**

A summary of Part 50 requirements is shown in the table at annex 3 to this circular.

## Annex 1

### Extract from Regulation 28 of the Misuse of Drugs Regulations 1977

#### R. 28. Custody of Controlled Drugs

- (1) Subject to subclause (4) of this regulation, and to any conditions that may be imposed under regulation 3 or regulation 19 of these regulations, every person in possession, for the purposes of sale, or in the course of any profession, or in the course of carriage, or for the purposes of use in any ship, aircraft, or motor vehicle, of a controlled drug that is not required for immediate use shall –
  - (a) Keep it in a locked cupboard, or a locked compartment, that is constructed of metal or concrete or both, and that, in the case of any cupboard or compartment installed in a building after the commencement of these regulations, is of an approved type; and
  - (b) Ensure that the cupboard or compartment is securely fixed to, or is part of, the building, ship, aircraft, or vehicle within which the controlled drug is kept for the time being; and
  - (c) Ensure that the key of the cupboard or compartment is kept in a safe place when not being used. Where the building, ship, aircraft, or vehicle within which the controlled drug is kept for the time being is left unattended, that safe place shall not be within that building, ship, aircraft, or vehicle.

Provided that this paragraph shall not apply if the cupboard or compartment is fitted with a combination lock and is of an approved type.

- (2) In paragraph (a) and paragraph (c) of subclause (1) of this regulation “approved type” means a type that, at the date of installation, has, for the time being been approved by the Medical Officer of Health after consultation with such member of the Police as may be charged at that date with the function of advising the Medical Officer of Health for the purposes of that paragraph.
- (3) Subject to subclause (4) of this regulation, no person in possession, in circumstances to which subclause (1) of this regulation applies, of a controlled drug that is kept for the time being within any building, ship, aircraft, or vehicle, shall leave that building, ship, aircraft, or vehicle unattended, unless he has taken all reasonable steps to secure that building, ship, aircraft, or

vehicle, and the part of it in which the controlled drug is kept, against unlawful entry.

(4) Nothing in this regulation shall apply with respect to –

(a) An exempted drug:<sup>+</sup>

(b) Any of the following preparations, namely:

Codeine phosphate syrup:

Codeine phosphate linctus:

Pholcodine linctus:

Pholcodine linctus, strong:

(c) A controlled drug that is contained in a first-aid outfit provided in accordance with a notice published under regulation 5 of the Shipping (Lifesaving Appliances) Regulations 1989<sup>#</sup>:

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<sup>+</sup> These drugs are listed in Part IV of the Third Schedule to the Act.

Allobarbitol

Amobarbitol

Buprenorphine

Butalbital

Butobarbitone

Cyclobarbitol

Glutethimide

Neobarbitone

Pentobarbitol

Secbutabarbitol

Secobarbitol

Vinylbital

<sup>#</sup> These regulations and notices expired on 1 February 2001.

- (d) Any controlled drug for the time being named or described in Part V of the Third Schedule to the Act.\*

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\* Alprazolam.  
Amfepramone  
Barbital  
Bromazepam  
Brotizolam  
Camazepam  
Chlordiazepoxide  
Clobazam  
Clonazepam  
Clorazepate  
Clotiazepam  
Cloxazolam  
Delorazepam  
Diazepam  
Estazolam  
Ethchlorvynol  
Ethinamate  
Ethyl loflazepate  
Fludiazepam  
Flunitrazepam  
Flurazepam  
Halazepam  
Haloxazolam  
Ketazolam  
Loprazolam  
Lorazepam  
Lormetazepam  
Mazindol  
Medazepam  
Meprobamate  
Methylphenobarbital  
Methylprylon  
Midazolam  
Nimetazepam  
Nitrazepam  
Nordazepam  
Oxazepam  
Oxazolam  
Phenobarbital  
Phentermine  
Pinazepam  
Pipradrol  
Prazepam  
Spa  
Temazepam  
Tetrazepam  
Triazolam

## Annex 2

### Guide to the Use of Drugs

(To be used in conjunction with medical guides and radio medical advice)

Drug	Type of drug/uses	Dose/Route
<b>Cardiovascular</b>		
<i>Adrenaline injection</i>	Heart stimulant Anaphylactic shock	0.5 to 1.0ml by intramuscular injection
Side effects: Anxiety, tremor, high blood pressure, rapid irregular heart beat. Only use in severely ill, collapsed patients with loss of blood pressure/severe breathing problems		
<i>Glyceryl trinitrate spray</i>	Anti-angina (heart pain). Suspected heart attack or heart pain	1-2 sprays under tongue
Side effects: Throbbing headache, flushing, dizziness, faintness, low blood pressure.		
<i>Frusemide injection</i>	Diuretic. Swelling/fluid retention. Breathlessness due to heart failure.	2ml by intramuscular injection
Side effects: Few in short-term, low dose use.		
<i>Atenolol tablet</i>	Anti-hypertension (high blood pressure). May be useful for Angina.	1 50mg tablet once daily
Side effects: Tiredness, slow pulse, low blood pressure, heart failure.		
<b>Gastrointestinal</b>		
<i>Ranitidine tablets</i>	Relief of severe indigestion or heartburn.	1 150mg tablet twice daily
Side effects: Few at normal doses for short periods.		
<i>Prochlorperazine maleate tablets</i>	Anti-sickness drug for sickness due to ear problems (vertigo), drugs e.g. morphine.	1 3mg tablet under tongue twice daily
Side effects: Dry mouth, blurred vision, rapid pulse.		

Drug	Type of drug/uses	Dose/Route
<b>Gastrointestinal – continued</b>		
<i>Prochlorperazine mesylate ampoule</i>	Anti-sickness drug for sickness due to ear problems (vertigo), drugs e.g. morphine.	1 ampoule intramuscular injection
Side effects: Drowsiness, dry mouth, blurred vision. Avoid alcohol.		
<b>Analgesics and anti-spasmolytics</b>		
<i>Diclofenac tablets</i>	Anti-inflammatory painkiller suitable for most pain, especially joint and muscle pain.	1 100mg tablet once a day
Side effects: Stomach pains, nausea, wheeziness. Do not give if patient has stomach ulcer or Asthma.		
<i>Morphine sulphate injection</i>	Very strong painkiller for severe pain.	10mg (1amp) 4-6 hourly by intramuscular injection
Side effects: Nausea, vomiting, drowsiness, respiratory depression in overdose or if used inappropriately. Avoid in head injury and chest injury if possible.		
<i>Hyoscine N-butylbromide tablet</i>	Anti-sickness and dizziness medication, especially suitable for motion (sea) sickness.	2 10mg tablets 4 times a day
Side effects: Drowsiness, blurred vision, dry mouth, retention of urine.		

Drug	Type of drug/uses	Dose/Route
<b>Nervous system</b>		
<i>Diazepam tablet</i>	Anti-anxiety, sedation medication. Can help with muscle spasm in injury and low back pain.	1 tablet 4 hourly up to 30mg a day
<i>Diazepam injection ampoule</i>		5-10mg by intramuscular injection 4 hourly up to 30mg a day
Side effects: Drowsiness, light headedness, confusion, headache, respiratory depression. Avoid with strong painkillers.		
<i>Meclozine tablet</i>	Anti-sickness medication, especially suitable for motion (sea) sickness.	Follow instructions on packaging
Side effects: Drowsiness. Avoid alcohol and sedatives.		
<i>Prochlorperazine mesylate ampoule</i>	Anti-sickness medication for nausea and vomiting due to drugs e.g. morphine.	1 ampoule by intramuscular injection
Side effects: Nasal congestion, dry mouth. Avoid alcohol.		
<i>Diazepam rectal tube</i>	Anti-epileptic medication used to control fits.	10mg into the rectum up to maximum of 2 doses
Side effects: Drowsiness, light headedness, confusion, headache, respiratory depression. Avoid with strong painkillers.		
<b>Anti-allergics and anti-anaphylactics</b>		
<i>Loratadine tablet</i> or <i>Cetirizine tablet</i>	Anti-allergy medication useful in controlling itching rashes and hay fever-like symptoms.	1 tablet once daily only
Side effects: Drowsiness and slowed reactions.		



Drug	Type of drug/uses	Dose/Route
<b>Anti-allergics and anti-anaphylactics – continued</b>		
<i>Promethazine ampoule</i>	Long acting anti-allergy drug. May also be used to stop vomiting due to severe seasickness, to induce sleep and as a tranquilizer.	1 to 2mg by intramuscular injection
Side effects: Drowsiness and slowed reactions. Avoid alcohol.		
<i>Hydrocortisone vial</i>	Anti-allergy corticosteroid for serious allergies causing severe symptoms or collapse.	100mg by intramuscular injection, 8 hourly if repeated
Side effects: Few for single dose or short course.		
<i>Prednisone tablet</i>	Anti-allergy steroid and essential treatment for acute asthma.	5-20mg once daily; more in severe asthma
Side effects: Few for single dose or short course.		
<b>Respiratory system</b>		
<i>Beclomethasone inhaler</i>	Corticosteroid taken by inhalation for prevention of asthma attacks.	100mcg (1 puff) 3-4 times a day
Side effects: Few in correct dose for short periods.		
<i>Salbutamol inhaler with spacer e.g. Volumatic</i>	Anti-bronchospasm (wheeze) drug used to relieve asthma and allergic wheezing.	200mcg (1 puff) 3-4 times a day

Drug	Type of drug/uses	Dose/Route
<b>Anti-infection</b>		
<i>Amoxicillin/clavulanic acid tablet</i>	A penicillin type antibiotic for serious infections, including chest and urinary tract	1 500mg tablet 3 times a day for severe infections. 250mg 3 times a day for other infections
Side effects: Do not give to patients allergic to Penicillin.		
<i>Doxycycline capsule</i>	Antibiotic useful for sexually transmitted diseases and sinusitis.	1 100mg capsule once a day
Side effects: Nausea, vomiting, diarrhoea, rashes, and headache.		
<i>Erythromycin tablet</i>	General purpose antibiotic, useful in penicillin allergic patients.	250-500mg 6 hourly
Side effects: Nausea, diarrhoea, abdominal pain, rashes, and allergic reaction. Care when used in Penicillin allergic patients.		
<i>Trimethoprim tablet</i>	Antibiotic useful for treating urinary tract infection and bronchitis.	300mg twice daily
Side effects: Nausea, vomiting, diarrhoea, and rashes.		
<i>Mebendazole tablet</i>	Anti-parasite drug for treatment of gut infestations e.g. threadworms.	100mg single dose
Side effects: Rare.		
<i>Metronidazole tablet</i>	Antibiotic and anti-protozoal e.g. trichomonas and amoebic infections. Useful in gut related infections.	1 400mg tablet 8 hourly
Side effects: Nausea, vomiting, unpleasant taste, and rashes. Avoid alcohol.		

Drug	Type of drug/uses	Dose/Route
<b>Anti-infection</b>		
<i>Adult tetanus – diphtheria vaccine</i>	For protection against tetanus infection either in unprotected persons or as a booster after injury.	1 ampoule by intramuscular or deep subcutaneous injection
Side effects: Rare if not had vaccine for more than one year. Not required if vaccinated within ten years.		
<b>Medicines for external use</b>		
<i>Malathion cream shampoo</i>	Anti-parasitic for treatment of lice in scalp and pubic regions.	Follow instructions on packaging
Side effects: Rare		
<i>Permethrin dermal cream</i>	Anti-parasitic for treatment of scabies.	Follow instructions on packaging
Side effects: Skin discomfort, usually mild and transient.		
<i>Clotrimazole cream or equivalent<sup>1</sup></i>	Antifungal agent for treatment of vaginal yeast and fungal infections.	Follow instructions on packaging
Side effects: Occasionally itching, burning, skin irritation.		

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<sup>1</sup> For example, Miconazole, or Econazole, or Terbinafine.

<b>Medicines for external use – continued</b>		
<b>Drug</b>	<b>Type of drug/uses</b>	<b>Dose/Route</b>
<i>Tioconazole vaginal ointment with applicator</i>	Antifungal for treatment of vaginal infections.	Follow instructions on packaging
Side effects: Local irritation.		
<i>Hydrocortisone cream</i>	Anti-inflammatory weak steroid cream. Useful in eczema type rashes, allergic rashes, bites etc.	Apply to affected area sparingly not more than three times a day
Side effects: Encourages spread of infection. Do not apply to broken skin or rashes due to skin infection e.g. ringworm.		
<i>Triamcinolone acetonide cream or ointment</i>	Anti-inflammatory steroid with anti-fungal and local anaesthetic cream. Useful in haemorrhoids, pruritus ani.	Applied to affected area sparingly not more than four times a day
Side effects: Transient burning, sensitivity.		
<i>Silver sulphadiazine cream</i>	Anti-bacterial cream for protection against infection in burns.	Applied to burn in burn bag, under dressing or alone. Cleaned off at dressing changes and re-applied
Side effects: Allergic reactions, burning, itching. Unusual.		

<b>Medicines for external use – continued</b>		
<b>Drug</b>	<b>Type of drug/uses</b>	<b>Dose/Route</b>
<i>Chloramphenicol eye ointment</i>	Antibiotic	Instill 1.5cm into affected eye every 3 hours
Side effects: Eye irritation. Can cause allergic reaction in some patients.		
<i>Framycetin ointment</i>	General purpose antibiotic eye ointment for eye infections and protection against infection after removal of foreign bodies etc.	Instill into affected eye 3-4 times a day
Side effects: Unusual but can cause eye irritation.		
<i>Amethocaine eyedrops</i>	Local anaesthetic drops for eye. Useful for numbing eye before removing foreign bodies and for acute pain.	Instill 1-2 drops into affected eye. Do not use repeatedly.
Side effects: Rare if used one off. Care to avoid eye injury whilst numbed.		
<i>Pilocarpine eyedrops (for use on specialist advice only)</i>	Drops to constrict the pupil, used to treat raised pressure in the eye (glaucoma).	Instill 2 drops 3-6 times a day
Side effects: Blurred vision and headache.		
<i>Framycetin ear drops with dropper</i>	Antibacterial	Instill 4 drops 4 times daily
Side effects: Allergic reaction		
<i>Ethyl chloride liquid spray</i>	Freezing agent used as a local anaesthetic. Literally freezes small areas for very short procedures	Spray from some cms away until area required is frozen
Side effects: Inflammable, and may damage tissue. Use sparingly and with care.		

<b>Medicines for external use – continued</b>		
<b>Drug</b>	<b>Type of drug/uses</b>	<b>Dose/Route</b>
<i>Lignocaine ampoules for injection</i>	Local anaesthetic injection for numbing small wounds for treatment.	Inject around wound edges, 2-5mls usually sufficient, no more than 20mls in an adult
Side effects: Fits, heart problems in over-dosage.		
<i>Lignocaine jelly or gel</i>	Local anaesthetic for mouth and gum sores/ulcers.	Apply to affected area sparingly as required
Side effects: Nil in normal use.		
<b>Reproductive system – only required if ship has seafarer(s) of childbearing age on board</b>		
<i>Levonorgestrol with Ethinyloestradiol tablet</i>	Emergency contraception	2 tablets taken as soon as possible after intercourse (maximum 72 hours), 2 tablets 12 hours later
Side effects: Nausea, vomiting, breast discomfort, headache, and disturbance of menstrual bleeding.		
Ergometrine 500mcg injection with Oxytocin 5 units in 1ml	Anti-haemorrhage drug used immediately after delivery of baby or for bleeding after miscarriage.	1ml (1 ampoule) by intramuscular injection <b>single dose</b>
Side effects: Nausea, vomiting, headache, dizziness, and abdominal pain.		

Annex 3

Summary of Part 50 Requirements

Operating limits	Scale 4	Scale 3	Scale 2	Scale 1
Restricted				•
Coastal		• 30-45m ≥ 12 seafarers > 4 weeks at sea • ≥ 45m	• 24-30m • 30-45m < 12 seafarers ≤ 4 weeks at sea	• < 24m
Offshore		• ≥ 24m	• < 24m more than 100 miles from the coast	• < 24m not more than 100 miles from the coast
Unlimited	•			

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