ANORECTAL EMERGENCIES AT SEA

THE ROLE OF THE SHIP'S SURGEON

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Heritage Expeditions
THE RULES OF ENGAGEMENT

• Aim: See the natural world to its best advantage
• Rule: Do this as safely as possible
• Equipment is basic but safe and up to date
• Confidentiality impossible if there is a crisis
• The master’s word is paramount.
• Seasickness not the biggest issue
• But the conditions that cause seasickness are
AT SEA

- It can be rough
- It can be smooth
- It can be very cold
- We eat well
- Resources are limited
- Some of our passengers are quite senior!

AND

- Ambient low humidity
• Ambient low humidity
• Anti-cholinergic medication for seasickness
• Limited exercise
• Insufficient fluids of the right sort
• Too much (occasionally) of the wrong sort
• Totally new living environment

ALL LEAD TO A TENDENCY TO CONSTIPATION

THE RULES OF ENGAGEMENT
• No fees
• You pay for what is used.
• All consultations in the surgery
• Or the cabin
• Crew are frequent users of service
• Russian helps!!

DIAGNOSIS
• This is the easy bit.
• “The Big Three”
• Hemorrhoids
• Sepsis
• Fissure-in-ano
• Management a bit more difficult in the expedition environment
MANAGEMENT

- FISSURE
- Diltiazem Ointment
- Salt baths

MANAGEMENT

- SEPSIS
- Topical anaesthesia
- Drainage
- Dressings
- Referral
MANAGEMENT

- ACUTE HEMORRHOID PROBLEMS
- Perianal Haematoma – evacuation of clot LA
- Irreducibility – perineal block
- GENTLE anal dilatation
- Reduction
- Ice packs
- Bed rest

GOOD FRIENDS!
<table>
<thead>
<tr>
<th>SUMMARY</th>
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<tr>
<td>• Acute ano-rectal problems are a risk of expedition cruising.</td>
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<td>• Passenger education is important</td>
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<td>• You need to take charge of that</td>
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<tr>
<td>• General and special skills are required</td>
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<tr>
<td>• You need to know your place!</td>
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<td>• Diplomacy helps</td>
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