

Your Offshore Doctor: A Manual of Medical Self-Sufficiency at Sea (Paperback)



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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Aboard a sailboat or power vessel at sea, professional medical care is often unavailable. A crew member must act as the ship's physician and this manual describes in a step-by-step format how to evaluate an illness or injury and proceed with appropriate treatment. A variety of situations is discussed, including first aid, CPR, burns, fish poisoning, chest and abdominal pain and extremity trauma. A chapter on Procedures illustrates various medical techniques. This updated, third edition of Your Offshore Doctor also has sections about mosquito-borne illnesses such as malaria, chikungunya, and dengue, as well as a discussion about how to stay healthy and maintain fitness. Popular in previous editions, there is an updated, revised list of the contents of a comprehensive medical kit as well as an explanation of adult dosages of common medications. Dr. Beilan is a knowledgeable cruiser who in 2017 completed a 10 year circumnavigation aboard his 43 sailing vessel and has years of experience both afloat and as an Emergency and Primary Care Physician.

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