

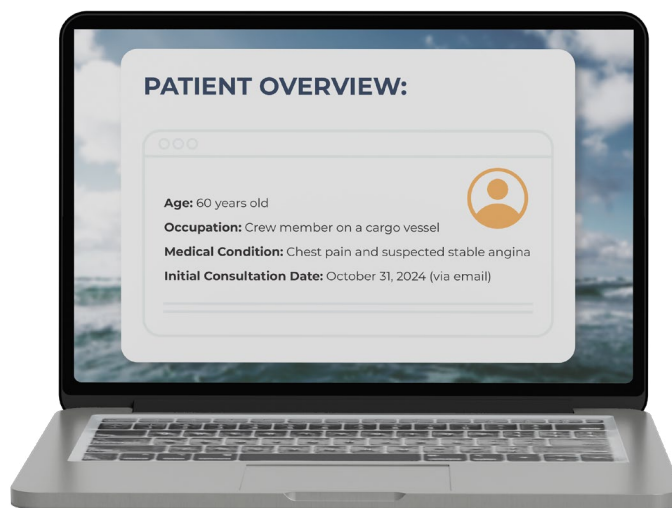


# CHEST PAIN AT SEA, A CASE REPORT BY ONEHEALTH, VIKAND

## BACKGROUND

On October 31, 2024, a 60-year-old male crew member aboard a cargo vessel presented with chest pain. Due to the vessel's remote location in the South Atlantic Ocean, immediate medical disembarkation was not possible. There was an initial issue with the internet connectivity, which prevented video or voice teleconsultation. As a result, the first consultation occurred via email, which highlighted the challenges of providing remote healthcare to crew members on vessels far from shore.

The patient's condition required immediate attention, and therefore, the **Vessel Command** was directly involved in monitoring his symptoms and vital signs. Despite the poor initial connectivity, continuous email communication



between the telemedicine clinician and the **Vessel Command** allowed for the swift establishment of a care plan for the patient's chest pain.



## CHALLENGES IN IMMEDIATE MEDICAL DISEMBARKATION

Given the vessel's remote location, disembarking the patient immediately was not an option. This meant that timely coordination between the telemedicine clinicians and the **Vessel Command** was crucial. The patient's condition could not be directly assessed via video or voice calls, and thus the Vessel Command played an essential role in monitoring the patient's symptoms, vital signs, and progress.



The coordination between OneHealth telemedicine clinicians and the **Vessel Command** ensured that the patient's condition was appropriately managed, with real-time updates from the vessel facilitating timely adjustments to the treatment plan. This close collaboration was critical to the patient's safe management while onboard.

## TELECONSULTATION MANAGEMENT

After the initial consultation, follow-up consultations were conducted via **video teleconsultation**. The patient's condition was continuously monitored, and necessary adjustments to the care plan were made in response to his evolving symptoms.





## CASE STUDY TIMELINE



OCTOBER 31, 2024

### FIRST CONSULTATION EMAIL

On October 31, 2024, due to connectivity issues, Vessel Command initially consulted a telemedicine clinician via email regarding a patient with worsening exertional chest pain. The clinician suspected stable angina but advised ruling out acute coronary syndrome. Oral medications were prescribed with monitoring instructions. Given the vessel's remote location in the South Atlantic and the next port being 2-3 weeks away in Singapore, disembarkation was not an option. As a result, the patient remained on board, closely monitored by the Vessel Command in coordination with the telemedicine clinicians.



NOVEMBER 1, 2024

### FIRST VIDEO TELECONSULTATION

The patient reported improvement after taking medication for chest pain. No recurrence of chest pain was noted, and his condition stabilized. Vital signs were stable, and an ECG was conducted onboard. Regular monitoring continued with the Vessel Command in close coordination.



NOVEMBER 1, 2024

### SECOND VIDEO TELECONSULTATION EVENING

The patient reported feeling comfortable and on bed rest, with occasional chest pain on exertion, but no difficulty breathing or other symptoms. Vital signs remained stable. Regular monitoring was reinforced, with ongoing communication between the telemedicine clinicians and Vessel Command.



NOVEMBER 1, 2024

### TWICE-DAILY FOLLOW-UPS

Throughout this period, twice-daily follow-up consultations were conducted by the telemedicine clinicians via video calls and emails. There was proper handover per shift to ensure seamless care. The on-duty telemedicine clinician continued to coordinate with the Vessel Command, ensuring that the patient's condition was consistently monitored. The patient remained stable with no chest pains, no distress, and vital signs were within normal limits.



NOVEMBER 6, 2024

### FOLLOW-UP DURING ROUGH SEAS

While experiencing rough seas, the patient had a sudden recurrence of chest pain. This was managed promptly with oral anti-anginal medication, which alleviated the symptoms. Vital signs remained stable, and he was closely monitored.



NOVEMBER 8, 2024

### ONGOING MONITORING

The patient's condition remained stable, and he was asymptomatic with no recurrence of chest pain after November 6. He continued to follow the prescribed medication regimen and showed no signs of distress.



NOVEMBER 14, 2024

### MEDICAL DISEMBARKATION

After nearly two weeks of continuous monitoring and management via telemedicine, the patient was safely disembarked. Upon disembarkation, his vital signs were stable, and he was symptom-free. This careful management and constant communication with the Vessel Command ensured that the patient received optimal care without the immediate need for disembarkation.



## KEY TAKEAWAYS

**+ TELECONSULTATION IN REMOTE AREAS:**  
Despite initial connectivity challenges, telemedicine played a vital role in managing a potentially serious medical condition aboard a cargo vessel far from shore. The initial consultation via email was quickly followed by video teleconsultations, enabling continuous monitoring and adjustments to the care plan.

**+ IMPORTANCE OF COORDINATION BETWEEN CLINICIANS AND VESSEL COMMAND:**  
The successful management of this case underscores the importance of **regular coordination** between telemedicine clinicians and the **Vessel Command**. With a clear handover per shift and case discussions by the clinicians, the best approach to patient care was continuously assessed. This collaborative approach ensured that the patient's condition was closely monitored and any changes in treatment were implemented swiftly.

**+ IMMEDIATE DISEMBARKATION NOT ALWAYS POSSIBLE:**  
In cases where immediate disembarkation is not feasible, telemedicine provides a vital solution. Clinicians were able to offer real-time medical advice and adjust treatment plans, ensuring patient safety until the vessel was able to dock.

**+ EFFECTIVE MANAGEMENT ENSURES CREW WELFARE:**  
By utilizing teleconsultation, the patient was able to receive proper care while minimizing disruptions to the vessel's operations. This careful monitoring and appropriate management allowed the crew member to be disembarked in a stable condition with no chest pain, demonstrating the effectiveness of telemedicine in remote locations.

Teleconsultation provides an essential solution for the safe and effective management of medical emergencies in the commercial shipping industry, particularly when immediate disembarkation is not possible. This case highlights the significance of **coordinated care** between OneHealth telemedicine clinicians and the **Vessel Command**, ensuring continuous monitoring and appropriate treatment. The patient's stable condition upon disembarkation demonstrates the ability of telemedicine to safeguard crew member health while maintaining vessel operations.