



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

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UNITED STATES COAST GUARD AUXILIARY



About 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 mor-



phine 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-

Tides for Moriches Inlet starting with June 12, 2013

Day	High/Low	Tide Time	Height Feet	Sunrise/Sunset	Moon Time	% Moon Visible
Wed. 12	Low	3:58 AM	0.2	5:19 AM	Rise 8:57 AM	8
12	High	10:19 AM	2.7	8:23 PM	Set 10:56 PM	
12	Low	3:53 PM	0.5			
12	High	10:06 PM	3.0			
Thur. 13	Low	4:33 AM	0.2	5:19 AM	Rise 9:54 AM	15
13	High	11:02 AM	2.7	8:23 PM	Set 11:27 PM	
13	Low	4:31 PM	0.5			
13	High	10:47 PM	3.0			
Fri. 14	Low	5:08 AM	0.4	5:19 AM	Rise 10:53 AM	22
14	High	11:44 AM	2.7	8:24 PM	Set 11:56 PM	
14	Low	5:14 PM	0.6			
14	High	11:31 PM	2.9			
Sat. 15	Low	5:48 AM	0.4	5:19 AM	Rise 11:53 AM	31
15	High	12:28 PM	2.8	8:24 PM		
15	Low	6:07 PM	0.7			
Sun. 16	High	12:19 AM	2.9	5:19 AM	Set 12:26 AM	40
16	Low	6:37 AM	0.4	8:24 PM	Rise 1 2:55 PM	
16	High	1:13 PM	2.9			
16	Low	7:16 PM	0.7			
Mon. 17	High	1:11 AM	2.8	5:19 AM	Set 12:56 AM	51
17	Low	7:36 AM	0.4	8:25 PM	Rise 1:59 PM	
17	High	2:02 PM	3.0			
17	Low	8:26 PM	0.5			
Tues. 18	High	2:09 AM	2.8	5:19 AM	Set 1:28 AM	61
18	Low	8:37 AM	0.3	8:25 PM	Rise 3:05 PM	
18	High	2:57 PM	3.2			
18	Low	9:29 PM	0.4			
Wed. 19	High	3:12 AM	2.8	5:19 AM	Set 2:04 AM	72
19	Low	9:35 AM	0.2	8:25 PM	Rise 4:14 PM	
19	High	3:56 PM	3.4			
19	Low	10:27 PM	0.2			

Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu
Jun 12	Jun 13	Jun 14	Jun 15	Jun 16	Jun 17	Jun 18	Jun 19	Jun 20
Sunny 74°F 56°F	T-Showers 68°F 52°F	Few Showers / Wind 70°F 55°F	Partly Cloudy 75°F 55°F	Sunny 73°F 60°F	Isolated T-Storms 76°F 61°F	Scattered T-Storms 78°F 58°F	Showers 74°F 58°F	Mostly Cloudy 73°F 58°F



FISHING WITH TONY

FLUKE GALORE ON THE NORTH SHORE

by TONY SALERNO

Just when you thought it was over, they're back again with a vengeance, and in addition, they're hungry too. I'm talking about the mass amount of fluke that have settled themselves inside Smithtown Bay this week. While many of the fluke are just under size, many keepers are in the mix as well. To sample just how good the action has been, I teamed up with my buddy Dan Donoghue of Northport last Thursday as we trailered Dan's 18 foot Striper to the ramps located off Old Dock Road at the outlet of the Nissequogue River.



Paul a regular aboard the Rosie with a 10-pound fluke

We came out the river and took a short ride east to the area of Short Beach where we started our drift in ten feet of water. Instantaneously, it was fluke and more fluke with an occasional sea robin finding itself among the fray of fluke. Within the first half hour, Dan and I iced four beauties that we culled among the dozens of fluke we safely released. What made this day even more spectacular was the fact that we did not use one piece of natural bait. All the fish were simply taken on Spro Bucktails tipped with white Berkley Gulp Swimming Mulletts. By days end, Dan and I had released at least 100 fluke, only keeping the four in the box, which was more than enough for a fresh fluke fillet dinner. The fluke are gorging themselves with 2-inch sand eels and are in shallow from 10 to 25 feet of water feeding on both tides providing there is a steady drift. In addition, there are plenty of jumbo porgies sharing residence with the fluke. Therefore, after a limit of fluke, anglers are switching and limiting out on scup as well. Get out there ASAP, as this action won't last for long.

Along the south shore, fluke fishing has been a bonanza as well, particularly along Shinnecock and Moriches Bays. At Shinnecock, the open boat Shinnecock Star has seen all his patrons limiting out with fish to 8-pounds nearly every trip out. Captain John says he has never seen so many big fluke in the bay and advises everyone to come on out while the going is good.

Over in Moriches, most days sees a true slam fest with fluke to 12-pounds right inside the bay. Captain James Russo of the open boat the Rosie tells me boat regular Paul hit his limit of fluke to 10-pounds this past week. James also adds that the size of the fluke has been just awesome with most fish falling between 4 to 6-pounds, while the pool fish is usually between 7 to 10-pounds. So as you see, you really don't have to travel far for exceptional action. Now is the time, this bite will not last forever.