

# The Standard Club PEME scheme

The Standard  
for service and security



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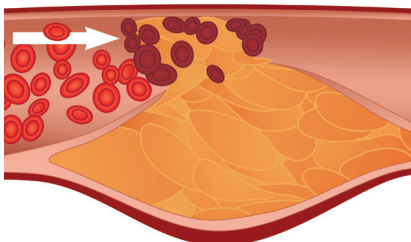
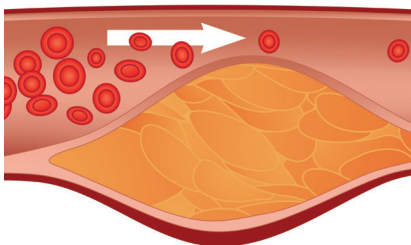
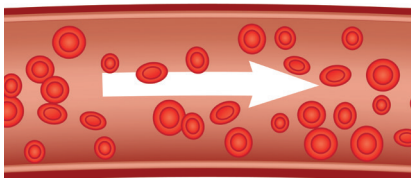
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## The partner

The PEME scheme is run and administered in partnership with Medical Rescue International (MRI), a UK based company that specialises in medical repatriation and the accreditation of medical facilities based outside of the UK.

## Cardio Vascular Disease: a common cause of failure



### Cardio Vascular Disease (CVD)

The implications of a seafarer developing a CVD at sea are far greater than on land. These include the difficulty of reaching medical assistance, the possible danger to the ship and her crew, and the cost to the enterprise caused by delay or diversion. A risk factor is something which increases the likelihood of someone developing a disease or condition.

Some CVD risk factors cannot be controlled (for example sex, age and family history), but many of them can be, and it is important for seafarers to attempt, within the constraints of their profession, to try to avoid these.

### CVD Risk factors

1. smoking
2. high blood pressure
3. high blood cholesterol
4. being physically inactive
5. being overweight or obese
6. diabetes
7. family history of heart disease

8. ethnic background
9. sex (men are likely to develop a CVD at an earlier age than women)
10. age (the older the person, the more likely they are to develop a CVD)
11. how a person deals with stress
12. the amount of alcohol consumed.

The best way to do this is to change, as far as possible, to a healthier lifestyle. This can be achieved by taking a few simple steps such as:

1. following a healthy diet
2. being physically active
3. maintaining a healthy weight
4. quitting smoking
5. managing stress.

The Standard Club Pre Employment Examination Protocols are designed to assist the seafarer and their employers in determining if they are suffering from a CVD before they join their ship or undertake a new contract.

## Benefits and practicalities of the scheme

The Standard Club enhanced PEME scheme has been designed to provide specific benefits for both members and the seafarers they employ. Members benefit from having all the necessary information relating to the risk associated with the employment of a specific seafarer. Benefits for seafarers include increased monitoring of their health and the opportunity to obtain treatment for existing medical

conditions before they go to sea, where medical assistance is harder to arrange, particularly in the event of an emergency. The tests and examinations included as part of the club's enhanced PEME scheme are designed to detect the most common pre-existing conditions in seafarers. The enhanced PEME scheme is in line with guidance issued by the International Group of P&I Clubs.

Whilst the club's scheme is advisory, in circumstances where a seafarer fails to obtain a Standard Club PEME certificate but is still compliant with DOH requirements, the club will issue specific advice to the member. This advice is designed to mitigate the risk associated with the seafarer's medical condition and ensure that the seafarer's medical needs are considered.

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 The Standard P&I Club

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