

TEST YOURSELF STOMACH & INTESTINES

Structure of pamphlet

Test your own knowledge on the subject STOMACH & INTESTINES - solve a few assignments.

Find background knowledge in "Medical Guide for Seafarers" pp 171-180 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**

**DANISH MARITIME
AUTHORITY**

Centre of Maritime Health
Service
Vestervejen 1
DK 6720 Fanø

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You may want to read chapter 24 in “Medical Guide for Seafarers”.

Assignment 1

How do you divide stomach region (into smaller areas) when you examine and later send the results to Radio Medical Denmark?

Assignment 2

Which questions would be relevant to ask a person, who approaches you with pain in stomach region?

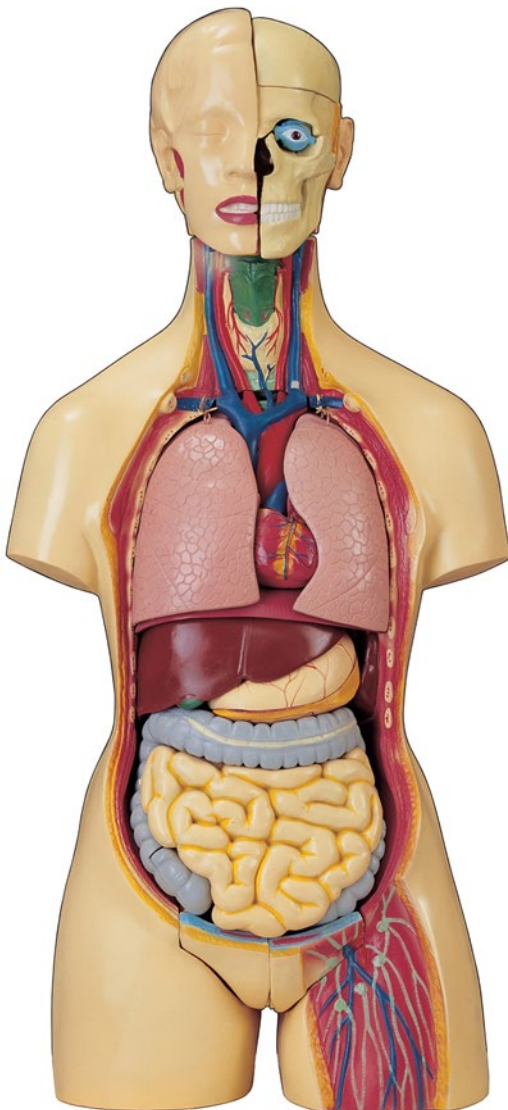
Assignment 3

What are the symptoms of gastric ulcer or peptic ulcer problems?

What are the symptoms of gallstones?

What are the symptoms of kidney stones?





Did you know ?

Illnesses in the in the intestinal system often start with pain in in some part of the stomach. Symptoms vary, depending on which organs are affected.

The patient may describe the pain in many different ways, and the pain may appear with different intensity, at different times or intervals.

How much the general condition is affected, indicates how serious the situation is.

Collect as much data as possible on the progress of symptoms and pain.

Consult "Medical Guide for Seafarers", and ask the listed questions.

Practical, how to do:

Position patient as he feels most comfortable.

Fill in "Radio Medical Record", including vitals and answers to the questions from "Medical Guide for Seafarers". Provide mental support.

NOTE: Do not give any painkillers before contact to **Radio Medical Denmark.**

Answers to the assignments:

Assignment 1

How do you divide stomach region (into smaller areas) when you examine and later send the results to Radio Medical Denmark?

Divide stomach region into 4 quadrants by 2 lines, at a 90° angle, with belly button as center.

Assignment 2

Which questions would be relevant to ask a person, who approaches you with pain in stomach region?

- Location of pain?
- Intensity of pain?
- Does the pain radiate in any direction?
- Is the pain constant or intermittent?
- Is the pain worse when you move?
- Are you running a fever?
- Do you experience nausea?
- Did you vomit (when, how much)?
- Do you experience diarrhea, constipation or problems when urinating?
- Did you pass stools or gas (farted) within the last 24 hours?
- Did you ever experience anything similar in the past?
- Did you ever have any abdominal surgery?
- Do you take any medicine?
- Do you have any kind of allergy?

Assignment 3

What are the symptoms of gastric ulcer or peptic ulcer problems?

Symptoms of gastric ulcer are: Heartburn, acid indigestion, and pain in upper part of abdomen. In case of regular stomach ulcer, the pain tends to be severe and vomit with blood content and black stools may appear.

What are the symptoms of gallstones?

Symptoms of gallstones are: Pain in upper right quadrant of stomach region, often radiating to back or right shoulder. Pain may be associated with nausea and vomiting. After some time the patient may also experience fever and yellow eyes and skin.

What are the symptoms of kidney stones?

The symptoms of kidney stones are: Pronounced pain in relevant flank, radiating towards groin area or scrotum. Pain is often accompanied by nausea and vomiting. There may be blood in urine (also in small amount, not visible to the eye, but detectable with a dipstick)