



Calling Dr Skipper, Calling Dr Skipper - The Onboard Medical Kit



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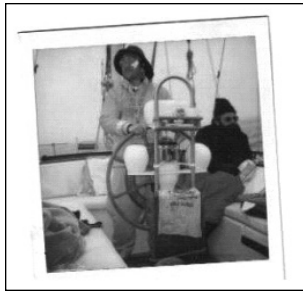
Nearly 30 years ago, while trying to sail out of Hurricane Alberto's way in the North Atlantic, a rogue wave hit us and I went air-borne. Catching the side of my head on a brass runner, I managed not to be thrown below at a high rate of speed. Of course, it didn't do wonders for the side of my head. I was crewing with a new captain for the first time and, when the Chief Medical Officer Marty Boorstein grabbed the scotch because there was no alcohol in the medical kit, I started to worry that more was at work here than Alberto. This column is about the advances since...

"It is Just a Band-Aid"

When someone wants to say that something hasn't really been fixed, they often say, "They just put a Band-Aid over it." Band-Aid, which is a brand name, realized that they could do better themselves and the new water-proof Band-Aids, on the market now for a few years, are dramatically better than the old version. There is a semi-permeable membrane over sterile gauze. This makes them waterproof and breathable. Wounds need that in order to stay clean and yet be warm and moist enough to promote circulation and healing. These new Band-Aids, and 3M's "NexCare", are roughly 2x as expensive but worth every penny in healing and prevention from infection.

The skipper is behind me, wondering, "why didn't I bring a proper medical kit?"

These are fine for cuts and punctures but, if you have blistering on your hands from a burn of some type, you'll need something that has medical product directly integrated into the dressing, and still breathes too. Such a product would be Band-Aid's Advanced Healing Blister Cushion. Not all burns come from fire - think about putting your hand on a hot exhaust pipe or having a line run through your ungloved hand at a high rate of speed... Allevyn and Duoderm have similar products and all can last for several days in place if need be.



Liquid Dressings?

Many of us have heard of the use of SuperGlue as a liquid dressing/ersatz stitching. It is clever, other than the fact that the SuperGlue itself comes with a warning that says that it is toxic. NewSkin and Dermabond are liquid bandage products that are designed for the same purpose but don't sport a warning label that says "toxic!" I have no experience with these products under maritime conditions but I have heard some skippers note that, under harsh conditions, "the stitches come out..."

Pain Killers?

If you are going to keep anything aboard stronger than Tylenol, you'll need a doctor's prescription to buy it and training how to administer it. Daunting... With that said, many Search And Rescue teams both at the ski patrol level and on-the-water are opting for something called "fentanyl" - it is sprayed in the victim's nose where it is fast acting but short-duration. You'll still need medical training and prescription processing but, in lieu of giving someone a needle injection with morphine for a crushed leg from a shark bite, this might be something for the right skipper with the right profile to look into.



Assists?

Need some help out there? Don't forget some low-tech devices - such as an otoscope (the thing the doctor sticks in your ear during an exam.) "Dr. Mom" offers a cheap, lightweight and stainless steel model with LED light. Great for fine print, finding splinters and a bit of barnacle that embedded itself in your finger.

What do you do if someone needs artificial respiration? First, I hope you're up to date on your Red Cross First Aid training. If not, "Google" it and get into a class. In addition to getting good solid training on medical "tech", you'll be properly trained in CPR, including artificial respiration. And when you train for that, one of the key items is something between your mouth and the victim's. Only when "in extremis" do we bypass modern day sanitation and body-fluid control - and one device you might want to have aboard is the NuMask. It fits inside the victim's mouth like a snorkel rather than over the face like a mask.

In summary, you don't have to stop at the over-the-counter medical kit. You can take your skippering skills to the next level. Remember, you are responsible for the crew, the boat and the boat's wake.

BTW, if you are interested in being part of USCG Forces, email me at JoinUSCGAux@aol.com or go direct to the D1SR Human Resources department, who are in charge of new members matters, at DSO-HR and we will help you "get in this thing..."



by TONY SALERNO

FISHING WITH TONY

IT'S GOBBLE GOBBLE TIME FOR BASS

Thanksgiving time is traditionally known as the start of the holiday season. And while most folks scramble to malls and traditional gift shops for the upcoming festive days, anglers around the island have reason to celebrate themselves as scores of striped bass migrating to either the Hudson or Delaware Rivers provide some of the fastest and exciting fishing of the season.



Each fall, massive pods of stripers cruise along the south and north shore beaches heading for their winter destination, which at the same time, the gamesters are gorging themselves on the myriad of baitfish that are also on the migratory path as well. And while there is usually quite a selection of entrees swimming among the bass, nothing is more delectable to them than the blue back herring, which usually arrive around Long Island waters by late November, where they will reside within the bays and harbors through the winter.

Blue back herring have become a favorite choice of bait among anglers in recent years due to their abundance and their effectiveness at scoring with trophy stripers. While freshly caught herring chunked and applied to the hook will dupe a few bass, nothing can compare to a live frisky blue back being live lined through a rip line, or better yet, a school of hungry migrating bass. Anglers using herring or Sabaki Rigs among large schools of herring will have no problem filling live wells until the feeble little guys are called upon.

While areas such as Montauk and Orient Point are where you will most likely encounter charter and party boats that specialize in live lining herring, anglers to the west are jumping on the bandwagon and taking advantage of the effectiveness. In fact, when conditions permit, open and charter boats along the south shore bays will have patrons catch up a days supply of herring, and then employ them until anglers retain the legal limit of bass.

If live lining bait is not your forte, the traditional method of diamond jigging will very rarely disappoint during the late fall season. Diamond jigging is undoubtedly one of the simplest methods at coaxing big stripers to the lure and is among the most common and favorite tactic employed this time of year.

Striped bass season closes on December 15. The days leading to the closure will often be productive ones when weather conditions permit. Get out there and have a blast. In the meantime, I would like to wish all my readers a happy and healthy holiday season and I will see you all back in the spring of 2012.

Tides for Moriches Inlet starting with November 23, 2011

Day	High/Low	Tide Time	Height Feet	Sunrise/Sunset	Moon Time	% Moon Visible
Wed. 23	High	4:31 AM	3.7	6:47 AM	Rise 4:47 AM	8
23	Low	10:50 AM	-0.4	4:28 PM	Set 3:07 PM	
23	High	4:54 PM	3.2			
23	Low	10:58 PM	-0.4			
Thur. 24	High	5:24 AM	3.9	6:48 AM	Rise 6:03 AM	2
24	Low	11:44 AM	-0.5	4:27 PM	Set 3:55 PM	
24	High	5:48 PM	3.2			
24	Low	11:50 PM	-0.4			
Fri. 25	High	6:14 AM	4.0	6:49 AM	Rise 7:14 AM	0
25	Low	12:38 PM	-0.5	4:27 PM	Set 4:51 PM	
25	High	6:40 PM	3.2			
Sat. 26	Low	12:43 AM	-0.4	6:50 AM	Rise 8:19 AM	0
26	High	7:04 AM	3.9	4:26 PM	Set 5:54 PM	
26	Low	1:29 PM	-0.5			
26	High	7:33 PM	3.1			
Sun. 27	Low	1:34 AM	-0.3	6:51 AM	Rise 9:14 AM	3
27	High	7:56 AM	3.7	4:26 PM	Set 7:01 PM	
27	Low	2:19 PM	-0.4			
27	High	8:27 PM	3.0			
Mon. 28	Low	2:24 AM	-0.2	6:53 AM	Rise 10:00 AM	9
28	High	8:49 AM	3.5	4:25 PM	Set 8:09 PM	
28	Low	3:07 PM	-0.3			
28	High	9:24 PM	2.9			
Tues. 29	Low	3:14 AM	0.0	6:54 AM	Rise 10:38 AM	16
29	High	9:43 AM	3.3	4:25 PM	Set 9:16 PM	
29	Low	3:56 PM	-0.1			
29	High	10:21 PM	2.8			
Wed. 30	Low	4:06 AM	0.2	6:55 AM	Rise 11:10 AM	25
30	High	10:37 AM	3.1	4:25 PM	Set 10:20 PM	
30	Low	4:47 PM	0.1			
30	High	11:15 PM	2.7			
Thurs. 1	Low	5:04 AM	0.4	6:56 AM	Rise 11:38 AM	35
1	High	11:30 AM	2.9	4:24 PM	Set 11:22 PM	
1	Low	5:41 PM	0.2			