



TEST YOURSELF CONTROL DOCUMENT

Structure of pamphlet

Test your own knowledge on the subject CONTROL DOCUMENT- solve a few assignments.

Find background knowledge in "Inventory, Control Document and User Instructions".

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

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**Find information in:
Inventory, Control Document and
User Instructions”**

Assignment 1

Which are the names of the 3 parts of the
“Control Document”?

1. _____
2. _____
3. _____

Assignment 2

Which types of diseases and symptoms
do you treat with medicine from groups
7, 8 and 12?

Assignment 3

What is meant with the term: “Active
Pharmaceutical Ingredients”?

Assignment 4

If your supplier of medicine is not able to
supply the medicine specified in the
Control Document, where will you find
alternatives?

In this case, do you need to ask for an
exemption?

Assignment 5

In this case, do you need to ask for an
exemption?

Grp. 4. Midler mod allergi, shock og søsyge

Allergisk shock	4.1	Lægemiddelstof:	Adrenalin.
		Form:	Injektionsvæske 1 mg/ml, ampuller à 1 ml til intramuskulær injektion.
		Virkning:	Øger pulsen, hjertets pumpekraft og blodtrykket. Sammenækning af blodkar. Virker 2 - 5 minutter efter intramuskulær injektion. Omsættes meget hurtigt. Halveringstiden i blodet er 2 - 3 minutter.
		Dosering:	Omgående (voksne): 0,6 mg (godt en halv ampul) dybt intramuskulært. Kan eventuelt gentages, hvis virkningen udebliver.
		Bivirkninger:	Blodtrykstigning, hurtig puls, rysten og svimmelhed.
		Holdbarhed:	2 år fra produktionsdato (Adrenalin® DAK), hvis opbevaret ved 2-8 °C. 6 måneder fra produktionsdato (Adrenalin® DAK), hvis opbevaret under 25 °C.
		Opbevaring:	Opbevares køligt og mørkt.
Allergisk shock	4.1	Active pharmaceutical ingredients:	Epinephrine.
		Form:	Injection liquid, 1 mg/ml, ampoules of 1 ml for intramuscular injection.
		Effect:	Increases the pulse, the pumping power of the heart, and the blood pressure. Contraction of blood vessels. Takes effect 2-5 minutes after intramuscular injection. Transformed very quickly. The half-life in the blood is 2-3 minutes.
		Dosage:	Immediately (adults): 0.6 mg (about half an ampoule) given deep intramuscular. May be repeated if the effect is insufficient.
		Side-effects:	High blood pressure, rapid pulse, shivering, and dizziness.
		Validity:	2 years from the date of production (Adrenalin® DAK), if stored at 2 °C - 8 °C or 6 months if stored less than 25 °C.
		Storage:	To be stored in a cool and dark place.
Remarks:	Consult <i>Radio Medical</i> . Potentially fatal if used to treat shock caused by loss of blood or fluid.		

The medicine chests A and B are divided into 16 different groups of medicine. Before you administer medicine, read "User Instructions" and find information on: Indications, form, effects, dosage, side-effects, validity, storage and possible remarks.

Did you know ?

Crewmembers have the right to bring their own medicine – provided they still have a valid Health Certificate for Seafarers and Fishermen.

It is mandatory to register Crewmembers own medicine in the ship's "Inventory, Control Document and User Instruction" The registration should include:

- Name of medicine.
- Amount of medicine.
- Name of crewmember.
- Date in.
- Signature/if applicable for medicine received.
- Date out.

The individual crewmember is responsible for registration of any medicine that he carries.

It is NOT the responsibility of the person in charge of medical care to register the medicine.

Answer to assignments:

Assignment 1

Which are the names of the 3 parts of the "Control Document"?

1. User Instruction – medicine.
2. Inventory and Control Document – medicine.
3. Inventory and Control Document – Medical Equipment.

Assignment 2

Which types of diseases and symptoms do you treat with medicine from groups 7, 8 and 12?

Group 7: Infections

Group 8: Malaria

Group 12: Stomach and intestinal diseases

Assignment 3

What is meant with the term: "Active Pharmaceutical Ingredients"?

Name of medicine as opposed to brand name.

Assignment 4

If your supplier of medicine is not able to supply the medicine specified in the Control Document, where will you find alternatives?

Find the alternative list at:

[www.dma.dk/seafarers and manning/
person in charge of medical care/download
medicine chest](http://www.dma.dk/seafarers%20and%20manning/person%20in%20charge%20of%20medical%20care/download%20medicine%20chest)

In this case, do you need to ask for an exemption?

If the medicine you are looking for is not on the alternative list, and your supplier cannot supply from the alternative list, you need to apply for an exemption at: cms@dma.dk

Assignment 5

On which page in the Control Document do you find the labels for the medicine?

"Inventory, Control Document and user Instructions Category A – MFAG A1": p 79