

## **DIVING MEDICINE FOR SCUBA DIVERS**

### **BACKGROUND**

1. History of Diving
2. Physics
3. Physiology
4. Breath-hold Diving
5. Equipment
6. Diving Environments
7. Stress Disorders — Panic and Fatigue
8. Female Divers

### **SPECIFIC DIVING DISEASES (PRESSURE RELATED DISEASES)**

9. Ear Barotrauma
10. Sinus Barotrauma
11. Pulmonary Barotrauma
12. Other Barotraumas
13. Decompression Theory & Physiology
14. Decompression Procedures Tables
15. Decompression Sickness Clinical
16. Decompression Sickness Treatment
17. Dysbaric Osteonecrosis
18. Nitrogen Narcosis
19. HPNS
20. Hypoxia
21. Oxygen Toxicity
22. Carbon Dioxide Problems
23. Carbon Monoxide Toxicity
24. Breathing Gas Contamination

### **AQUATIC DISEASES**

25. Drowning
26. Salt Water Aspiration Syndrome
27. Cold and Hypothermia
28. Infections
29. Dangerous Marine Animals

### **GENERAL DIVING RELATED MEDICAL PROBLEMS**

30. Hearing Loss
31. Disorientation
32. Miscellaneous Disorders –  
Contact Lenses  
Muscular Cramps  
Other Ear Problems  
Headache  
Pulmonary Oedema (SDPE)  
Sunburn  
Seasickness  
Jaw Joint Arthritis  
Explosions
33. Unconsciousness in Divers
34. Why Divers Die
35. Sudden Death Syndrome
36. Psychological Disorders
37. Drugs and Diving

### **TREATMENT and PREVENTION**

38. Medical Examinations for Divers
39. First Aid Kit
40. Oxygen Therapy Techniques
41. Training and Safety Checklist
42. Resuscitation Review

### **RECENT DEVELOPMENTS**

43. Technical Diving

### **APPENDICES**

- A. Diving Medical Library
- B. Emergency Contact Numbers
- C. In-water O<sub>2</sub> Recompression Therapy
- D. Divers Alert Network

#### **GEM of WISDOM, learnt the hard way.**

If a diver suffers an illness/accident that you cannot understand or prevent, then it will happen again – but often with more serious consequences.