



IMHA

Know it, share it!

Maritime medical training – the IMHA perspective

XXV Jornadas de Medicina Maritima
13 & 14 October - Tarragona



"International Maritime Health Association"

There is a need for an independent medical expert group with a mandate to carry out policy preparatory work.



could play an important role in this...

also in training of seafarers and seafarers' doctors.

Know it, share it!



"International Maritime Health Association"

Established in 1997, in Oslo, during ISMH04

Registered as International non-profit association

Collaborative status at the IMO and observer status at the ILO

Ytd 148 Individual Members and 7 Supportive Members in good standing (120 – 230) from 35 different countries

Board of Directors: 7 members, different nationality

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Objectives and activities

the improvement of health care and the follow up of all employees in the maritime industry;

to encourage scientific research in maritime healthcare;

to promote the exchange of scientific data and results of research projects;

to provide special and specific knowledge on how to prepare reports and directives in relation to maritime healthcare;

to promote the development of high quality international maritime medical health care and systems;

to provide assistance in the international coordination of initiatives in relation to maritime health care;

to promote and facilitate education and training in maritime health care,

to cooperate with international organizations, governments, shipping companies and professional bodies including the World Health Organization (WHO), the International Maritime Organization (IMO), the International Labor Organization (ILO), the International Transport workers Federation, the International Chamber of Shipping (ICS) and many others.

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Areas of Expertise

Guidelines

TMAS

Infectious diseases

Medical chests

Medical guides

Mental health

Research

Training

Know it, share it!

Master in Maritime Health



Information

Fundación Universidad Empresa de la Provincia de Cádiz
 C/ Zorrilla Pardo Saldaña, s/n, primer planta, Edificio C.E.
 C.P. 11002, Cádiz (Spain)
 Tlfno. 0034 954 8702 - 721-70 | fax: 0034 954 870 271
www.uca.es/web/mh/ingles | www.imha.org
 email: fhmexing@uca.es
 More information in English in the Programme practice address:
imha@imha.org



Module 1. History, Rules and Regulations, Statistics and Epidemiology, Evidence Based Maritime Medicine.

Module 2 National and International Organisation, Medical care and Preventive Maritime Medicine (including telemedicine, onboard medicine, medical fitness examinations), Working Conditions and Risk Prevention, Harbour, Navy, Tropical and Disaster Medicine, Toxicology, Hygiene, Survival and rescue at sea.

Modules 3 & 4 Underwater and Hyperbaric Medicine, Nautical Sports Medicine,

Fitness medical examinations for professional divers and for nautical sports.

Practical Telemedicine-advice consultation, visits on board, Maritime Medicine Centres, Naval Base of Rota, Hyperbaric chamber of the Naval Hospital of S. Carlos, rescue training and other recognised seminars and meetings.



Diplôme d'Université: Médecine Maritime

U30 Formation Continue & Médecine
Pôle Santé



2023 - 2024

Diplôme d'Université
**MÉDECINE
MARITIME**

Programme

Tronc commun

- > L'Homme et le milieu maritime
- > Organisation des secours
- > Intoxications aiguës en milieu maritime
- > Médecine des voyages

Option « Santé au travail en milieu maritime et portuaire »

- > Ambiances physiques à bord et toxicologie professionnelle
- > Ergonomie, sécurité à bord et Service de santé des gens de mer
- > TP : visites (1 jour)
- > Traversée BAI (si possible, 1 à 2 jours)

Option « Médecine embarquée »

- > Médecine en mer
- > Médecine d'escale
- > Préparation et pathologies du retour
- > TP Biologie appliquée (1/2 journée)
- > TP Echographie (1/2 journée)
- > Si possible : TP visites (1 jour) + traversée BAI (1 à 2 jours)

Option "Urgences maritimes"

- > Sécurité du personnel, matériel médical, plans de secours, sports et accidents du littoral
- > Plongée et accidents de plongée - SAMU de coordination maritime
- > TP SMUR Maritime (1 jour)
- > TP situations d'urgences (stage HUET, 1 jour)

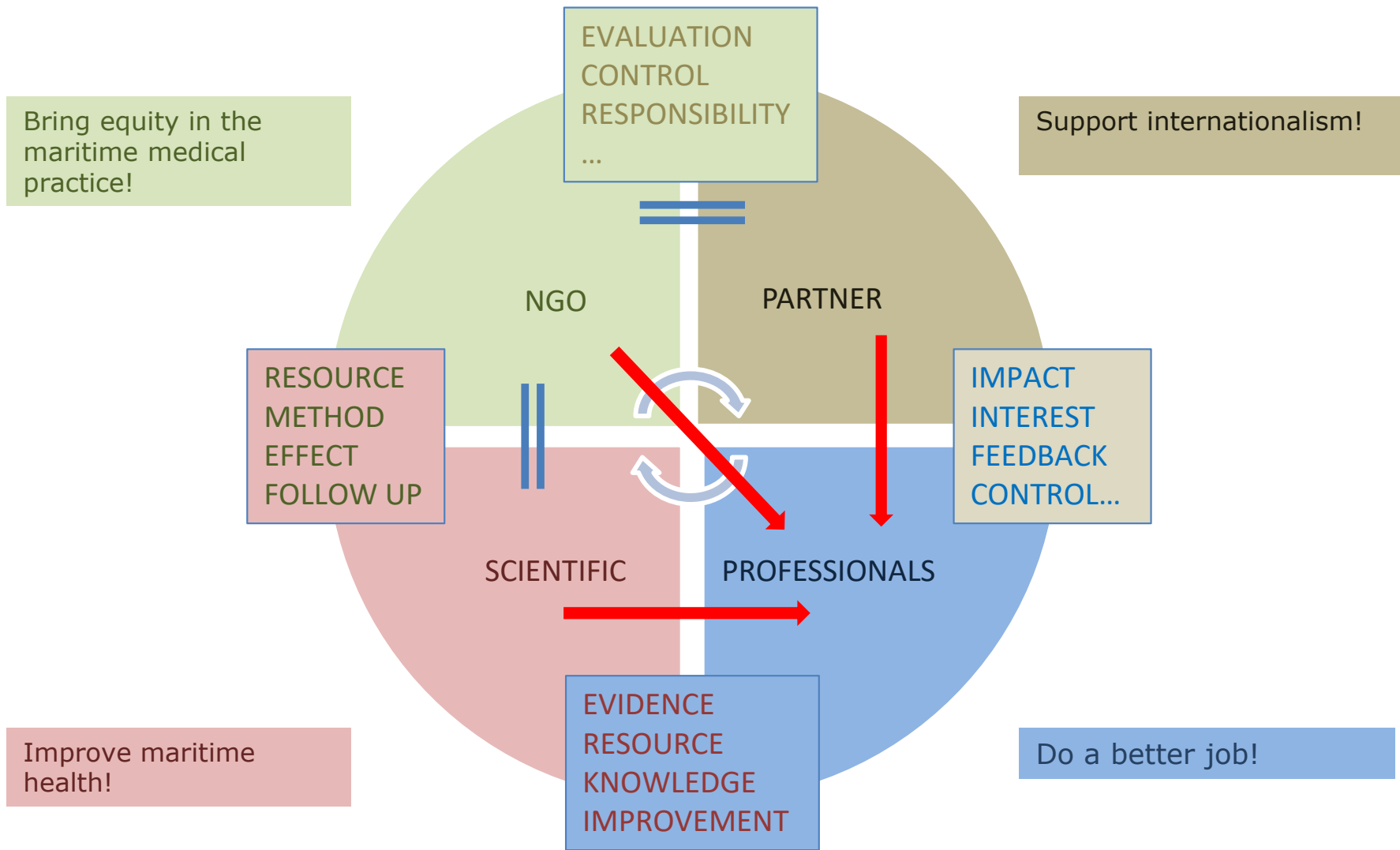
❖ Méthodes pédagogiques

La formation alterne des méthodes transmissives, actives et réflexives.

L'enseignement comprend des cours théoriques, des exercices de mise en situation, la rédaction puis la soutenance d'un mémoire.

Le parcours du candidat est étalé sur un an :

- > Tronc commun
- > 1 option obligatoire choisie entre 3 orientations : médecine embarquée, urgences maritimes, santé au travail en milieu maritime et portuaire
- > Travaux pratiques (TP) selon l'option choisie
- > Rédaction et soutenance d'un mémoire



Maritime medical training – the IMHA perspective

TRAINING OF DOCTORS,
APPROVED FOR MEDICAL
EXAMINATIONS OF SEAFARERS



IMHA

Training of seafarer's doctors

A list of learning objectives agreed by all

No agreement reached to this date on

- Format of training
- When the training should be delivered
- Who pays for the training
- Need and delivery of ongoing training



Agreed learning outcomes

1. **The shipping industry and working at sea**
 - Understand the international nature of the shipping industry.
 - Understand the working environment on board ship and the demands it places on seafarers
2. **Medical treatment possibilities at sea**
 - Understand the limited access to medical care on board, and the delay in medical assistance from ashore and medical evacuation
3. **Guidelines for the medical examination of seafarers**
 - Understand the content and be able to apply guidelines in medical selection
4. **National regulations on the medical examination of seafarers**
 - Understand the regulations for the issue of a medical certificate for seafarers in an individual country
5. **Introduction to medical selection**
 - Understand the different role of the Doctor in conducting a seafarer examination compared to other medical consultations, specifically the application of fitness criteria for seafarers
6. **Risk assessment in medical assessment**
 - Understand the principles of assessing risk with regards to particular individuals, roles and maritime situations
7. **Vision and eye disorders**
 - Understand the requirements for visual standards for seafarers
8. **Hearing and ear disorders**
 - Understand the required hearing standards for seafarers
9. **Diabetes mellitus and other endocrine disorders**
 - Understand the disease process of diabetes and other endocrine disorders, their treatment and the risks involved both for the seafarer and the vessel
10. **Epilepsy, loss of consciousness, altered awareness and sleep disorders**
 - Understand the possible diagnoses and risk assessment of patients with history of a sudden neurological event
11. **Degenerative neurological conditions**
 - Understand the disease progression and risk assessment of patients with a degenerative neurological condition
12. **Alcohol and drug abuse**
 - Understand the methods of assessment and identification of seafarers who misuse or abuse alcohol and drugs and the risk assessment of the individual situation
13. **Psychological demands and mental health conditions**
 - Understand the psychological demands on seafarers.
 - Understand the impact and risk assessment of mental health issues in the seafarer.
14. **Cardiovascular disease**
 - Understand the different disease processes and the risk assessment of seafarers with cardiovascular disease.
15. **Respiratory disease**
 - Understand the different disease processes and the risk assessment of seafarers with respiratory disease
16. **Gastrointestinal disease**
 - Understand the different disease processes and the risk assessment of seafarers with gastrointestinal disease
17. **Malignancies (including leukaemia and lymphoma) and immunosuppression**
 - Understand the many and varied disease processes and the risk assessment of seafarers with a malignant disease
18. **Musculoskeletal diseases. Physical demands and physical testing.**
 - Understand the physical demands placed on the seafarer, the common musculoskeletal complaints experienced and the assessment of physical capability.
19. **Obesity**
 - Understand the risk assessment of obesity and the risks to the seafarer, crew and vessel.
20. **Genito urinary medicine/Gynaecology**
 - Understand the disease process of common GU disorders and their impact on the seafarer and the vessel
21. **Infectious diseases and vaccination**
 - Understand the disease process of common infectious diseases and their impact on the seafarer and the vessel
22. **Oral health and dental inspection**
 - Understand the prevalence of dental disease and the risks to the seafarer and consequently the vessel
23. **Medication including complimentary therapies**
 - Understand the benefit and potential adverse effects of various medications within the specific context of the seafarer's environment
24. **Allergies**
 - Understand the many and varied triggers of allergy and the range of severity of reactions. Assess the risks to the seafarer and vessel of a reaction occurring.
25. **Blood disorders**
 - Understand the different disease processes and the risk assessment of seafarers with blood disorders
26. **General Questions and answers**
 - To clarify any questions from the pre course self-directed learning and to demonstrate their understanding of

Learning outcomes

On completion of this course, the participants shall be able to:

- conduct medical examinations of fishers in accordance with the **requirements** regarding such examinations, with which they should be entirely familiar.
- conduct the medical examination in accordance with **medical best practice** and proper case consideration, obtaining relevant additional specialist advice and investigation where appropriate.
- **assess the safety risk** which relates to the fisher's medical condition in general, to his or her regular and emergency duties, within a time perspective corresponding to the validity period of the medical certificate.
- **personalize the safety risk assessment** relating to individual workers with medical conditions, and the consequences this may have for the individual him/herself, the safe operation of the ship and to other crew members.
- **assist** the fisher in cases of **complaints and applications for appeal** within the relevant system.

Learning outcomes

On completion of this course, the participants shall understand:

- the **limitations and challenges regarding medical treatment** of ill and injured fishers whilst at sea including knowledge of available medical resources on board and the possibilities for evacuation.
- the **characteristics of working places** on board fishing vessels, and the different physical and mental demands which relate to different types of work on board.
- the **different roles of doctors** in different positions (Approved Doctors, , General Practitioners, Specialists etc) and be aware of his/her own role whilst conducting medical examination of fishers.
- the **consequences of a declaration of unfitness** for the individual.



IMHA

topics include

The shipping industry and working at sea

Medical treatment possibilities at sea

Guidelines for the medical examination of seafarers

National regulations on the medical examination of seafarers

Introduction to medical selection

Risk assessment in medical assessment

Vision and eye disorders

Hearing and ear disorders

Use of medication

Clinical topics

Course faculty

The training should be delivered by personnel with experience in:

- **Maritime medicine**
- The **assessment** of applicants against medical standards
- The **development** of medical standards
- The **maritime industry**
- **Life on board** a vessel

A course faculty should contain several people with a range of experience to ensure a broad knowledge base, so that the course reaches as many medical practitioners as possible, ideally in their native language.



IMHA

topics include

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Use of medication

Clinical topics

guidelines

The same set of criteria are used for different groups of workers at sea, but with different, well-established cut-off points, that:

- do not cause too many false negatives that result in unnecessary medical risk at sea,
- nor too many false positives that keep individuals, unjustly, from doing their jobs.

Based on risk assessments

This is a very basic and important aspect of the training of medical examiners

Know it, share it!

guidelines



Clinical topics

Alcohol and drug abuse

- Understand the methods of assessment and identification of seafarers who misuse or abuse alcohol and drugs and the risk assessment of the individual situation

Psychological demands and mental health conditions

- Understand the psychological demands on seafarers.
- Understand the impact and risk assessment of mental health issues in the seafarer.

Cardiovascular disease

- Understand the different disease processes and the risk assessment of seafarers with cardiovascular disease.

Obesity

- Understand the risk assessment of obesity and the risks to the seafarer, crew and vessel.

New topics

Chronic disease onboard

Pandemic preparedness

Quality

...

Know it, share it!

New topics

Chronic disease onboard

Pandemic preparedness

Quality

...

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mode of training

Formal course

E learning

Distance learning through other media eg CD/DVD

Shadowing of colleagues

Regular seminars

Any combination



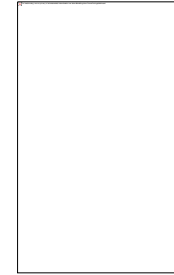
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When should the training take place?

Before the Doctor carries out any seafarer's medical examinations

Over the first year of their work

At regular intervals during their time as a seafarer's Doctor



SSDC Work programme roadmap towards socially sustainable fishing

Pillars of the Sea 3

DEVELOPMENT OF A TRAINING PROGRAMME FOR MEDICAL PRACTITIONERS IN THE MEDICAL EXAMINATIONS OF FISHERS

Course Content

Module 1 – **Fishing as an occupation**

1. The fishing industry and working at sea
2. Medical treatment possibilities at sea

Course Content

Module 2 – **the medical assessment of fishers**

1. Guidelines for the medical examination of seafarers
2. National regulations on the medical examination of seafarers
3. Introduction to medical selection
4. Risk assessment in medical assessment

Course Content

Module 3 – **Assessment of specific medical conditions**

1. Vision and eye disorders
2. Hearing and ear disorders
3. Diabetes mellitus and other endocrine disorders
4. Epilepsy, loss of consciousness, altered awareness and sleep disorders.
5. Alcohol and drug abuse
6. Psychological demands and mental health conditions
7. Cardiovascular disease
8. Respiratory disease
9. Gastrointestinal disease
10. Malignancies (including leukemia and lymphoma) and immunosuppression
11. Musculoskeletal diseases. Physical demands and physical testing.
12. Obesity
13. Genito urinary medicine/Gynecology
14. Infectious diseases and vaccination
15. Oral health and dental inspection
16. Medication including complimentary therapies
17. Allergies
18. Blood disorders
19. General Questions and answers

IMHA recommendations

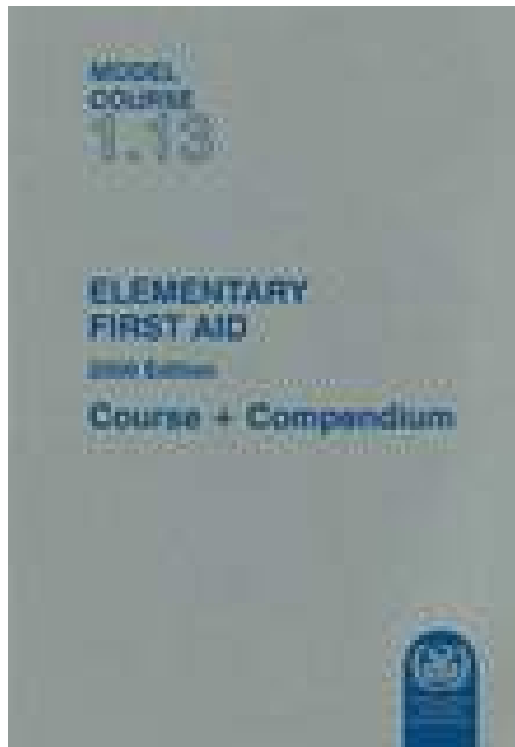
1. A modular system of courses, where the basic competences are similar for seafarers, fishers and / or offshore / other workers is preferable.
2. The module about medical examinations of fishers could be taught apart or as an element of a larger course
3. Harmonize formats
4. Create a system of continuous evaluation and adaptation of the courses
5. Collect data to improve and adapt the courses
6. ...

Maritime medical training – the IMHA perspective

TRAINING OF SEAFARERS

IMO – Model Courses

Level I:	Elementary First Aid	10-20 min
Level II:	Medical First Aid	1h- 1 day
Level III:	Medical Care	1d- 1 week

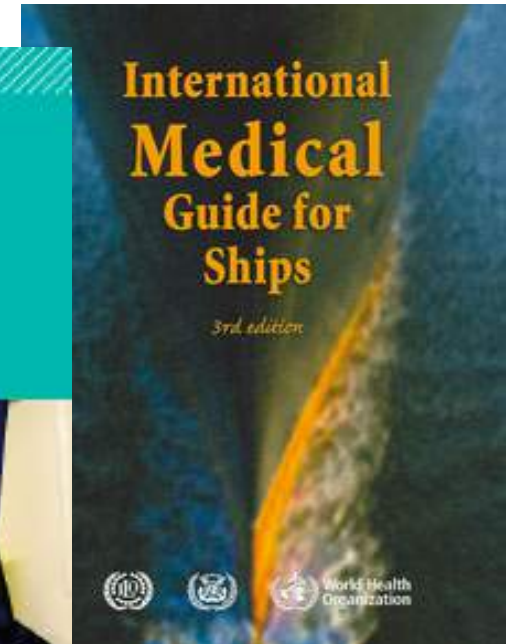


IMO – Model Courses

- Revision:
 - With social partners and industrial organizations
 - Based on the international medical guide for ships...c.q. seafarers and fishers
 - + the medical chest
 - Based on revision of guidelines for the medical examinations of seafarers and fishers
 - Learning outcomes taken into account
 - Feedback from data on TMAS and port clinics
 - Input from research and scientific analyses

guides

Expert Review Group, members from:



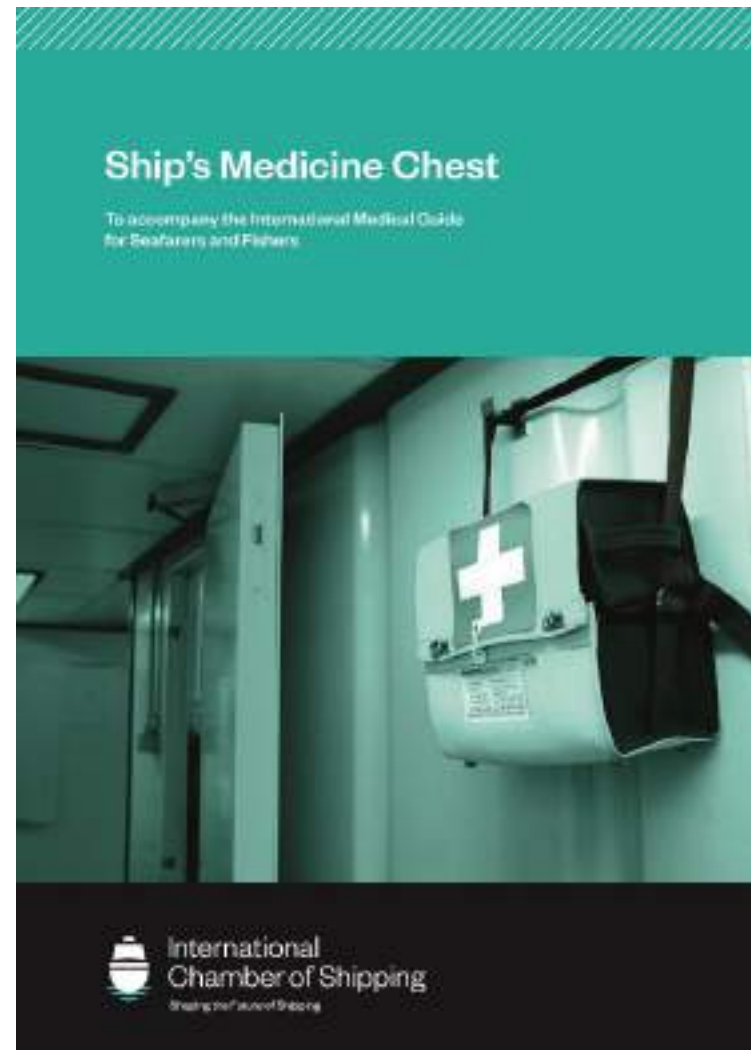
medical chest

Content written in collaboration with maritime medical experts and pharmacists.

Up-to-date medicines.

Internationally available.

All medicines included are referenced in the Guide.





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research



MAHRE-net
The Maritime Health Research & Education net

SEMM Sociedad Española de Medicina Marítima

SFMM
Société Française de Médecine Maritime

International Maritime Health Association
Capítulo de Países Latinos

Société Marocaine de Médecine Maritime
الجمعية المغربية لعلوم البحار



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www.imzruhealth.pl



THE LANCET



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IMHA

**Italiëlei 51
B-2000 Antwerpen
Belgium**

www.imha.net
imha@online.be

+32 32 29 07 76



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