

PRAXES MARINE CASE STUDY

Telemedicine in Action: Managing a Serious Medical Issue at Sea



THE CRITICAL MOMENT

A shrimp trawler, 150 km off the coast of Greenland and scheduled to remain at sea for another three weeks, faced a serious medical challenge. A 55-year-old crew member suffered for two weeks with shortness of breath, runny nose, sore throat, and a persistent cough with green phlegm. The crew member's condition was not improving, and the ship's Captain turned to PRAXES for help.

THE INITIAL ASSESSMENT

The vessel was equipped with a PRAXES Medical Kit, and the Captain had received specialized training from PRAXES on its use, including how to take vital signs. Before calling PRAXES, the Captain had already assessed the patient and was able to provide vital signs to the PRAXES Doctor:

- ▶ Pulse: 85 bpm
- ▶ Blood Pressure: 128/84
- ▶ Breath Rate: 12/min
- ▶ Oxygen Saturation: 90%

Medical History: Asthma (using inhaler), long smoking history (one pack per day for several decades), penicillin allergy. Given the patient's long history of smoking and low oxygen saturation level, the PRAXES Doctor suspected that the patient was having a flare-up of Chronic Obstructive Pulmonary Disease (COPD).

THE TREATMENT PLAN

The PRAXES Doctor prescribed a five-day course of antibiotics to address the patient's COPD exacerbation. To reduce airway inflammation, the Doctor prescribed a four-day course of prednisone. Two inhalers were also provided: Atrovent for management of COPD symptoms and Salbutamol for relief of shortness of breath. All required medications were readily available in the PRAXES Medical Kit onboard.

The Captain was instructed to monitor the patient's oxygen levels three times per day. In the event of worsening symptoms, such as fever or oxygen levels falling below 88%, the Captain was to call PRAXES back immediately for further advice. At that time, the PRAXES Doctor might consider putting the patient on supplemental oxygen from the PRAXES Medical Kit.

With symptoms being managed and no evidence of severe illness, the crew member was safely cleared to remain onboard.

POSITIVE OUTCOME WITH MINIMAL DISRUPTION

Without access to real-time medical guidance, this situation could have resulted in an unnecessary and costly evacuation, or worse, untreated symptoms leading to a worsening condition. PRAXES enabled rapid assessment, evidence-based treatment, and continuous monitoring, ensuring the crew member received timely and high-quality care with minimal disruption to vessel operations.

THE PRAXES DIFFERENCE

This real-life case demonstrates why companies trust PRAXES to protect their most valuable assets – their people.

IMMEDIATE ACCESS:

The captain was able to connect with a PRAXES Emergency Doctor within minutes through the 24/7 telemedicine service.

PRAXES CUSTOM-DESIGNED MEDICAL KIT ON BOARD:

Includes vital signs monitoring devices, medications, and supplies to treat a wide range of illnesses and injuries.

SECURE AND RAPID COMMUNICATION CHANNELS:

Using secure communications, the PRAXES Doctor assessed the crew member's symptoms and medical history in real-time. The Doctor provided clear instructions for monitoring vital signs, administering onboard medications, and identifying.

UNDERSTANDING OF REMOTE WORKSITES:

Medical issues are assessed in the context of the remote environment, onsite medical capabilities, logistical considerations such as time and distance from nearest medical facility, medical evacuation options, weather conditions, and other factors.

AVOIDING UNNECESSARY DIVERSION:

With expert guidance, the crew was able to manage the situation onboard, stabilizing the patient and continuing safely. This prevented a costly and disruptive emergency diversion—an outcome that can save operators up to \$250,000 per incident, according to industry data.

PROTECT YOUR TEAM: REDUCE MEDICAL RISK WITH 24/7 TELEMEDICINE SUPPORT

When medical emergencies arise at sea, every second counts. PRAXES Medical Group ensures that remote teams have access to expert healthcare guidance wherever you are and whenever you need it. Don't leave medical decisions to chance—equip your crew with 24/7 telemedicine support. **Contact us today to learn how we can support your team members.**