



- Maritime Health Research and Education- NET

Presentation:

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The Maritime Health Research and Education-NET (MAHRE-Net) is a non-profit multilingual network of students and researchers.

- The idea started in 2018 inside IMHA Research as an external net to collaborate first in Research within the [OMEGA-NET Cohorts](#) with affiliations to ICOH and EPICOH in relation to the scientific base & later in Education... Collaboration IMHA-Univ. of Cadis Postgraduate courses - Panama Canal Authorities (Pilot). Pre-Covid19 & Covid times helped a lot to organise things online, from 2020 our logo.
- Invitations include maritime organisations, Universities, Scientific Societies, Individual Researchers and Teachers.... Related to Maritime Health

# Investigación y Educación en Salud Marítima-NET



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## 1. Introducción [\[editar\]](#)

Maritime Health Research and Education-NET (MAHRE-Net) es una red sin fines de lucro de estudiantes e investigadores para colaborar dentro de las OMEGA-NET Cohorts. Las poblaciones objetivo del estudio incluyen estudiantes marítimos, gente de mar, pescadores, trabajadores portuarios, trabajadores en alta mar, buceadores y sus relaciones sociales. Nos sumamos al movimiento OMEGA-NET que tiene como objetivo optimizar e integrar cohortes ocupacionales, industriales y de población a nivel europeo pero también fuera de Europa. El objetivo es sentar las bases para una base de pruebas mejorada para la identificación de los riesgos y beneficios para la salud relacionados con la ocupación y el empleo para fomentar estrategias y políticas preventivas seguras y saludables. Seguiremos y apoyaremos a los jóvenes de las escuelas marítimas en su carrera. El método es que pedimos a las clases de estudiantes marítimos que rellenen un breve cuestionario sobre su salud y bienestar al inicio de sus estudios. Cuando inician sus tiempos de práctica en el mar, responden las mismas preguntas para identificar



UN Sustainable Development Goals (Lima, Peru)



# Target populations of maritime workers

- Maritime students
- Seafarers
- Fishermen
- Port workers
- Offshore workers
- Divers
- The maritime workers social relations.

## Objectives

The aim is to provide a foundation for an enhanced evidence base Maritime Medicine for the identification of health risks and gains related to occupation and employment to foster safe and healthy preventive strategies and policies.

Next meetings:

Research: Oct 4<sup>th</sup>, 2023 Pre-symposium ISMH, Athens

Education: Oct. 14<sup>th</sup>, 2023 Tarragona - Spain Meeting

## Background:

- Human research resources from the students Thesis work
- Bachelor and master, maritime, pub health and other
- Follow-up of cross-sectional studies form the cohorts
- Systematic literature reviews included
- Data: maritime schools, unions, shipping companies
- Linkage to health exam data seafarers and fishermen
- Continuation of IMHA Research outside IMHA
- Affiliations to ICOH and EPICOH, Application for COST-Action??
- Common International Surveys. Institutions Agreements-Cols
- Postgraduate courses for Maritime Health Doctors, Speciality?
- Participation in ISMH, Hispanofrancophone and other languages meetings.....

## COST Action application



The **European Cooperation in Science and Technology** (COST Association) is running an [EU](#)-funded programme which enables researchers and innovators to set-up their own [research networks](#) in a wide range of scientific topics, called COST Actions. While COST does not fund research activities as such, it provides funding for scientific collaboration in the form of conferences, meetings, training schools and scientific exchanges. COST works to facilitate access for researchers worldwide to join networks of excellence, especially younger researchers and ones from less-research-intensive countries or regions.

## **Contribute to UNs 17 Sustainable Development:**

Goal 3: Good health and well-being for all workers

Goal 4: Quality Education

Goal 5: Gender Equality

Goal 8: Decent Work and Economic Growth

Goal 10: Reduced Inequality

Goal 17: Partnerships to achieve the Goals



# METHODS

- Data will be collected with questionnaires
- Electronically or by interview
- Validated questionnaires for comparison
- The questionnaires consist of three parts
- Repeated rounds form the cohorts

## **Cohort definition**

A "Cohort" is defined in the epidemiological science as a group of people who share the same characteristic, in this case more or less the same birth years and we take several contacts to them over their life.

# Three parts questionnaires

## **A: PERMANENT**

- Person, workplace/ship/place
- Tobacco, Height/Weight, Health,

## **B: MAIN THEMES**

- Standardised Q e.g GHQ12, NMQ, NOSACQ

## **C: SPECIFIC THEMES eg:**

- Food and drink, Physical activity, Oral health ....



## Strengths

1. Well-known that students can do valuable studies
2. The youth brings fresh perspectives for OHS prevention
3. Valuable new knowledge is produced with small budgets
4. Global collaboration visualises contrasts of OHS quality
5. Inclusive type of project open for all staff participation
6. Minor time is needed for funding applications
7. Big studies with data pooling to be financed for PhD studies

## **Weaknesses**

Supervisors will use more time than scheduled

Cross-sectional design and causal relations

Low participation rate

Loss of follow up by

- change of mail-addresses
- lack of interest
- Change of work/education

VISIT OUR WEBSITE <http://mahre-net.mono.net/>



**Overview** Clinical dataT2DM Questionnaire data Litterature Reviews Education Publications Meetings

**MAHRE-Net is for Health and Safety for the maritime and other workers in four sections:**

1. Research program with data collecting in the maritime schools and the workplaces based on international, standardized, questionnaires
2. Screening program for early diagnosis and prevention of diabetes and hypertension
3. Educational Diploma program for learning research methods, using the data from the research program
4. Systematic Litterature Reviews

**SEE SOME WEBINARS OR VIDEOS:**

<https://vimeo.com/576516703>

Open for collaboration. Contact:

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