

## Review Article

# Marine Medical Response: Exploring the Training, Role and Scope of Paramedics and Paramedicine

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This article delves into the evolution of paramedic practice, particularly in the context of marine medicine, highlighting the emergence of dive paramedics and the augmentation of prehospital care. It emphasises the potential for qualified paramedics to pursue specialised training in marine paramedicine through postgraduate programmes, ultimately broadening their skill set.

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## Introduction

### *Background and Context*

Diver Medical Technicians (DMTs) serve as a cornerstone in the provision of advanced prehospital care within the specialised environment of the diving community. In parallel, paramedics have consistently proven their adaptability and competence across a wide range of prehospital care settings, including but not limited to flight paramedicine, critical care, and neonatal care. In the United Kingdom, specialised units such as the Hazardous Area Response Teams (HART) and Special Operations Response Teams (SORT) have further broadened the scope and complexity of paramedic roles, particularly in high-risk rescue operations and safe extrication procedures.

### *Purpose and Scope*

The primary aim of this exploratory research article is to explore the untapped potential and benefits of integrating paramedics into the realm of marine medicine, specifically in dive-related emergencies. To

this end, the article advocates for the development and implementation of a comprehensive, evidence-based curriculum and specialised training programs tailored for dive paramedics.

## ***Significance***

By expanding the scope of practice for paramedics in this niche field, we can potentially enhance the quality and effectiveness of emergency medical response in marine settings. This could lead to faster, more efficient care, thereby improving patient outcomes in what are often time-sensitive and life-threatening situations. It is also essential for paramedics as the prehospital emergency medical specialists to lead advancements in prehospital care environments.

## ***Type of Article***

This is an exploratory research article designed to probe into an under-researched area of paramedicine, with the ultimate goal of influencing policy and practice in the UK's emergency medical services.

## **Methodology**

### ***Research Design***

This exploratory research article employs a comprehensive literature review methodology to investigate the role, training, and scope of practice for Dive Medical Technicians (DMTs) and paramedics in marine settings.

### ***Literature Review***

#### **Data Sources**

A systematic search was conducted across multiple platforms, including academic databases like PubMed, Scopus, and Google Scholar, as well as newspapers, government reports, and industry guidelines.

#### **Search Strategy**

Keywords such as "Dive Medical Technicians," "paramedics," "marine medicine," "prehospital care," "marine emergencies," "Hazardous Environment Response Teams," and "Special Operations Response Teams" were used. Boolean operators (AND, OR) were employed to refine the search.

#### **Inclusion and Exclusion Criteria**

Sources were included if they were published in English and focused on the role and training of DMTs or paramedics in marine settings. Peer-reviewed articles were prioritised, but newspapers, reports, and guidelines were also considered for a broader perspective. Sources older than 10 years were generally excluded to maintain the relevance and currency of the data, except for seminal works or when recent data were not available.

### **Data Extraction and Analysis**

Relevant information was extracted from the selected sources, including objectives, methodology, findings, and conclusions. A thematic analysis was conducted to identify common themes, gaps, and trends. Initially, 57,207 papers were identified, out of which 57,176 were excluded.

### ***Limitations***

The study is limited by the availability and quality of existing literature and reports on the subject. The inclusion of non-peer-reviewed sources like newspapers may introduce variability in the quality of the data.

### ***Ethical Considerations***

It should be noted that ethical approval has not been required for this exploratory literature review, in accordance with UK research guidelines.

## **Discussion**

### ***The Development of Dive Paramedics***

Diver Emergency Medical Technicians (DMTs) consist of experienced divers who have successfully completed an accredited training program. This program equips them to provide initial first aid care until a marine medical doctor can assume responsibility. This article explores the expansion of paramedic training to incorporate marine medicine as an optional specialisation within the broader field of prehospital care.

When emergencies occur at sea, the initial response often involves the dispatch of a flight paramedic or a critical care paramedic aboard a helicopter or coast guard lifeboat. This can result in a significant time gap between the incident at sea and the commencement of dry bell or hyperbaric treatment, which may prove critical in dive-related emergencies.

Due to the distinct pathophysiological aspects and specialised hyperbaric treatment conditions inherent to marine environments, it is imperative to provide specific training for paramedics. Just as physicians are required to undergo training in hyperbaric medicine and certification as occupational diving doctors before practising in marine settings, a similar expectation should be upheld within the emerging and independent field of paramedicine.

### *The Expanding Horizons of Paramedicine*

In the realm of prehospital care, paramedics have carved out a niche that extends far beyond the traditional ambulance services. Whether it's the high-stakes environment of flight emergencies or the complex medical needs aboard cruise ships, paramedics have showcased their ability to operate both autonomously and within multidisciplinary teams. Their roles in the United Kingdom's Hazardous Area Response Teams (HART) and Special Operations Response Teams (SORT) further illuminate their versatility, not merely in clinical acumen but also in managing challenging maritime scenarios.

### *The Symbiosis of Paramedics and Marine Rescue Services*

Recent collaborations between paramedics and the U.S. Coast Guard offer a compelling narrative of the benefits of such partnerships. The Coast Guard excels in rescue operations, but the addition of paramedics equipped with Advanced Life Support (ALS) capabilities has been a game-changer. This synergy has led to marked improvements in patient outcomes, particularly in marine emergencies.

### *The Maui County EMS Paradigm*

A case in point is the partnership that commenced in October 2013 between Maui County EMS and the U.S. Coast Guard. Prior to this, the Coast Guard's response teams had limited medical training. The integration of a paramedic into these teams has not only elevated the level of medical care but also fortified the overall emergency response framework.<sup>[1]</sup>

### *The Imperative of Dive Paramedics*

Given these promising developments, the next frontier in prehospital marine medical care is the conceptualisation and development of Dive Paramedics. This would involve collaborations with accredited bodies like the Australian Diver Accreditations Scheme (ADAS) and the International Marine Contractors Association (IMCA). The curriculum could be further enriched by incorporating advanced



courses such as the Diving and Hyperbaric Medicine (DHM) Diploma offered by the Australian and New Zealand College of Anaesthetists (ANZCA).

### *Addressing the Complexity of Diving-Related Injuries*

The burgeoning popularity of diving, both as a recreational activity and a profession, has led to an uptick in diving-related injuries. These injuries are not confined to amateur divers; even certified divers are not immune. Dive paramedics could fill this critical gap by providing specialised care for a range of medical emergencies, both general and diving-specific.<sup>[2]</sup>

### *The Nuances of Dive Medical Examinations*

Dive medical exams, usually conducted by certified examiners, serve as a gateway to the underwater world. However, these exams are not infallible. The Queensland Government's scrutiny of past diving incidents revealed a troubling trend: individuals often failed to disclose pre-existing medical conditions.<sup>[2]</sup> Dive paramedics could play a pivotal role here by conducting more comprehensive pre-dive assessments, thereby encouraging transparency and enhancing safety.

### *The Uncharted Waters of Comorbidities in Divers*

Dive paramedics would also be tasked with managing non-diving-related emergencies arising from comorbidities like cardiovascular issues, asthma, and epilepsy. Their training equips them to handle such emergencies adeptly, but the introduction of dive paramedics would necessitate a recalibration of their responsibilities to focus more on diving-related incidents.

The development of dive paramedics could be a watershed moment in marine medical care, offering a nuanced and specialised approach to emergencies in aquatic settings. Their role would be multifaceted, encompassing not just medical care but also preventive measures, thereby elevating the overall safety standards in diving and other marine activities.

## **Marine Specific Injury Examples**

### *Marine Bites and Envenomation*

One specific example of a diving-related incident that dive paramedics would handle is marine animal bites. Although severe marine bites are relatively rare, they do occur and, when poorly managed, can be

life-threatening. Shark bites, for instance, are highly traumatic events that often puncture major arteries, leading to severe bleeding. Diver Medical Technicians (DMTs) are trained to apply tourniquets effectively, while divers can apply direct pressure until emergency assistance arrives. However, it is essential to note that there are over 2000 species of animals that are venomous or poisonous to humans in the marine environment. Swift administration of prophylactic antibiotics, anti-venom, and titrated opiate analgesics may significantly improve outcomes for individuals experiencing severe envenomation.

There are two broad categories of marine envenomation: topical jellyfish stings and penetrating venomous marine injuries (PVMIs). Tables 1 and 2 will delve into envenomation and their respective treatment options.

JELLYFISH STINGS	SIGNS & SYMPTOMS*	IMMEDIATE TREATMENT	PARAMEDIC SCOPE
<b>BLUEBOTTLE AND MINOR JELLYFISH</b>	Localised intense pain for up to 2 hours. Erythematous eruptions.	Wash site with seawater and remove barbs. Immerse in hot water for 20 minutes. (Avoid vinegar)	Analgesia (oral)  Provide advise to patient.
<b>MAJOR BOX JELLYFISH</b>	As above + Risk of CV collapse & death	Apply vinegar and remove barbs CPR (if required)	Analgesia (oral & IV) Cardiac monitoring Early interventions. Provide immediate advanced cardiac life support. Consider anti-venom. Transport to hospital.
<b>OTHER BOX JELLYFISH</b>	Irukandji syndrome; Tachycardia Agitation Hypertension Vomiting + Cramps Pulmonary Oedema Severe pain Cardiac injury Risk of CV collapse & death.	Apply vinegar and remove barbs. CPR (if required) usually basic life support.	Analgesia (oral & IV) Cardiac monitoring Early interventions. Provide immediate advanced cardiac life support. Consider anti-venom. Transport to hospital. Troponin tests for cardiac myopathy

**Table 1. JELLYFISH STINGS, SIGNS & SYMPTOMS, AND POTENTIAL PARAMEDIC TREATMENT SCOPE**

PVMI	SIGNS & SYMPTOMS*	IMMEDIATE TREATMENT	PARAMEDIC SCOPE
<b>VENOMOUS FISH</b>	Puncture wounds Localised pain  Secondary infection (uncommon)	Wash wound site Immerse in hot water for <90 minutes.	Irrigation and debridement Local or regional analgesia Ultrasound to check for spines Antibiotic treatment Hospital referral if; - XR required for retained spines - Surgery for repair of deep wounds - Wounds affecting joints or bones - Consider anti-venom
<b>STINGRAY</b>	Penetrating traumatic injury Localised bleeding Oedema Localised pain Risk of necrosis & secondary infection.	As above	As above + major haemorrhage control in the event of penetration of the trunk Early ACLS Transport to major trauma facility.
<b>SEA URCHIN</b>	Pain Retained spines	As above	As above + follow up assessments to check for retained spines & infection.
<b>SEA SPONGE</b>	Localised pain Itchiness Paranesthesia & numbness	Wash wound site	Analgesia (oral) Antihistamine

**Table 2.** PVMI, SIGNS & SYMPTOMS, AND POTENTIAL PARAMEDIC TREATMENT SCOPE

### *Advanced Analgesic Techniques: The Efficacy of Nerve Blocks*

The administration of analgesia is a critical component in the effective management of acute pain. While traditional methods such as oral and intravenous (IV) administration are prevalent, the utilisation of regional nerve blocks offers a targeted approach to pain management. Although nerve blocks are not ubiquitously employed in prehospital settings, existing literature indicates their efficacy <sup>[4]</sup>. Specialised training for dive paramedics could enable the incorporation of this advanced analgesic technique, thereby broadening the scope of marine medical care.

### *Cardiac Management: Anti-Venom as a Critical Adjunct*

Immediate cardiopulmonary resuscitation (CPR) remains the quintessential life-saving intervention. However, in marine envenomation scenarios, the early administration of anti-venom has been shown to

be pivotal in averting cardiac collapse <sup>[5][6]</sup>. The introduction of dive paramedics could augment existing protocols by facilitating Advanced Cardiac Life Support (ACLS) and the timely administration of anti-venom, thereby enhancing the quality of emergency medical care in marine environments.

### *Musculoskeletal Injuries: Specialised Management of Dislocations*

Dislocations, particularly of the shoulder joint, are a common occurrence among aquatic athletes and recreational divers, often resulting in acute pain and functional impairment <sup>[7]</sup>. Dive paramedics, with additional training in reduction techniques and radiological interpretation, could offer a more comprehensive approach to musculoskeletal injuries. The potential incorporation of portable diagnostic modalities, such as X-ray and ultrasound, could further elevate the standard of out-of-hospital care.

### *Near-Drowning Incidents: Addressing the Underreported Crisis*

Near-drowning events are a significant yet underreported global health concern, with an estimated 500,000 cases occurring annually <sup>[8][9]</sup>. These incidents can result in severe physiological derangements, including hypoxia, acidosis, and hypothermia <sup>[10]</sup>. Specialised training for dive paramedics in early advanced treatment protocols, coupled with community engagement initiatives, could substantially mitigate morbidity and mortality rates.

### *Decompression Illness: A Multifaceted Clinical Entity*

Decompression illness (DCI) encompasses two distinct clinical conditions: decompression sickness (DCS) and arterial gas embolism (AGE). While DCS is relatively rare, with an incidence of approximately one in 20,000 dives <sup>[11]</sup>, timely diagnosis and intervention are imperative. Dive paramedics would necessitate specialised training to effectively assess, manage, and treat both DCS and AGE, including the administration of hyperbaric oxygen therapy and facilitating rapid transport to hyperbaric facilities. Priorities for managing DCS are outlined in Table 3.

DCS	Signs & Symptoms*	Timescale	Assessment & Treatment
<b>Emergency</b>	<ul style="list-style-type: none"> <li>▪ Loss of consciousness</li> <li>▪ Difficulty breathing</li> <li>▪ Dizziness</li> <li>▪ Obvious neurological deficit</li> <li>▪ Altered level of consciousness</li> <li>▪ Abnormal gait</li> <li>▪ Weakness</li> <li>▪ Bloody froth in mouth or nose</li> <li>▪ Convulsions</li> </ul>	Immediate or within 1 hour.	Neurological exam 100% oxygen Assisted ventilation Suction & aspiration reduction Cardiac monitoring ACLS
<b>Urgent</b>	<ul style="list-style-type: none"> <li>▪ Unchanging severe pain</li> <li>▪ Neurological deficit (during neurological examination)</li> </ul>	Slow onset or progression over hours.	Neurological exam 100% oxygen Oral fluid hydration
<b>Timely</b>	<ul style="list-style-type: none"> <li>▪ Vague pain</li> <li>▪ Abnormal sensation</li> </ul>	Onset progresses slowly over several days or not visible.	Neurological exam Diving history

**Table 3.** DCS severity, signs, symptoms, and treatment.

### *Arterial gas emboli (AGE)*

Arterial gas emboli (AGE) can develop when a diver remains underwater for an extended period, ascends too rapidly, or holds their breath during ascent. These conditions lead to changes in atmospheric pressure that cause gases within the lungs to either expand (in lower pressure environments) or contract (in higher pressure environments). Divers often become familiar with various pressure formulas, particularly the calculation of absolute pressure while submerged.

$$\text{Equation 1.a}$$

$$P_{abs} \text{ (bars)} = \frac{\text{Depth (msw)} + 1}{1}$$

$$\text{Equation 1.b}$$

$$P_{abs} \text{ (bars)} = \frac{\text{Depth (fsw)} + 1}{33}$$

Figure 1. Equation to calculate absolute pressure <sup>[12]</sup>

- $P$  = pressure
- $abs$  = absolute
- $P_{abs} \text{ (bars)} = 33$
- $msw$  = meter sea water
- $fsw$  = feet sea water

A simplified method for recreational divers is that for every 10 meters of sea water, the pressure increases the density of the gases by a multiple of one.

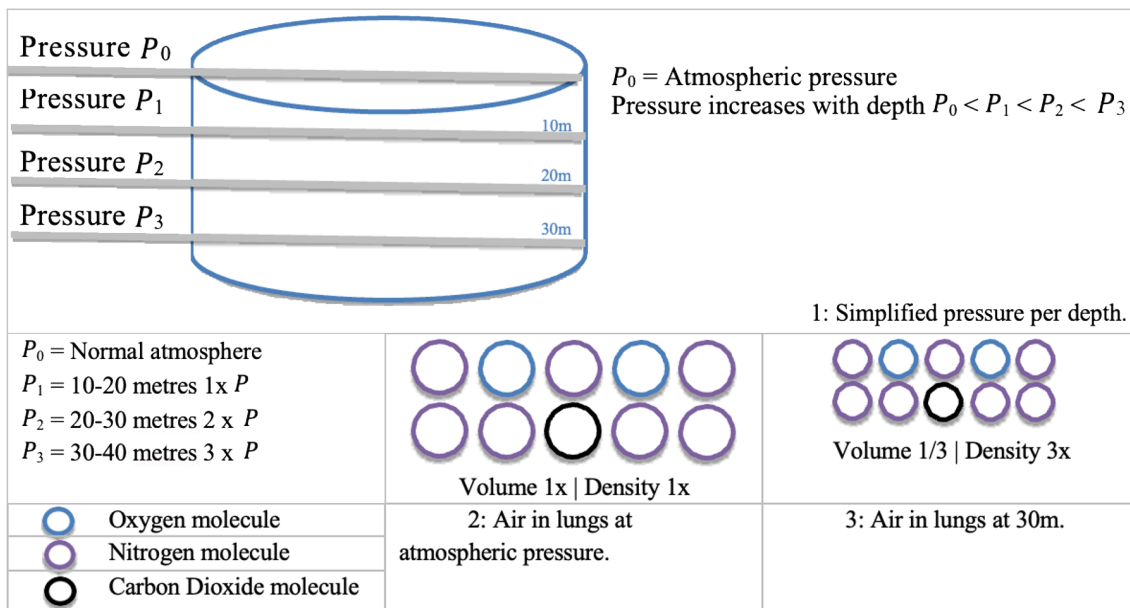


Figure 2. Illustration showing molecular density over depth. (Not to scale)

Ascending from a depth of 20 meters doubles the volume of air molecules, and at 30 meters, it triples. This rapid expansion of gases within the lungs can lead to the rupture of lung tissue, resulting in pulmonary barotrauma. It also allows gas bubbles, typically nitrogen, to enter the arterial circulation. Divers prevent this by equalising and conducting safety stops, during which they wait for 3-5 minutes every 5 meters to allow their body to acclimatise to the changing pressure exerted on internal gases.

Existing comorbidities, especially lung conditions like asthma, cysts, COPD, tumors, scar tissue, or infections, can increase a diver's susceptibility to AGE. Unfortunately, divers often underreport these conditions on pre-dive questionnaires. Having accessible dive paramedics conduct assessments offers a more convenient point of contact than a marine medical doctor, potentially revolutionising the management of these risks.

Depending on the location of the embolus, it can lead to various symptoms, similar to any arterial blockage. Paramedics are skilled at diagnosing and treating a range of clots, including recognising ECG changes if the blockage occurs in cardiac arteries. Additionally, there's a solid understanding of the pathophysiology of pulmonary embolism and stroke within paramedicine, making the expansion of this knowledge a logical and practical progression of the profession.

### *Recreational trauma*

Apart from professional divers, many recreational divers, including those who are relatively inexperienced, engage in diving activities. Improper conduct during diving can result in serious injuries, such as head or spine injuries from head-first dives. These injuries require specialised care, particularly in terms of immobilisation and transportation in cases of spinal cord injury (SCI). Such injuries are not limited to open water environments and can occur in pools as well <sup>[13]</sup>.

Other traumatic injuries that may occur include maxillofacial injuries and fractures or dislocations of long bones. While paramedics can reduce dislocations, it's crucial to ensure that fractures are not overlooked before returning the patient to activity. The expertise and training of the paramedic play a crucial role, underscoring the need for adequate training <sup>[14]</sup>.

### *The multidimensional role of Paramedics in maritime rescue and safety operations*

Paramedics involved in water rescue operations serve roles that extend beyond clinical skills; they are problem solvers, critical thinkers, and proficient scene managers on land. In water rescue activities, additional training is essential to ensure the maritime safety of the medical team and to conduct safe

patient extrication. In March 2022, the NSW police conducted a joint training program to assist paramedics in gaining nautical awareness and enhancing marine safety. In Poland and Germany, paramedics are already specialising in maritime navigation and sea rescue operations.



**Picture 1.** Paramedics training with NSW Police — Port Stephens Marine Area Command <sup>[15]</sup>





Picture 2. The G1512W Maritime Medical Rescue Team in the Port of Ustk <sup>[16]</sup>

## To what extent can paramedics make a difference in diving emergencies?

Diving-related emergencies present unique health risks, etiology, and rescue conditions, which can vary significantly depending on whether the diving occurs in a pool, lake, or open waters. Paramedics, with their comprehensive training in managing various rescue operations and providing advanced clinical care, have the potential to significantly reduce mortality risks and enhance overall diver and marine safety. Clinical evidence from the U.S. demonstrates better patient survivability when paramedics collaborate with coast guards. <sup>[1]</sup>

Paramedics stand at the forefront of revolutionising prehospital care <sup>[17][18]</sup> and can significantly contribute by formulating robust training curricula and delineating the scope of practice specific to dive paramedics and marine paramedicine. To facilitate this evolution, there is an urgent need to enhance both the civilian research network and the Higher Education Institution (HEI) research training for paramedics, thereby enabling advancements in this specialised area to occur beyond the confines of military establishments.

## Future Research Recommendations

**Comparative Analysis of Dive Paramedic Training:** A deeper investigation into the training curricula of dive paramedics across different countries or regions would be insightful. This research should not only look at the variations in training approaches but also at how these differences influence the effectiveness and quality of care in marine settings. It would be beneficial to include an analysis of the outcomes of these training programs in real-life scenarios.

**Challenges in Marine Prehospital Care:** A comprehensive study into the specific challenges encountered by paramedics in providing prehospital care in marine environments is crucial. This research should explore the environmental and logistical factors unique to marine settings, such as remote locations, difficult access, and the impact of weather and sea conditions on medical interventions. The study could also include the development of best practices for overcoming these challenges.

**Specialised Equipment and Protocols Evaluation:** There is a need for systematic research into the effectiveness of specialised equipment and protocols used in marine paramedicine. This research could focus on the adaptability and reliability of this equipment in various marine conditions and how they can be optimised for better patient outcomes. Additionally, the study could explore innovative technologies and techniques that could revolutionise marine medical response.

**Telemedicine and Remote Consultation in Marine Paramedicine:** Investigating the integration of telemedicine and remote consultation in marine paramedicine is another vital area of research. This should include assessing the feasibility, efficacy, and potential limitations of telemedicine in marine environments. Research could also explore how telemedicine can support paramedics in remote or offshore locations, enhancing the overall quality and speed of medical care delivery.

**Advanced Training and Certification for Dive Paramedics:** It's important to research the development and implementation of advanced training and certification programs for dive paramedics. This could include specialised courses in areas such as hyperbaric medicine, diving physiology, and advanced life support tailored to marine and diving conditions.

## Conclusion

In conclusion, while the development of a comprehensive curriculum and scope of practice for dive paramedics may take time, the progress of marine paramedicine is already underway. Paramedics should consider entering this field as researchers and clinicians, as they are ideally positioned to bring healthcare to patients across all environments, including land, air, and sea. Dive Medical Technicians are already proficient in advanced first aid skills, and Dive Paramedics could further advance this field by introducing more sophisticated medical technology and treatments, potentially reducing the overall burden on healthcare systems.

## Statements and Declarations

### *Author Contributions*

JF was solely responsible for the conceptualization, literature search, writing, and editing of this manuscript.

## Endnotes

<sup>1</sup> DMT accreditation is through the Australian Diver Accreditations Scheme (ADAS) or the International Marine Contractors Association (IMCA).

\* The signs and symptoms listed in all tables are non-exhaustive lists, and other symptoms may be present, requiring discussion in the development of the curriculum for dive paramedics.

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