

Cruise Ship Health

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MS Blackwatch

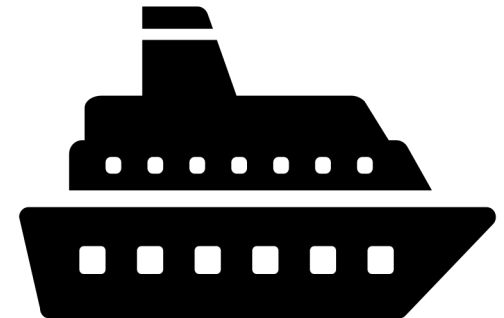
Conflict of interest

I, Carole Tracey have NO financial disclosure or conflicts of interest with the material in this presentation

Aim

What I plan to cover:

- General intro
- Pre-travel risk assessment
- Medical facilities
- Travel insurance
- Accessibility-wheelchairs
- Seasickness
- Norovirus
- Malaria
- Vaccines
- YF



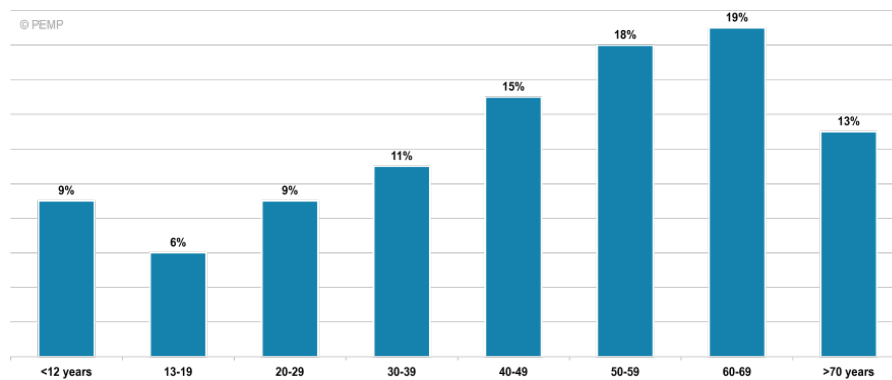
Cruising and the shipping industry

- Before Covid-19 the passenger shipping industry had expanded from **17 million** passengers in 2009 to **30 million in 2019** (CLIA2019)
- Itineraries include all continents and the length of cruise varies from 3 days to many months
- A typical cruise ship carries 3000 passengers and 1000 crew
- World's largest ship is ***Icon of the Seas***. In service since January 2024 and has capacity for nearly **10,000 people**



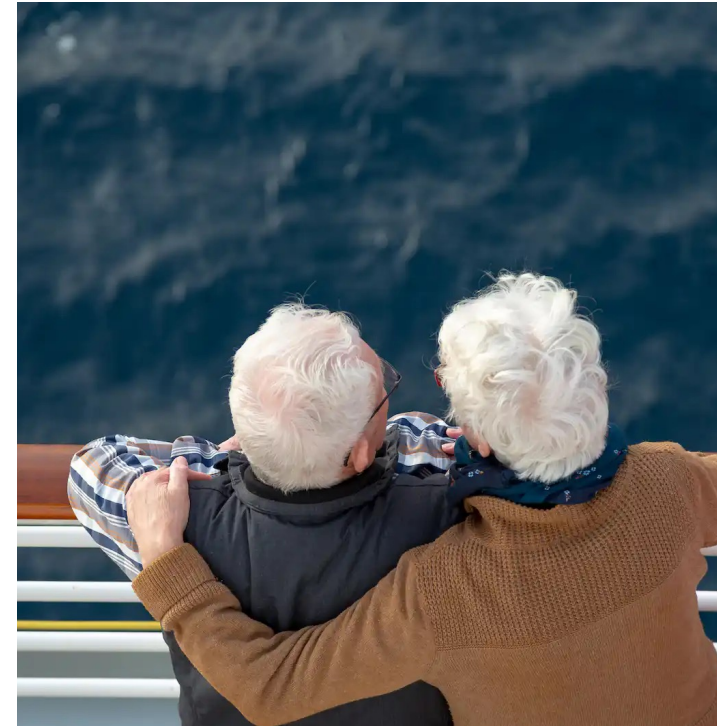
Passenger demographics

- The average age of passengers on a cruise ship is over 50 years
- Longer cruises attract older travelers, a group likely to have more chronic health problems
- Most visits to Med Centre are by passengers over 65 years



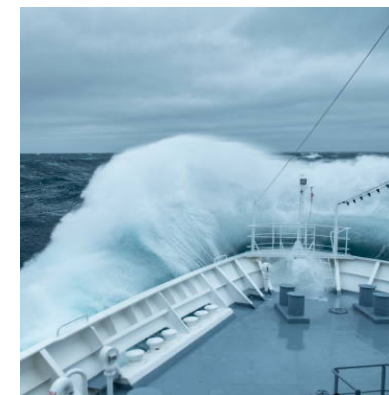
Average age of cruise ship passengers

Source: 2018 Global Passenger Report. Washington DC CLIA (2020)



Pre-travel risk assessment

- Cruises are not always the restful, relaxing holidays that many anticipate
- Considering the age demographic it is important to undertake a detailed risk assessment
- Gain information about the destination as well the medical history of the traveller



Medical facilities on cruise ships

No regulating body but American College of Emergency Physicians (ACEP) provide consensus guidelines followed by all cruise lines and state that the medical facilities follow minimum capabilities:

1. Provision of high quality emergency medical care for all passengers and crew
2. Stabilise patients and initiate reasonable diagnostic and therapeutic interventions
3. Facilitate the evacuation of seriously ill or injured patients





Medical facilities on board

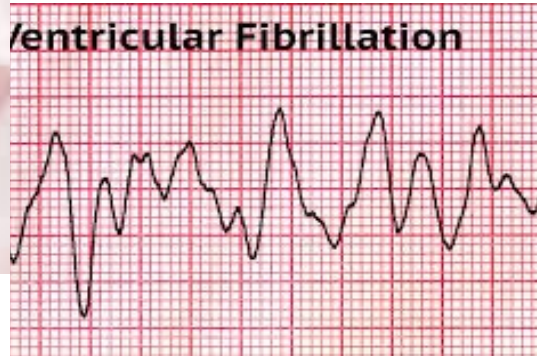
Provides primary and emergency care

Not fully equipped hospitals for in-patient care

All cruise ships have at least one doctor and two nurses

Provide 2 walk-in clinics daily - AM and PM and 24 hour out of hours emergency service

The medical service on a ship is private



Common medical emergencies

- According to the latest statistics the most common medical emergencies are:
- **Cardiovascular events**
- **Respiratory infections**
- **Strokes**
- **Cuts, bruises, sprains or fractures from trips and falls**
- **Gastrointestinal illnesses**
- **Seasickness**
- **Sunstroke**

Travel Insurance

***Advise absolute honesty about pre-existing conditions
15+% medical cases are denied insurance due to non disclosure***

- **Is cruise specific Insurance worth the money?**
- **What does cruise-specific travel insurance cover?**
- Missed departure
- Cabin confinement for medical reasons
- Change of itinerary
- Unused excursions
- Lost days due to bad weather
- Helivac to hospital- £50,000+
- Overseas health care



Additional passenger requirements

Notify the cruise line of additional needs such as:

- Accessibility- wheelchair use
- C-PAP
- Oxygen concentrator
- Medication storage and sharps box
- Blood tests/injections
- Dialysis requirements



Seasickness

Seasickness is a common complaint affecting about 1:4 people

Suggested advice?

- cabin placement
- self-help remedies
- future cruises



Norovirus

- Norovirus is a major cause of acute gastroenteritis
- Spread from person to person or contaminated surroundings
- Symptoms persist 1-2 days, generally mild
- Passengers are isolated in their cabin, until symptom free for 48 hours
- Vigorous cleaning programme established to minimize further transmission





Influenza

- Cruise ship environment facilitates influenza transmission
- Symptomatic passengers are tested and if confirmed- isolated in cabin until recovered
- All passengers over 65 or with pre-existing health issues are advised to be vaccinated against **Influenza** and **pneumococcal pneumonia**



Legionella

- Legionella identified 1977
- Bacteria live in water systems at 20-50 Celsius
- Transmission is inhalation or aspiration from contaminated aerosols
- No direct human-to-human transmission
- Symptom onset is 2–10 days after exposure
- Legionella urine antigen test is performed
- Suspected cases require prompt antibiotics



Personal safety going ashore

- Safety in numbers- Off the ship passengers with a tour have a guide plus a crew member
- Passengers going it alone need to take care and heed advice from the ship



Fred. Olsen Cruise Lines

THE DAILY TIMES

Boudicca - Wednesday, 12th June Copenhagen, Denmark
 Sunrise: 4:46 am Sunset: 9:54 pm

8:00 am Boudicca arrives into Copenhagen, Denmark
 4:30 pm All guests aboard please.
 5:00 pm Boudicca sails for Tallinn, Estonia

Name of Berth: Freeport C243

Distance to Town Centre: Approximately 5 kilometres away from the town centre.

Currency: Danish Kroner (DKK). Available at Reception. Euros are accepted in some stores but change will be given in DKK. Major Credit Cards are widely accepted.

Train Station: Train station is close by, there's a Blue Line on the pier. If you follow this, it will take you directly to the Train Station. It takes about 15-20 minutes walk to the Train Station. You can take all the trains from Nordhavn Station going into town, they run every 5 minutes. You only need to take the Train 2, 3 or 4 stops (depending on where in the city you want to go). The fare is DKK 25.00

Language: Danish, English is understood

Tourist Information: There is a Tourist Information office very close to the pier.

Taxis: Taxis are available at the quayside. Taxi fare to town centre approximately costs DKK 150 to 200. Please agree a price beforehand.

Shopping: Shops are open from 9:00 am - 5:00 pm. Main shopping street is Strøget.

Points of Interest: The Little Mermaid, Amalienborg Castle/Palace - changing of the Guards at 12:00 Noon, Tivoli Gardens (Opens from 11:00 am - 10:00 pm), Carlsberg Brewery, Frederiksborg Park Copenhagen Porcelain Company, Strøget St.

Ship's Phone Number: +44 800 028 5089

Agent's Phone Number: +45 33 44 17 25
 +45 31 31 63 77

Time Change - Thursday, 13th June
 The Ship's Clocks will be Advanced by One Hour at 2:00 am Tomorrow Morning - Thursday, 13th June. Upon retiring this evening, please Advance all clocks and watches by One Hour.

Quote of the Day: 'Some people dream of success, while others wake up and work hard for it.'
 Dress Code for this evening will be: Smart Casual

Tour Departures in Copenhagen
 Please assemble in the Neptune Lounge at the times stated below, then please check in for your Tours with a Staff Member located on stage. Only proceed to the gangway or coaches when your group is called.

TOUR ABD - Copenhagen City Tour
 Please Assemble Neptune Lounge - 8:10 am

TOUR VISTAS - Edvard Munch and City Tour
 Please Assemble Neptune Lounge - 8:40 am

TOUR DBD - City and Harbour Tour
 Please Assemble Neptune Lounge - 8:55 am

TOUR BBD - Royal Copenhagen
 Please Assemble Neptune Lounge - 12:10 pm

TOUR HBD - Copenhagen and Tivoli
 Please Assemble Neptune Lounge - 12:10 pm

Announcements for Tour Departures will be made in the Neptune Lounge

About Copenhagen, Denmark
 Copenhagen is the capital of Denmark and the country's largest city. The original designation for the city, from which the contemporary Danish name is derived, was *Kjøbmændehavn*, "merchants' harbour". It is located on the Eastern shore of the island of Zealand (*Sjælland*) and partly on the island of Amager. The Little Mermaid has become a symbol of the city.

The Little Mermaid is back at her usual spot near Langelinie after being in Shanghai for World Expo 2010. The Little Mermaid turns 100 on 23rd August 2013. She is still going strong although she over recent years has lost both her head and arm. Fortunately, the old mould has been stored and arm could be replaced.

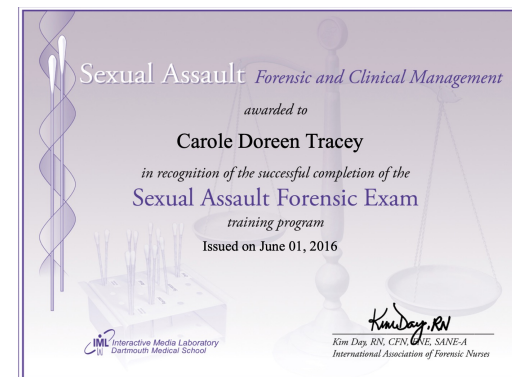
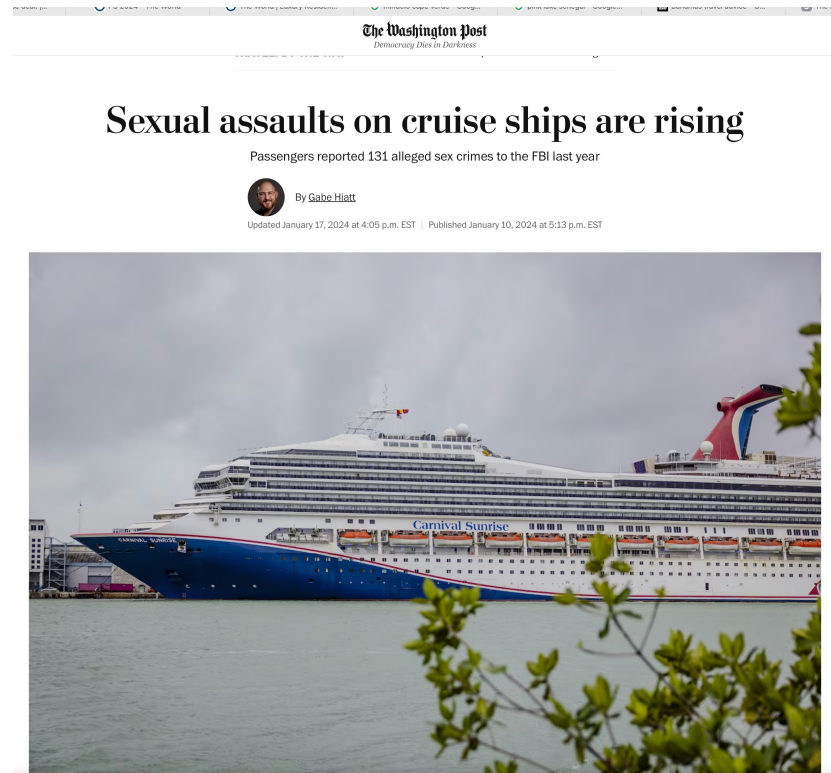
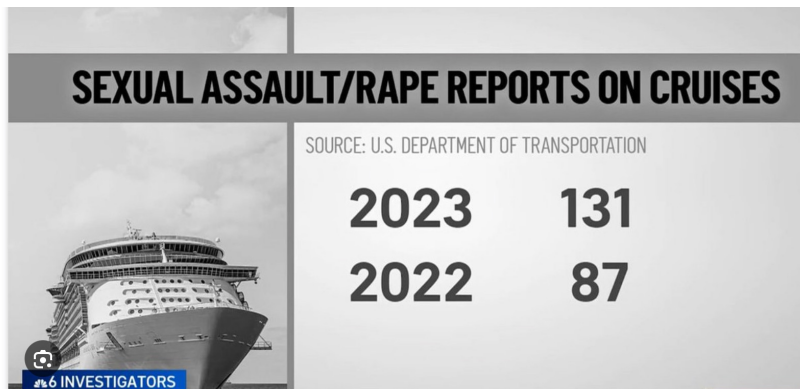
Hans Christian Andersen wrote a fairy tale about her, Disney produced a film, and Copenhagen maintains a statue in her honour.

The Little Mermaid continues to be the most popular tourist attraction in Denmark and one of the most photographed statue in the world!

Please Be Safety Conscious
 When venturing ashore, it is better to consider going in groups to keep on the Tourist Areas and not walk in the back streets. We strongly recommend that you remove all jewellery wherever practically possible. Please be extra vigilant and take care of your belongings, particularly when walking around crowded areas. Keep wallets, purses, cameras and other personal belongings close to you. We do not wish to cause unnecessary concern, but to be "forewarned is forearmed."

Personal safety on board

- Safety for all on board is key but unfortunately incidents do occur including sexual assaults



Vaccinations

Complicated vaccination schedules unnecessary unless overnight stays

Important to explore the destinations and risk behaviour of passengers before deciding on vaccines- most passengers do not eat ashore

Suggest age-specific immunisations:

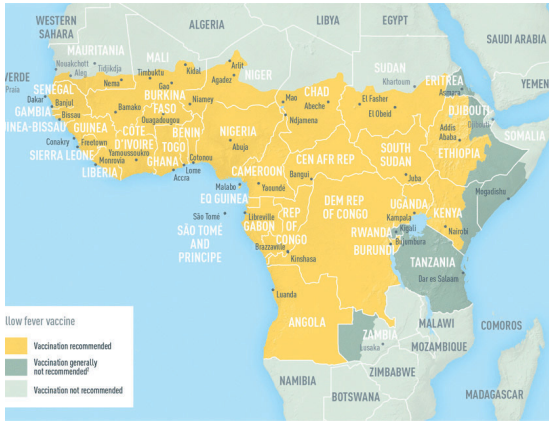
Influenza
Pneumococcal
Shingles

Td/IPV

Hep A and Typhoid if eating ashore

Yellow fever





This map is reproduced with permission and acknowledgement to Centers for Disease Control and Prevention



Yellow Fever

- Determining the risk of YF or need for a YF vaccination certificate –(ICVP) not always easy
- Essential to consider all countries to be visited in order they are visited
- The risk of yellow fever infection for travel to endemic regions of Africa is 10 times higher than from travel to South America
- Some countries even if not at risk of yellow fever may have an ICVP requirement
- **Exempt and unvaccinated passengers going to endemic countries may not be allowed ashore**

INTERNATIONAL CERTIFICATE OF VACCINATION OR PROPHYLAXIS
Certificat International de vaccination ou de prophylaxie

This is valid for (1) John Mary Doe (2) 22 March 2002 (3) United States
 No. of passport (4) 123456789 Date of birth (5) 12/12/1980 (6) John Mary Doe

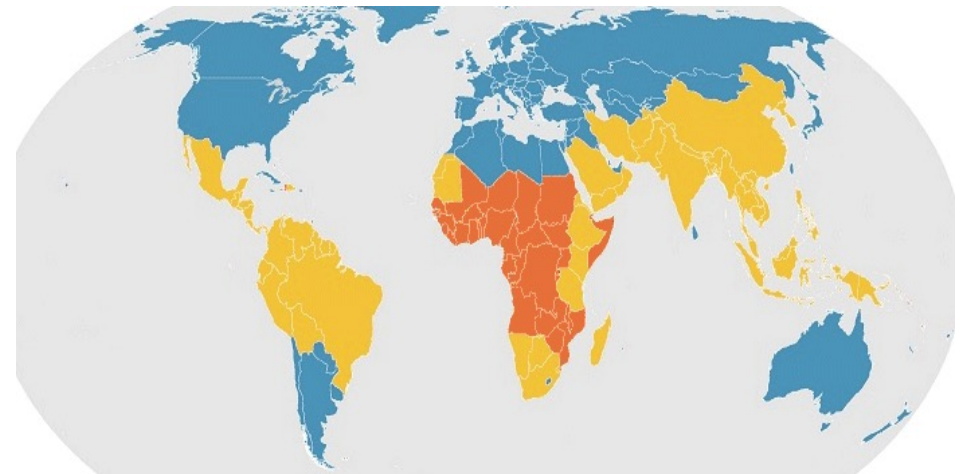
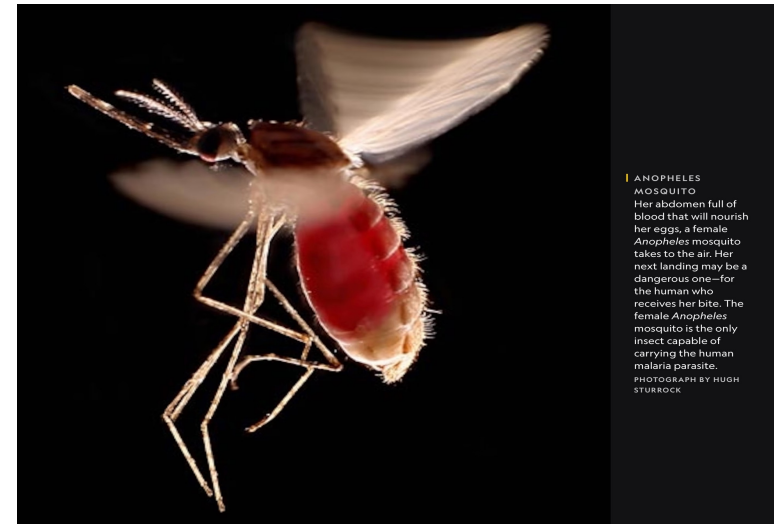
(7) Passport number (8) John Mary Doe
 National identification number, if available (9) 123456789 (10) John Mary Doe

Has the individual been vaccinated or received prophylaxis against (11) Yellow Fever in accordance with the International Certificate of Vaccination or Prophylaxis (ICVP) requirements (12) Yes

Vaccine or prophylaxis (13) Vaccin ou prophylaxie	Date (14) Date	Signature and professional status of vaccinating official (15) Signature et statut professionnel de l'officier vaccinateur	Manufacturer and batch no. of vaccine or prophylaxis (16) Fabricant et numéro de lot du vaccin ou prophylaxie	Certificate valid from (17) Certificat valide à partir de	Official stamp of the administering center (18) Cachet officiel du centre vaccin
(19) <u>Yellow Fever</u>	(20) <u>15 March 2002</u>	(21) <u>John M. Smith, MD</u>	(22) <u>Batch (or lot) #</u>	(23) <u>25 March 2002</u> <u>24 March 2002</u>	(24) <u>[Stamp]</u>

Malaria risk

- Normally minimal in Asia, Caribbean, South and Central America, *with the exception of Manaus in Brazil*
- Accommodation on cruise ships usually good with air-con, well screened lounges and bars
- Mosquito bites should be minimized with bite avoidance to reduce the risk of malaria as well as dengue fever, chikungunya and zika virus
- Overnight exposure minimal as most passengers go ashore in daylight
- If prophylaxis required atovaquone/proguanil drug of choice



MALARIA TRANSMISSION

■ Not known to occur ■ Occurs in some places ■ Occurs throughout

Rare but worth knowing

Piracy

Is there a risk?

What precautions are taken?

What passengers are told?





Safe haven for the passengers



IMB Piracy & Armed Robbery Map 2024

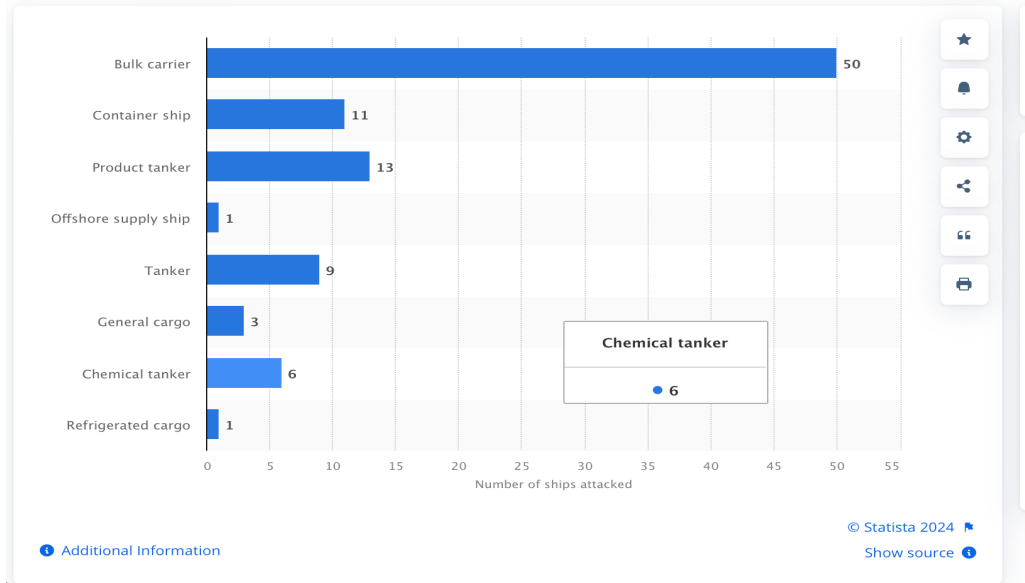
This live map shows all piracy and armed robbery incidents reported to IMB Piracy Reporting Centre during 2024. If exact coordinates are not provided, estimated positions are shown based on information provided. Zoom-in and click on the pointers to view more information of individual attacks. Pointers may be superimposed on each other.

📍 = Attempted Attack 📍 = Boarded 📍 = Fired upon 📍 = Hijacked 📍 = Suspicious vessel



Site Map Privacy Policy Terms & Conditions Employee login

Number of pirate attacks on ships worldwide in 2022, by ship



MV Astoria (2009)



MV Melody (2008)

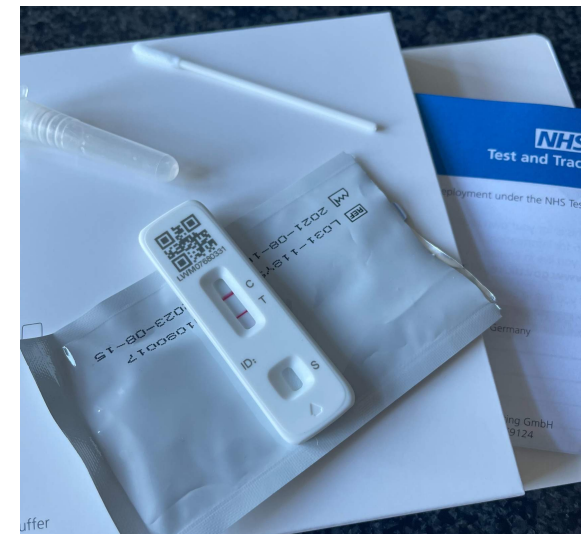
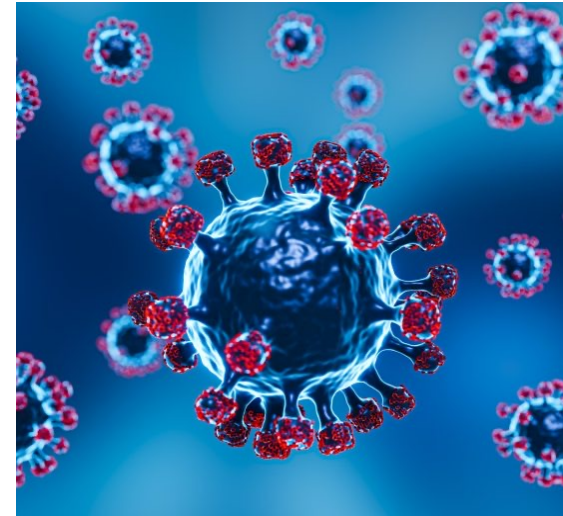


MS Seaborne Spirit (2005)



Covid and cruises

- It is still out there
- International travel re-opened but disruption remains a risk
- Proof of COVID-19 vaccination is **not required**
- Pre-board testing is **not required**
- Strict personal hygiene and hand sanitising advocated, mask use is optional
- Countries can lift or implement travel restrictions at short notice



And finally



I hope you enjoyed this presentation

Thank you for listening

I'm happy to accept questions?

