



Medical Care Course on Board Ship (MC)

30 Practice Questions and Answers for STCW Exams

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Practice Set 1

Q1. What is the main objective of the STCW Medical Care (MC) course under Regulation VI/4-2?

- A) Train designated officers to provide advanced medical care, administer drugs, and coordinate Radio Medical Advice (RMA)
- B) Basic hand washing
- C) Certify hospital surgeons
- D) Galley cooking

Correct Answer: A (Train designated officers to provide advanced medical care, administer drugs, and coordinate Radio Medical Advice (RMA))

Explanation: STCW Medical Care equips officers to manage severe trauma and medical emergencies at sea.

Q2. What international publication serves as primary medical guide on merchant ships?

- A) Dictionary
- B) Gray's Anatomy
- C) International Medical Guide for Ships (IMGS)
- D) Merck Index

Correct Answer: C (International Medical Guide for Ships (IMGS))

Explanation: IMGS provides standardized medical treatment guidelines for seafarers.

Q3. What information must be prepared before contacting Radio Medical Advice (RMA)?

- A) Fuel remaining
- B) Patient vital signs (Pulse, BP, Temp, Respiration), medical history, symptoms, and current medicine
- C) Weather forecast
- D) Passport number

Correct Answer: B (Patient vital signs (Pulse, BP, Temp, Respiration), medical history, symptoms, and current medicine)

Explanation: Structured vital signs allow tele-medical doctors to give accurate diagnostic treatment orders.

Q4. What intramuscular (IM) injection site is safest for adult patients?

- A) Upper outer quadrant of Gluteal muscle (buttock) or Deltoid muscle (shoulder)
- B) Elbow joint
- C) Knee center
- D) Heel of foot

Correct Answer: A (Upper outer quadrant of Gluteal muscle (buttock) or Deltoid muscle (shoulder))

Explanation: Upper outer gluteal quadrant avoids the sciatic nerve and major blood vessels.



- A) 10:10
- B) 5 compressions to 1 breath
- C) 30 chest compressions to 2 rescue breaths
- D) 50:5

Correct Answer: C (30 chest compressions to 2 rescue breaths)

Explanation: Standard CPR protocol mandates 30 compressions followed by 2 breaths.

Q6. What splint is designed to immobilize fractured femur (thigh bone) fractures?

- A) Finger splint
- B) Thomas Traction Splint
- C) Wooden ruler
- D) Inflatable arm splint

Correct Answer: B (Thomas Traction Splint)

Explanation: Thomas splints apply longitudinal traction, reducing hemorrhage from broken femurs.

Q7. What immediate treatment is given for severe arterial bleeding on an arm?

- A) Direct pressure over wound with sterile dressing, elevation of limb, and pressure dressing
- B) Hot grease
- C) Seawater wash
- D) Ice block

Correct Answer: A (Direct pressure over wound with sterile dressing, elevation of limb, and pressure dressing)

Explanation: Direct pressure over bleeding site is the fastest control for arterial hemorrhage.

Q8. What medical guide provides instructions for treating chemical poisoning on ships?

- A) Load Line
- B) MARPOL Annex IV
- C) Medical First Aid Guide (MFAG)
- D) COLREG 1972

Correct Answer: C (Medical First Aid Guide (MFAG))

Explanation: MFAG provides chemical antidote tables and toxic casualty management.

Q9. What condition is characterized by crushing chest pain radiating to left arm and sweating?

- A) Ankle sprain
- B) Myocardial Infarction (Heart Attack) / Angina Pectoris
- C) Appendicitis
- D) Food poisoning

Correct Answer: B (Myocardial Infarction (Heart Attack) / Angina Pectoris)

Explanation: Substernal crushing chest pain radiating to left arm is classic myocardial infarction.



Q10. What drug is given sublingually (under tongue) for rapid relief of acute angina chest pain?

- A) Paracetamol
- B) Glyceryl Trinitrate (GTN) / Nitroglycerin
- C) Aspirin
- D) Penicillin

Correct Answer: B (Glyceryl Trinitrate (GTN) / Nitroglycerin)

Explanation: GTN dilates coronary arteries rapidly when absorbed under the tongue.

Q11. Under STCW Code Table A-VI/4-2, what is the mandatory requirement regarding regulatory compliance and STCW code requirements during Medical Care on Board operations?

- A) Verbal recommendation without documentation
- B) Applicable only during drydock operations
- C) Strict compliance with approved safety procedures and flag state regulations
- D) Optional adherence based on vessel size

Correct Answer: C (Strict compliance with approved safety procedures and flag state regulations)

Explanation: STCW Code Table A-VI/4-2 mandates strict compliance with approved safety protocols for Medical Care on Board.

Q12. What specific safety precaution must be observed when managing regulatory compliance and STCW code requirements for Medical Care on Board on board?

- A) Conducting a thorough risk assessment and briefing all involved personnel prior to starting work
- B) Delegating tasks exclusively to untrained crew members
- C) Disabling automated safety alarms to save time
- D) Proceeding without informing the officer on watch

Correct Answer: A (Conducting a thorough risk assessment and briefing all involved personnel prior to starting work)

Explanation: Risk assessments and pre-job briefings ensure all team members understand hazards during Medical Care on Board operations.

Q13. What is normal resting heart rate (pulse) for a healthy adult?

- A) 60 to 100 beats per minute
- B) 20-30 bpm
- C) 150-200 bpm
- D) 120 bpm

Correct Answer: A (60 to 100 beats per minute)

Explanation: Normal adult resting pulse ranges between 60 and 100 bpm.

Q14. What is normal blood pressure for an adult patient?

- A) 200/120 mmHg
- B) 120/80 mmHg
- C) 300/150 mmHg
- D) 70/40 mmHg

Correct Answer: B (120/80 mmHg)

Explanation: Systolic ~120 mmHg and Diastolic ~80 mmHg represent normal baseline BP.

Q15. What is the primary danger of severe burns covering over 20% of body surface area?

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- A) Tooth loss
- B) High blood sugar
- C) Severe hypovolemic shock due to fluid/plasma loss and infection
- D) Ankle swelling

Correct Answer: C (Severe hypovolemic shock due to fluid/plasma loss and infection)

Explanation: Major burns leak plasma rapidly, requiring immediate fluid resuscitation.

Q16. What method estimates total body surface area (TBSA) burned in adult patients?

- A) Beaufort Scale
- B) Richter Scale
- C) Wallace Rule of Nines
- D) Glasgow Coma Scale

Correct Answer: C (Wallace Rule of Nines)

Explanation: The Rule of Nines divides body areas into multiples of 9% to assess burn severity.

Q17. What is first step in treating heat stroke (core temp > 40 degreesC)?

- A) Wool blankets
- B) Sauna
- C) Hot coffee
- D) Move victim to cool space, remove clothing, spray cool water, apply ice packs to groin/axillae

Correct Answer: D (Move victim to cool space, remove clothing, spray cool water, apply ice packs to groin/axillae)

Explanation: Rapid external cooling reduces dangerous body core temperatures to prevent brain damage.

Q18. What instrument is used to examine ear canal and eardrum?

- A) Otoscope
- B) Stethoscope
- C) Ophthalmoscope
- D) Sphygmomanometer

Correct Answer: A (Otoscope)

Explanation: Otoscopes illuminate and magnify the ear canal and tympanic membrane.

Q19. What condition is suspected if patient has right lower quadrant abdominal pain and fever?

- A) Stroke
- B) Asthma
- C) Migraine
- D) Acute Appendicitis

Correct Answer: D (Acute Appendicitis)

Explanation: Right lower quadrant pain with rebound tenderness indicates acute appendicitis.



Q20. What technique opens airway of an unconscious victim without suspected spinal injury?

- A) Turning head upside down
- B) Slapping back
- C) Flexing neck
- D) Head-tilt / Chin-lift maneuver

Correct Answer: D (Head-tilt / Chin-lift maneuver)

Explanation: Head-tilt/chin-lift lifts tongue away from back of throat, opening airway.

Q21. What airway technique is mandatory if spinal injury is suspected in unconscious casualty?

- A) Extreme head-tilt
- B) Sitting upright
- C) Jaw-thrust maneuver without tilting head
- D) Twisting neck

Correct Answer: C (Jaw-thrust maneuver without tilting head)

Explanation: Jaw-thrust opens airway while maintaining neutral spinal alignment.

Q22. What class of medication is Morphine Sulphate, and how must it be stored on board?

- A) Narcotic analgesic (controlled drug); stored in locked safe with key kept by Master
- B) Antibiotic
- C) Vitamin
- D) Antacid

Correct Answer: A (Narcotic analgesic (controlled drug); stored in locked safe with key kept by Master)

Explanation: Morphine is a controlled narcotic requiring secure safe storage and log entries.

Q23. Which international regulation specifies the minimum standard for regulatory compliance and STCW code requirements concerning Medical Care on Board?

- A) STCW Code Section A-VI/4-2 and relevant SOLAS/MARPOL conventions
- B) Port State Control advisory note only
- C) Tonnage Measurement Convention 1969
- D) International Load Line Certificate Annex 3

Correct Answer: A (STCW Code Section A-VI/4-2 and relevant SOLAS/MARPOL conventions)

Explanation: STCW Code Section A-VI/4-2 sets international standards for training and operational competency in Medical Care on Board.

Q24. In the event of an emergency involving regulatory compliance and STCW code requirements during Medical Care on Board tasks, what immediate action is required?

- A) Wait until the end of the watch to log the issue
- B) Attempt to resolve the incident silently without raising the alarm
- C) Raise the alarm, notify the Officer of the Watch, and execute assigned muster list duties
- D) Evacuate the vessel immediately without informing the bridge

Correct Answer: C (Raise the alarm, notify the Officer of the Watch, and execute assigned muster list duties)

Explanation: Prompt alarm activation ensures emergency response teams can mobilize immediately.



- A) Apgar Score
- B) Glasgow Coma Scale (GCS)
- C) Beaufort Scale
- D) Pain Scale

Correct Answer: B (Glasgow Coma Scale (GCS))

Explanation: GCS scores range from 3 (deep coma) to 15 (fully conscious), quantifying neurological state.

Q26. What is primary treatment for severe hypothermia (core temp < 30 degreesC)?

- A) Force running
- B) Handle gently, remove wet clothes, wrap in warm insulation, rewarm core gradually
- C) Alcohol drinks
- D) Boiling bath

Correct Answer: B (Handle gently, remove wet clothes, wrap in warm insulation, rewarm core gradually)

Explanation: Gentle gradual rewarming avoids cardiac ventricular fibrillation caused by cold blood surge.

Q27. What bandage immobilizes a fractured collarbone (clavicle)?

- A) Tourniquet
- B) Finger splint
- C) Figure-of-eight bandage or Arm sling with broad collar-and-cuff
- D) Adhesive plaster

Correct Answer: C (Figure-of-eight bandage or Arm sling with broad collar-and-cuff)

Explanation: Figure-of-eight bandages pull shoulders back, holding clavicle fragments aligned.

Q28. What is Anaphylactic Shock?

- A) Mental shock
- B) Muscle cramp
- C) Life-threatening severe allergic reaction causing airway swelling and blood pressure drop
- D) Electric shock

Correct Answer: C (Life-threatening severe allergic reaction causing airway swelling and blood pressure drop)

Explanation: Anaphylaxis requires immediate intramuscular Epinephrine (Adrenaline 1:1000) administration.

Q29. What emergency drug is administered IM immediately for Anaphylactic Shock?

- A) Paracetamol
- B) Epinephrine (Adrenaline)
- C) Vitamin C
- D) Aspirin

Correct Answer: B (Epinephrine (Adrenaline))

Explanation: Adrenaline relaxes bronchial smooth muscle and reverses vasodilation in anaphylactic collapse.

Q30. What condition is indicated by facial drooping, arm weakness, and slurred speech?

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- A) Malaria
- B) Seasickness
- C) Kidney stone
- D) Acute Stroke / Cerebrovascular Accident (CVA)

Correct Answer: D (Acute Stroke / Cerebrovascular Accident (CVA))

Explanation: FAST (Face, Arm, Speech, Time) identifies acute stroke symptoms.