



Avoid Costly Mistakes:
Safety & Health at Sea
and Beyond

Health tips at sea:

- Medications – take all prescribed RX, assure enough for entire trip with 1-2 weeks extra. This includes insulin! Do not abruptly stop any medication.
- Do not ignore symptoms – severe headaches, numbness/tingling in arms/jaw/back, new onset weakness in one or more extremity, severe abdominal pain, swelling in any area not caused by injury
- Wash your hands as frequently as possible!
- Stay hydrated – good diet choices
- Smoking cessation
- Exercise – cardiovascular
- Follow all safety rules and regulations



Injury or Illness

- Once crewmember is sent ashore – plan discharge/repatriation on admission
- Good decision making re: repatriation of crewmember. Hiring professional medical transport vs. sending another crewmember to accompany
- Costly additional hospital stay
- Higher airline fares for urgent travel needs
- Not all crewmembers can transit all countries to return home
- If crewmember accompanies – what is their medical knowledge? Liability for shipowner?
- MD or RN from receiving country – experience, cultural issues, MD and tasks, liability issues

Good Decision Making In Repatriations:

- What is the injury or illness of the crewmember?
- Is the accompanying crewmember medically capable?
- Needs during travel?
- Cost to shipowner?
- Do you require a medical escort?
- Suicide attempts, psychiatric issues – bipolar, heart attack, neurological changes, respiratory changes?
Falls. Recognize decompensation, side effects from drugs
- TSA/immigration clearance
- Administration of medications/treatments, toileting
- Loss of manpower, liability risk

Choosing A Medical Escort:

- safety record
- Multicultural understanding
- Knowledge and experience with FAA regulations – approved equipment
- Airport and immigration dynamics
- Reputation and working relationship with airlines and government entities
- Visas
- Dedicated travel department?
- Detailed itemization – unbundled costs?

How is Flying Nurses International different:

- 100% safety record
- Transported to >96 countries (multiple entries to India, China, Philippines, Ukraine, etc)
- Equipment owned by FNI (no wait time for rental equipment)
- Well traveled, seasoned nurses – specific flight physiology training
- Excellent reputation and working relationship with airlines and government entities such as consulates, embassies, etc.
- Our flight nurses hold visas to many countries to be proactive in time constraints of travel
- knowledgeable in multi-country transits

Unbundled cost estimate: know what you are paying for

- Cost of flight nurse and administrative costs
- Crewmember airfare
- RN airfare (includes coach outbound to patient, 1st or business class flight with patient, and coach return flight home)
- Ground transportation – departure and arrival
- RN lodging
- RN per-diem
- Other – portable oxygen concentrator, suction, specialized wheelchair
- **stretcher, psychiatric, cardiac, respiratory, orthopedic, neurological