



TEST YOURSELF CUTS & WOUNDS

Structure of pamphlet

Test your own knowledge on the subject CUTS & WOUNDS - solve a few assignments.

Find background knowledge in "Medical Guide for Seafarers" pp 115-120 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

May 2020

You may want to read Chapter 16 in “Medical Guide for Seafarers” and watch video number 14.

Assignment 1

Which information will you give Radio Medical Denmark about a wound/cut?

Assignment 2

How (with which ingredient) do you disinfect instruments prior to stitching?

Assignment 3

How close to the edge of the wound should you place the suture?

Assignment 4

How far apart should you position each suture?

Assignment 5

With which types of wounds are you allowed to use adhesive suture (=glue)?



In case of severe bleeding the proper first aid is, to lay down the patient, keep the bleeding body part above heart level and stop the bleeding – if possible with a bandage.



Learn how instruments are cleaned in: "Medical Guide for Seafarers" pp 29-30.

Did you know ?

7.10 Tetanus Vaccine is valid for 10 years - provided you had your childhood vaccination/x3.

If the casualty is in doubt whether he has a valid vaccination or not – you may vaccinate him, even after less than 10 years.

Always ask Radio Medical Denmark whether to give vaccination or not.

Remember

The D.2 Dermabond®, Adhesive suture (=glue) needs to go on top of skin – not inside wound; nor in eyes or on wet surfaces.

Always consult Radio Medical Denmark before you stitch or glue wounds.

If you send a picture of the wound to Radio Medical Denmark, it is much easier for them to guide you as to treatment.

Answers to the assignments:

Assignment 1

Which information will you give Radio Medical Denmark about a wound/cut?

- Where on the body is the wound?
- How and when did it happen?
- Has the bleeding stopped?
- Dimensions of wound?
- Any foreign elements in the wound?
- Suspicion of damage to tendons, nerves, larger blood vessels or bones?
- Any missing skin?
- Does the person take any medicine/have any allergies?
- Does the person have a valid tetanus vaccination?

Assignment 2

How (with which ingredient) do you disinfect instruments prior to stitching?

11.1 Chlorhexidine 0.5% in 85 % ethanol

Assignment 3

How close to the edge of the wound should you place the suture?

Approximately 1 cm.

Assignment 4

How far apart should you position each suture?

Approximately 1 cm.

Assignment 5

With which types of wounds are you allowed to use adhesive suture (=glue)?

- Wounds, no more than 2 cm long, provided edges are not gaping.
- Smaller cuts with no bleeding (e.g. scalp).