

LRI Emergency Department

Standard Operating Procedure for:

Illness after Diving

Authors:	Tim Coats
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Immediate Action

Any illness in a diver up to a week after diving must be taken extremely seriously:

1. Triage P1
2. Immediately call Senior Dr
3. Lie flat
4. O2 high flow through non-breathing mask
(convert to sealed 100% circuit in ER asap)

Diving Illness

There are over 80,000 recreational divers in the UK and the national inland diving centre, Stoney Cove, is located in Stoney Stanton, Leicestershire.

Decompression Illness (DCI) is the most serious diving problem. The symptoms are extremely variable and can range from simple aches and pains to severe neurological features from spinal cord compression. Constitutional features such as nausea or vomiting are also common. There are no definite predictors for DCI and ALL symptoms must be taken seriously and discussed with a Senior.

- **ENTONOX IS CONTRAINDICATED AFTER DIVING**

Routine investigations (Bloods / ECG / Gasses) are not necessary for diving illness management, unless you think that the patient also has another illness.

For all illness after diving contact the National Diving Accident Helpline **07831 151523** (see next page for the information you will need to tell them):

Date and time of start of dive.

Date and time of finish of dive.

Maximum depth and time spent:

Ascent schedule (Diver will know):

Any incidents during dive:

Type of gas (Diver will know):

Type of circuit (Diver will know):

Repeated Dives – When, how long, how deep:

Flights since dive Y/N

Symptoms and Time of Onset.	Signs.
Chest pain SOB/DIB Join / muscle pain Malaise Nausea / Vomiting Vertigo Confusion Rash	Respiratory exam ABDO exam Skin exam – rash / mottled Mental state Rapid Neuro exam

Current OBS

HR	
BP	/
SaO2	%
GCS	/15

Notes:

If difficulty calling the National Diving Accident Helpline (on **07831 151 523**) an alternative is:
Midlands Diving Chamber 07931 472602 or landline 01788 579 555

Further Info:

RCEM learning <https://www.rcemlearning.co.uk/reference/decompression-illness/#1567502924261-bd575941-afe9>

Algorithm

