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Applicable to: This circular should be brought to the attention of ship-owners, ship managers, operators and masters of Vanuatu-registered ships.

## RE: MEDICAL LOCKER CARRIAGE RECOMMENDATIONS

In association with Sphere MD the Administration has created the following recommended carriage list for on board Medical Lockers. At this time the Administration does not have any strict carriage requirements, but allows the owners to place on board what is required dependent upon vessel routing, service, distance and time to shoreside medical assistance, and availability of material.

**Instructions:** Review the contents of your medical locker and record your on-hand quantities below. The difference between the amounts per 20 crew minus your on-hand quantities will leave you with the amount of medication or supplies you need to order.

**Example:** If my medical locker currently has 50 2mg tabs of Loperamide and 5 100mg tabs of Mebendazole, I would fill in the on-hand column as below.

|    | Medications | Dosage or size | Also known as | Amount per 20 crew | On hand | To order |
|----|-------------|----------------|---------------|--------------------|---------|----------|
| 29 | Loperamide  | 2mg tabs       | Imodium       | 60                 | 50      | 10       |
| 30 | Mebendazole | 100mg tabs     | Vermox        | 10                 | 5       | 5        |

After subtracting my on-hand quantities from the amount per 20 crew required, I am left with the quantities I need to order. Since the medical locker standards requires 60 2mg tabs of Loperamide and 10 100mg tabs of Mebendazole, I now know I need to order 10 2mg tabs of Loperamide and 5 100mg tabs of Mebendazole to ensure compliance.

**World Health Organization's 3<sup>rd</sup> Edition Medical Locker Standards**

|   | <b>Medications</b>             | <b>Dosage or size</b>         | <b>Also known as</b> | <b>Amount per 20 crew</b> | <b>On hand</b> | <b>To order</b> |
|---|--------------------------------|-------------------------------|----------------------|---------------------------|----------------|-----------------|
| 1 | Acetylsalicylic Acid           | 300mg tab<br>100s             | Aspirin              | 200                       |                |                 |
| 2 | Aciclovir                      | 400mg                         | Acyclovir            | 35                        |                |                 |
| 3 | Amethocaine<br>0.5% ophthalmic | single use vial,<br>1ml       | Tetracaine HCl       | 20                        |                |                 |
| 4 | Amoxicillin+<br>Clavulanate    | 875mg/125mg<br>tabs           | Augmentin            | 30                        |                |                 |
| 5 | Artemether                     | 80mg/1ml<br>ampoule           | Larither             | 5                         |                |                 |
| 6 | Artemether+<br>Lumefantrine    | 20mg/125mg<br>tabs            | Riamet               | 24                        |                |                 |
| 7 | Atropine sulfate<br>injection  | 1.2mg/ml, 1ml<br>ampoules 10s |                      | 10                        |                |                 |
| 8 | Azithromycin                   | 500mg tabs                    | Zithromax            | 3                         |                |                 |

|    | Medications  | Dosage or size                 | Also known as       | Amount per 20 crew | On hand | To order |
|----|--|--------------------------------|---------------------|--------------------|---------|----------|
| 9  | Ceftriaxone  | 1g ampoule (powder)            | Rocephin            | 30                 |         |          |
| 10 | Cetirizine   | 10mg tabs                      | Zyrtec              | 30                 |         |          |
| 11 | Charcoal, activated                                      | 50g (powder)                   |                     | 1                  |         |          |
| 12 | Ciprofloxacin  | 250mg tabs                     | Cipro               | 40                 |         |          |
| 13 | Clove oil  | 20ml                           | Syzygium aromaticum | 2                  |         |          |
| 14 | Dexamethasone  | 4mg/ml ampoule                 | Decadron            | 5                  |         |          |
| 15 | *Diazepam  | 5mg, 100s tabs                 | Valium              | 2                  |         |          |
| 16 | Docusate with Senna                                      | 50mg/8mg (or equivalent)       | Coloxyl             | 20                 |         |          |
| 17 | Doxycycline hydrochloride                                | 100mg tabs                     | Vibramycine         | 20                 |         |          |
| 18 | Ethanol 70% hand cleanser gel                            | 250ml                          |                     | 2                  |         |          |
| 19 | Ethanol 70% liquid – instrument disinfectant             | 500ml                          |                     | 1                  |         |          |
| 20 | Epinephrine hydrochloride injection, 1:1000              | 1ml ampoules                   |                     | 20                 |         |          |
| 21 | Fluorescein sodium, ophthalmic(1%, on paper applicators) | strips or single use vials 1ml |                     | 20                 |         |          |
| 22 | Furosemide   | 10mg/ml, 4ml ampoule           | Lasix               | 1                  |         |          |
| 23 | Glucagon   | 1mg ampoule                    | Glucagen            | 1                  |         |          |
| 24 | *Haloperidol 5mg/ml Ampoule                              | 5mg/ml ampoule                 | Haldol              | 5                  |         |          |



|    | <b>Medications</b>                         | <b>Dosage or size</b> | <b>Also known as</b>   | <b>Amount per 20 crew</b> | <b>On hand</b> | <b>To order</b> |
|----|--|-----------------------|------------------------|---------------------------|----------------|-----------------|
| 25 | Hydrocortisone ointment 1% cream           | 30g tube              |                        | 4                         |                |                 |
| 26 | Ibuprofen                                  | 400mg coated tabs     | Advil                  | 100                       |                |                 |
| 27 | Isosorbide dinitrate                       | 5mg tabs              | Cedocard, Isordil      | 20                        |                |                 |
| 28 | Lidocaine HCl w/o Epinephrine injection 1% | 5ml ampoule           |                        | 12                        |                |                 |
| 29 | Loperamide                                 | 2mg tabs              | Imodium                | 60                        |                |                 |
| 30 | Mebendazole                                | 100mg tabs            | Vermox                 | 10                        |                |                 |
| 31 | Metoprolol                                 | 100mg tabs            | Toprol XL              | 60                        |                |                 |
| 32 | Metronidazole                              | 500mg tabs            | Flagyl                 | 500                       |                |                 |
| 33 | Miconazole 2% cream topical                | 30-60g tube           | Monistat               | 4                         |                |                 |
| 34 | *Midazolam                                 | 5mg/ml ampoule        | Versed                 | 5                         |                |                 |
| 35 | Misoprostol                                | 200mcg tabs           |                        | 3                         |                |                 |
| 36 | *Morphine sulfate injection                | 10mg/ml, 1ml ampoule  |                        | 20                        |                |                 |
| 37 | *Morphine                                  | 1mg/ml oral sol       |                        | 1                         |                |                 |
| 38 | Naloxone hydrochloride injection           | 0.4mg/ml, 1ml ampoule | Narcan                 | 6                         |                |                 |
| 39 | Omeprazole                                 | 20mg tabs             | Prilosec, Losec        | 30                        |                |                 |
| 40 | Ondansetron                                | 4mg tabs              | Zofran                 | 10                        |                |                 |
| 41 | Oral rehydration salts (powder)            | single use sachets    | Repolyte, Gastrolyte   | 10                        |                |                 |
| 42 | Oxymetazoline 0.5% nasal                   | drops or spray        | Drixine                | 5                         |                |                 |
| 43 | Paracetamol                                | 500mg tabs            | Tylenol, Acetaminophen | 200                       |                |                 |
| 44 | Permethrin 1% lotion                       | 250ml                 | Nix                    | 1                         |                |                 |
| 45 | Permethrin 5%                              | 250g                  | Elimite                | 1                         |                |                 |

|     | <b>Medications</b>                               | <b>Dosage or size</b>               | <b>Also known as</b> | <b>Amount per 20 crew</b> | <b>On hand</b> | <b>To order</b> |
|-----|--|-------------------------------------|----------------------|---------------------------|----------------|-----------------|
| 46  | Povidone 10% sol and 10% ointment                | 25-50g                              | Betadine             | 3                         |                |                 |
| 47  | Prednisone                                       | 25mg tabs                           |                      | 30                        |                |                 |
| 48  | Petroleum Jelly                                  | 50-100g                             | Vaseline             | 3                         |                |                 |
| 49  | Salbutamol aerosol inhaler unit                  | inhaler<br>0.1mg/dose               | Albuterol            | 2                         |                |                 |
| 50  | Sodium chloride infusion, 0.9%                   | 1 litre, or 2x 500ml plastic bottle | NaCl IV solution     | 5                         |                |                 |
| 51  | Tetanus Immunoglobulin (store at 2-8 degrees C)  | ampoule                             |                      | 1                         |                |                 |
| 52  | Tetanus toxoid vaccine (store at 2-8 degrees C)  | ampoule                             |                      | 1                         |                |                 |
| 53  | Tetracycline ear-drops, 1% tetracycline solution | 10ml dropper bottle                 | Cortisporin Otic     | 10                        |                |                 |
| 54  | Tramadol   | 50mg tabs                           |                      | 50                        |                |                 |
| 55  | Vitamin K  | 10mg/ml ampoule                     |                      | 2                         |                |                 |
| 56  | Water, sterile                                   | 5ml ampoule                         |                      | 30                        |                |                 |
| 57  | Zidovudine + Lamivudine                          | 300/150mg tabs                      | Combivir             | 60                        |                |                 |
| 58  | Zinc oxide 20% ointment                          | 30g tube                            |                      | 5                         |                |                 |
|     | * Captain's Safe                                 |                                     |                      |                           |                |                 |
|     | Medical Supplies                                 |                                     |                      |                           |                |                 |
|     | Resuscitation Equipment                          |                                     |                      |                           |                |                 |
| 1.1 | Oxygen cylinder                                  | 2 L/200bar                          |                      | 2                         |                |                 |

|     | <b>Medications</b>   | <b>Dosage or size</b> | <b>Also known as</b> | <b>Amount per 20 crew</b> | <b>On hand</b> | <b>To order</b> |
|-----|--|-----------------------|----------------------|---------------------------|----------------|-----------------|
| 1.2 | Pressure regulator unit and flow meter w/ tubes that also fit ship's industrial O2 |                       |                      | 1                         |                |                 |
| 1.3 | Disposable face masks: including simple and non-rebreather                         |                       |                      | 3                         |                |                 |
| 1.4 | Guedel airway (Mayo-tube)  | Medium                |                      | 1                         |                |                 |
| 1.4 | Guedel airway (Mayo-tube)  | Large                 |                      | 1                         |                |                 |
| 1.5 | Manual aspirator to clear upper airways, including 2 catheters                     |                       |                      | 1                         |                |                 |
| 1.6 | Ambubag (or equivalent) including masks  | Small                 |                      | 1                         |                |                 |
| 1.6 | Ambubag (or equivalent) including masks  | Medium                |                      | 1                         |                |                 |
| 1.6 | Ambubag (or equivalent) including masks  | Large                 |                      | 1                         |                |                 |
| 1.7 | Brook airway, Lifeway, pocket face mask or equivalent                              |                       |                      | 1                         |                |                 |
|     | Dressing Material & Suturing Equipment   |                       |                      |                           |                |                 |



|      | <b>Medications</b>                        | <b>Dosage or size</b>        | <b>Also known as</b> | <b>Amount per 20 crew</b> | <b>On hand</b> | <b>To order</b> |
|------|---|------------------------------|----------------------|---------------------------|----------------|-----------------|
| 2.1  | Adhesive dressings, water-resistant       | Assorted sizes               |                      | 200                       |                |                 |
| 2.2a | Gauze compresses, sterile                 | 5x5cm                        |                      | 100                       |                |                 |
| 2.2b | Gauze compresses, sterile                 | 10x10cm                      |                      | 100                       |                |                 |
| 2.3  | Gauze roll, nonsterile                    | 60cm x 100m                  |                      | 1                         |                |                 |
| 2.4  | Gauze dressing, non-adherent              | 10cm Square                  |                      | 100                       |                |                 |
| 2.5  | Gauze dressing, Vaseline, sterile         | 10x10cm square               |                      | 50                        |                |                 |
| 2.6  | Bandage gauze, tubular                    | 2cm x 5m rolled w/applicator |                      | 1                         |                |                 |
| 2.7  | Bandage, elastic fixation                 | 6cm x 4m                     |                      | 3                         |                |                 |
| 2.8  | Bandage, adhesive elastic                 | 6cm x 4m                     |                      | 10                        |                |                 |
| 2.9  | Bandage, compression (ambulance dressing) | sterile - Sm                 |                      | 2                         |                |                 |
| 2.9  | Bandage, compression (ambulance dressing) | sterile- Med                 |                      | 2                         |                |                 |
| 2.9  | Bandage, compression (ambulance dressing) | sterile- Lg                  |                      | 2                         |                |                 |
| 2.1  | Sling, triangular                         |                              |                      | 5                         |                |                 |
| 2.1  | Sheet, sterile, for burn victims          |                              |                      | 1                         |                |                 |

|     | <b>Medications</b>  | <b>Dosage or size</b> | <b>Also known as</b> | <b>Amount per 20 crew</b> | <b>On hand</b> | <b>To order</b> |
|-----|---|-----------------------|----------------------|---------------------------|----------------|-----------------|
| 2.1 | Silvadene   | 400g                  |                      | 1                         |                |                 |
| 2.1 | Skin closure, adhesive, sutureless, sterile                   | 5x1.25cm              | Steristrips          | 10                        |                |                 |
| 2.1 | Applicators, wood, cotton-tipped ends, sterile                | 2 mm x 15 cm          | 23024                | 100                       |                |                 |
| 2.2 | Safety-pin, rustless  |                       | 1603                 | 50                        |                |                 |
| 2.2 | Skin closure, adhesive, surgical, sterile (butterfly closure) | 6mm                   | 2481, SH4 10-1990    | 20                        |                |                 |
| 2.2 | Skin Adhesive, cyanoacrylate liquid                           | 0.5ml                 |                      | 2                         |                |                 |
| 2.2 | Sutures, absorbable w/ curved, non-traumatic needles          | Sutures 1-0           |                      | 10 ea                     |                |                 |
| 2.2 | Sutures, absorbable w/ curved, non-traumatic needles          | Sutures 3-0           |                      | 10 ea                     |                |                 |
| 2.2 | Sutures, absorbable w/ curved, non-traumatic needles          | Sutures 4-0           |                      | 10 ea                     |                |                 |



|       | Medications  | Dosage or size   | Also known as                  | Amount per 20 crew | On hand | To order |
|-------|--|------------------|--------------------------------|--------------------|---------|----------|
| 2.2   | Sutures, absorbable w/ curved, non-traumatic needles | Sutures 5-0      |                                | 10 ea              |         |          |
| 2.19a | Gloves, examination, non-sterile                     |                  |                                | 50                 |         |          |
| 2.19b | Gloves, surgical, sterile                            | 6.5              | 2D7255                         | 3 ea               |         |          |
| 2.19b | Gloves, surgical, sterile                            | 7.5              |                                | 3 ea               |         |          |
| 2.19b | Gloves, surgical, sterile                            | 8.5              |                                | 3 ea               |         |          |
| 2.2   | Eye pads   |                  |                                | 2-3                |         |          |
|       | Instruments  |                  |                                |                    |         |          |
| 3.1   | Disposable Scalpel                                   |                  | sterile                        | 20                 |         |          |
| 3.2   | Instrument box (stainless steel)                     |                  |                                | 1                  |         |          |
| 3.3   | Scissors   |                  | Operating, straight, stainless | 1                  |         |          |
| 3.4   | Scissors   |                  | Bandage, stainless             | 1                  |         |          |
| 3.5   | Forceps  |                  | Splinter, pointed, stainless   | 1                  |         |          |
| 3.6   | Forceps  |                  | Tissue, teeth, stainless       | 1                  |         |          |
| 3.7   | Needle holder  | 180mm, straight  | Mayo-Hegar                     | 1                  |         |          |
| 3.8   | Hemostat clamp                                       | 125mm, stainless | Halstead mosquito              | 3                  |         |          |
| 3.9   | Razors   |                  | Disposable type                | 50                 |         |          |
|       | Examination & Monitoring Equipment                   |                  |                                |                    |         |          |
| 4.1   | Tongue Depressors                                    |                  | Disposable                     | 100                |         |          |

|     | <b>Medications</b>                               | <b>Dosage or size</b> | <b>Also known as</b>  | <b>Amount per 20 crew</b> | <b>On hand</b> | <b>To order</b> |
|-----|--|-----------------------|-----------------------|---------------------------|----------------|-----------------|
| 4.2 | Urine analysis strips                            |                       | Reactive paper strips | 100                       |                |                 |
| 4.3 | Microscope slides                                |                       | Glass                 | 100                       |                |                 |
| 4.4 | Stethoscope                                      |                       |                       | 1                         |                |                 |
| 4.5 | Blood pressure set                               |                       | Sphygmomanometer      | 1                         |                |                 |
| 4.6 | Thermometer                                      |                       | Oral, digital         | 1                         |                |                 |
| 4.7 | Thermometer                                      |                       | Rectal, digital       | 1                         |                |                 |
| 4.8 | Thermometer                                      | 32-34 deg             | Hypothermic           | 1                         |                |                 |
| 4.9 | Penlight + blue cover                            |                       |                       | 1                         |                |                 |
| 4.1 | Waterproof marker                                |                       |                       | 1                         |                |                 |
| 4.1 | Magnifying glass                                 | a x 8 loupe           |                       | 1                         |                |                 |
|     | Injection, Infusion, & Catheterization Equipment |                       |                       |                           |                |                 |
| 5.1 | Syringe, sterile, disposable                     | 2ml, luer             |                       | 50                        |                |                 |
| 5.2 | Syringe, sterile, disposable                     | 5ml, luer             |                       | 50                        |                |                 |
| 5.3 | Hypodermic needles                               | 25g x 16mm            |                       | 20                        |                |                 |
| 5.4 | Hypodermic needles                               | 25g x 25mm            |                       | 20                        |                |                 |
| 5.5 | Hypodermic needles (for drawing up)              | 18g x 25mm            |                       | 20                        |                |                 |
| 5.6 | IV cannula, luer lock connecter                  | 18g                   |                       | 10                        |                |                 |
| 5.7 | IV cannula, luer lock connecter                  | 22g                   |                       | 10                        |                |                 |

|       | <b>Medications</b>                          | <b>Dosage or size</b> | <b>Also known as</b>                      | <b>Amount per 20 crew</b> | <b>On hand</b> | <b>To order</b> |
|-------|---|-----------------------|---|---------------------------|----------------|-----------------|
| 5.8   | IV giving set, Luer lock connector, sterile |                       |   | 3                         |                |                 |
| 5.9   | Tourniquet, for blood draw                  |                       |   | 1                         |                |                 |
| 5.10a | Catheter, bladder + tube and bag            |                       | condom type                               | 2                         |                |                 |
| 5.10b | Catheter, bladder, sterile, prelubricated   | Thieman no. 12        |   | 2                         |                |                 |
| 5.10c | Catheter, bladder, sterile, prelubricated   | Thieman no. 16        |   | 2                         |                |                 |
| 5.1   | Urine collection tube and bag               |                       |   | 2                         |                |                 |
|       | General Med & Nursing Equipment             |                       |   |                           |                |                 |
| 6.1   | Eye protection                              |                       | plastic safety glasses or full face masks | 2                         |                |                 |
| 6.2   | Apron, plastic, disposable, water resistant |                       |   | 20                        |                |                 |
| 6.3   | Basin, emesis, kidney shape                 |                       | 726                                       | 2                         |                |                 |
| 6.4   | Towels, plastic-backed, sterile, disposable | 600 x 500mm           |   | 10                        |                |                 |
| 6.5   | Sharps safety container, disposable         | 5 liter               |   | 1                         |                |                 |
| 6.6   | Mask, face, disposable                      |                       | 2495                                      | 50                        |                |                 |
| 6.7   | Tape measure, vinyl coated                  | 1.5m                  |   | 1                         |                |                 |



|       | Medications                               | Dosage or size      | Also known as | Amount per 20 crew | On hand | To order |
|-------|---|---------------------|---------------|--------------------|---------|----------|
| 6.8   | Draw sheets, plastic                      | 90x180cm            |               | 2                  |         |          |
| 6.9   | Bedpan, stainless                         |                     |               | 1                  |         |          |
| 6.10  | Hot water bottle                          |                     |               | 1                  |         |          |
| 6.11  | Urinal, male, plastic                     |                     | 3969          | 1                  |         |          |
| 6.12  | Ice pack                                  |                     | Hot/cold Maxi | 1                  |         |          |
| 6.13  | Blanket, aluminum backed                  |                     |               | 1                  |         |          |
| 6.14  | Condom, male                              |                     |               | 100                |         |          |
| 6.15  | Bottle, wash, plastic                     | 250ml               |               | 1                  |         |          |
| 6.16  | Bottle, plastic w/screw top               | 1L                  |               | 3                  |         |          |
| 6.17  | Tray, dressing, stainless                 | 300x200x30mm        |               | 1                  |         |          |
| 6.18  | Bowl, stainless                           | 180ml               |               | 3                  |         |          |
| 6.19  | Jars, specimen, plastic w/ lids and label | 100ml               |               | 10                 |         |          |
| 6.20a | Bandage, plaster-of-Paris                 | 5cm x 12.7m         |               | 12                 |         |          |
| 6.20b | Bandage, plaster-of-Paris                 | 10cm x 12.7m        |               | 12                 |         |          |
| 6.21a | Stockinet                                 | Arm sized, 10m roll |               | 1                  |         |          |
| 6.21b | Stockinet                                 | Leg sized, 10m roll |               | 1                  |         |          |
| 6.23  | Cotton wool, roll                         | 500g                |               | 10                 |         |          |
| 6.24  | Alcohol swabs - 70% sol swab prior to inj |                     |               | 200                |         |          |
| 6.25  | Brush, nail                               |                     |               | 1                  |         |          |
| 6.26  | Thermometer for refrigerator              |                     |               | 1                  |         |          |

|      | <b>Medications</b>                   | <b>Dosage or size</b> | <b>Also known as</b> | <b>Amount per 20 crew</b> | <b>On hand</b> | <b>To order</b> |
|------|--------------------------------------|-----------------------|----------------------|---------------------------|----------------|-----------------|
| 6.27 | Mortuary transfer bag                |                       |                      | 1                         |                |                 |
|      | Immobilization & Transport Equipment |                       |                      |                           |                |                 |
| 7.1  | Splints, malleable                   |                       | Finger type          | 3                         |                |                 |
| 7.2  | Splints, malleable                   |                       | Forearm/hand         | 2                         |                |                 |

**Additional SphereMD recommendations:**

|  | <b>Medications</b>  | <b>Dosage or size</b>    | <b>Description</b>   | <b>Amount per 20 crew</b> | <b>On hand</b> | <b>To order</b> |
|--|---|--------------------------|--|---------------------------|----------------|-----------------|
|  | Diphenhydramine   | 25mg                     | Fast acting antihistamine  | 50                        |                |                 |
|  | Ranitidine  | 150mg                    | Both as an antacid and used in extreme allergic reactions                              | 30                        |                |                 |
|  | Clindamycin   | 300mg                    | Broad spectrum antibiotic  | 30                        |                |                 |
|  | Laryngeal Mask  | #4                       | Very easy to use to manage a patient's airway  | 2                         |                |                 |
|  | Laryngeal Mask  | #5                       |  | 2                         |                |                 |
|  | Malaria test kit  | 1 box/12                 | To identify if symptoms are due to Malaria versus another infections etiology          | 1                         |                |                 |
|  | Temporary dental filling  |                          | To temporarily manage broken fillings  | 2                         |                |                 |
|  | Neomycin & Polymyxin B Sulfates and Dexamethasone Ophthalmic ointment | 3.5mg per g/10,000 units | Antibiotic and steroid for eye infections or irritation.                               | 2                         |                |                 |
|  | IO (intraosseous device)  | 15 gauge, 25mm           | For administration of fluids/medications for patient's where IV access cannot be found | 2                         |                |                 |



Patrick Michael DeCharles II  
 by the direction of the  
 DEPUTY COMMISSIONER OF MARITIME AFFAIRS  
 The Republic of Vanuatu

