

# Promoting mental health of seafarers on board

Team: Peace of Mind

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# 1. Background

## Why mental health?



**“Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.”**

Photo: <https://www.who.int/ResourcePackages/WHO/assets/dist/images/logos/en/h-logo-white.svg> ,



**Depression**



Photo: <https://www.cdc.gov/>, <https://us.123rf.com/450wm/rodnikovay1/rodnikovay11711/rodnikovay1171100079/89498729-concept-of-diabetes-in-the-form-of-measuring-blood-sugar-from-a-drop-of-blood-from-the-finger-icon-1.jpg?ver=6>, <https://cdn5.vectorstock.com/i/1000x1000/14/29/heart-disease-icon-outline-vector-29021429.jpg>, <https://www.seekpng.com/ima/u214e6y3u2a9r5y3/>

1) “About Mental Health.” Centers for Disease Control and Prevention, Centers for Disease Control and Prevention, 28 June 2021, <https://www.cdc.gov/mentalhealth/learn/index.htm>.

2) “MLC, 2006 - Maritime Labour Convention, 2006 (MLC, 2006).” Ratifications of MLC Convention, <https://www.ilo.org/dyn/normlex/en/f?p=NORMLEXPUB%3A80001%3A0>.

# 1. Background

## Mental Health of the seafarers



**long working hours**



**limited contact**



**cultural difference**

# 1. Background

## Covid 19, seafarers' mental health



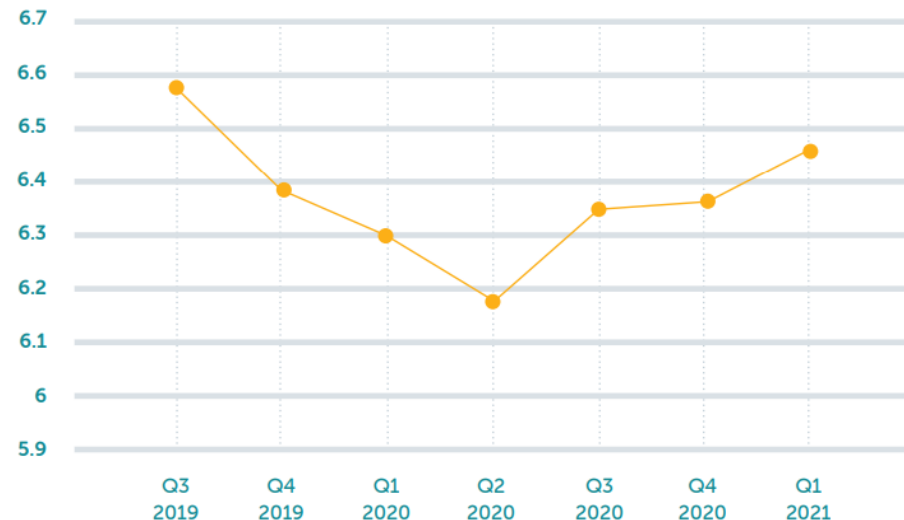
July 2021, **250,000** seafarers

-working beyond contract

-repatriation X



Coping through COVID



# 1. Background



**Satisfaction ↓ & mental illness**

**-> suicide & accidents ↑**



# 1. Background



**SDGs 3. Ensure healthy lives and promote well-being for all at all ages**



Photo: <https://www.standard-club.com/knowledge-news/article-mission-to-seafarers-seafarer-happiness-index-q1-report-connecting-with-loved-ones-3638/>,  
<https://www.itfseafarers.org/en/issues/women-seafarers>



# 1. Background

## What has been done so far?



SCAT

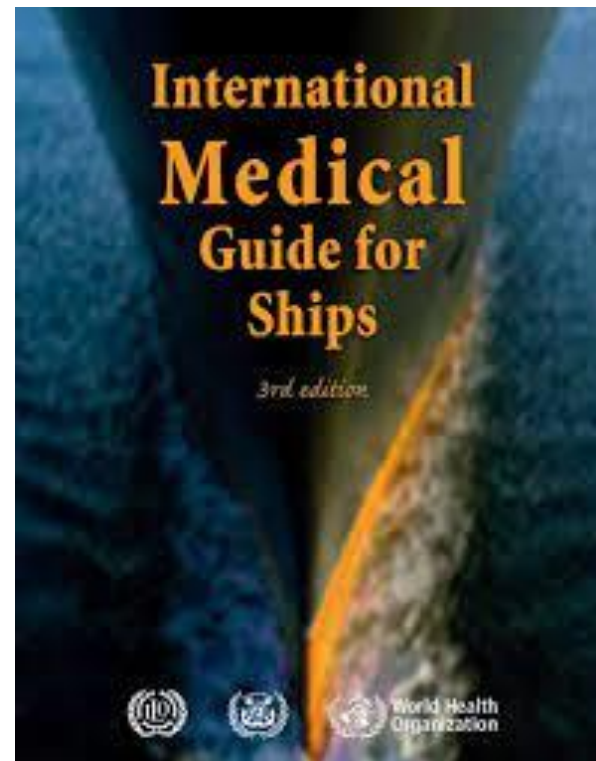
Seafarer Crisis Action Team



## 2. Problem Analysis

## 2. Problem Analysis

### 1) Absence of direct treatments on mental illness on board



# 2. Problem Analysis

## 1) Absence of direct treatments on mental illness on board

☐ Illness  
☐ Accident  
☐ Poisoning  
Since: .....

Appendix  
IDENTIFICATION OF THE REQUIRING TMAS:  
Name: ..... Tel: .....  
Address: ..... Fax: .....  
E-mail: .....

CONFIDENTIAL MEDICAL INFORMATION  
MEDICAL ASSISTANCE AT SEA  
TMAS - TMAS Medical Information Exchange Form

To: TMAS: .....  
(via MRCC if necessary: .....)

Date: ...../...../..... Time: .....h..... Physician: Dr.....

**PATIENT**  
Surname: ..... First Name: .....  
Date of Birth: ...../...../..... Age: ..... Sex: M ☐ F ☐  
Nationality: ..... Occupation on board: .....

**MEDICAL CIRCUMSTANCES**  
☐ Illness  
☐ Accident  
☐ Poisoning  
Since: .....

Previous Medical History	Ongoing Treatments	Care on board before Teleconsultation
.....	.....	.....
.....	.....	.....

**MEDICAL OBSERVATION**  
Pulse: ...../min BP: ...../.....mmHg  
BR: ...../min T: .....°C  
Weight: .....Kg  
Height: .....m  
Diagnosis(es) given: .....

# 2. Problem Analysis

## 1) Absence of direct treatments on mental illness on board

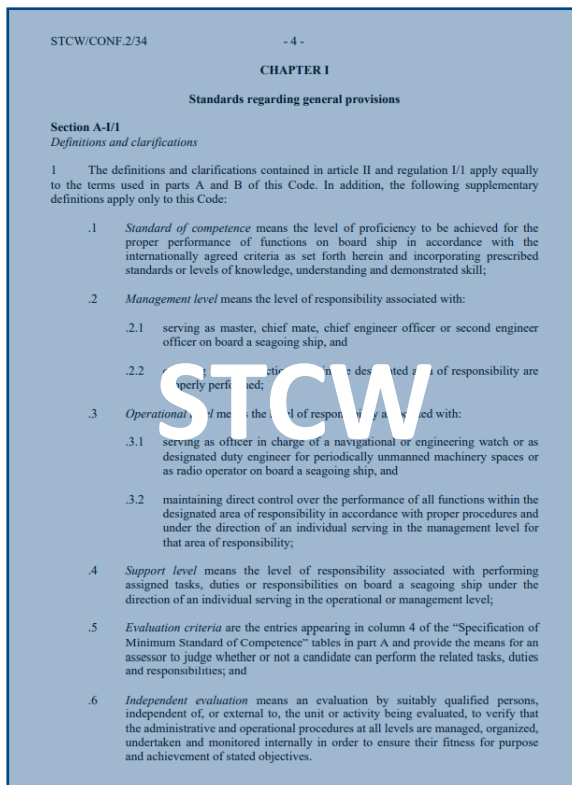
2 - Medicines	
<b>Cardiovascular</b>	
Atropine (1mg ampoule)	3
Adrenaline/Epinephrine (1 mg/1ml ampoule)	5
Adrenaline/Epinephrine (10 mg/1ml ampoule)	5
Furosemide (20 mg ampoule)	4
Glyceryl trinitrate (spray)	1
<b>Anti-Arrhythmics (If ECG monitoring available):</b>	*
Digoxin, Lidocaine, Amiodarone, Adenosine, Magnesium Sulphate	*
<b>Beta Blockers :</b>	
Propanolol or equivalent (ampoule)	1
<b>Anti-Hypertension :</b>	
Urapidil (ampoule)	1
<b>Anticoagulants / Thrombolytics</b>	
Heparin or alternative (ampoule)	1
Acetyl salicylic acid (250 – 500 mg)	1
<b>Respiratory</b>	
Salbutamol aerosol inhaler unit	1
Salbutamol for nebulisation (5 mg ampoule)	5
Beclomethasone Dipropionate (Aerosol Inhaler)	1
Aminophylline and/or Salbutamol (IV) (ampoule)	1
<b>Steroids</b>	
Methylprednisolone (250 mg)/ Hydrocortisone (100 mg) (ampoule)	1
<b>Antihistamines</b>	
Promethazine or equivalent (25 mg ampoule)	1
<b>Analgesics</b>	
Morphine sulphate (10 mg ampoule)	3
Ketamine (50mg ampoule)	2
Tramadol or alternative (100 mg ampoule)	2
<b>Sedatives:</b>	
Diazepam injection (10 mg ampoule) or equivalent	2
Neuroleptic: chlorpromazine (25 mg ampoule) or equivalent	2
Naloxone injection (0.4 mg ampoule)	*
<b>Antiemetic</b>	
Metoclopramide (10 mg ampoule) or equivalent	1
<b>IV Anesthetics</b>	
Etomidate (20 mg ampoule) or equivalent	2
Midazolam (10 mg ampoule)	2
Suxamethonium (100 mg ampoule)	1

IV Fluids	
Ringer solution or NaCl solution 0.9%	1000 ml
HEA or Modified Gelatine Infusion Solution (for plasma substitution)	1000 ml
Hypertonic Glucose for IV infusion (30% - 50%)	50 ml
Physiologic saline (10 ml ampoule)	2

### Sedatives

Diazepam injection (10 mg ampoule) or equivalent  
 Neuroleptic: chlorpromazine (25 mg ampoule) or equivalent  
 Naloxone injection (0.4 mg ampoule)

## 2) Lack of mental-care related content on regulations



Guideline B4.3 – Health and safety protection and accident prevention

Guideline B4.3.1 – Provisions on occupational accidents, injuries and diseases

1. The provisions required under Standard A4.3 should take into account the ILO code of practice entitled *Accident prevention on board ship at sea and in port, 1996*, and subsequent versions and other related ILO and other international standards and guidelines and codes of practice regarding occupational safety and health protection, including any exposure levels that they may identify.

2. The competent authority should ensure that the national guidelines for the management of occupational safety and health address the following matters, in particular:

- (a) general and basic provisions;
- (b) structural features of the ship, including means of access and asbestos-related risks;
- (c) machinery;
- (d) the effects of the extremely low or high temperature of any surfaces with which seafarers may be in contact;
- (e) the effects of noise in the workplace and in shipboard accommodation;
- (f) the effects of vibration in the workplace and in shipboard accommodation;
- (g) the effects of ambient factors, other than those referred to in subparagraphs (e) and (f), in the workplace and in shipboard accommodation, including tobacco smoke;
- (h) special safety measures on and below deck;
- (i) loading and unloading equipment;
- (j) fire prevention and fire-fighting;
- (k) anchors, chains and lines;
- (l) dangerous cargo and ballast;
- (m) personal protective equipment for seafarers;
- (n) work in enclosed spaces;
- (o) physical and mental effects of fatigue;
- (p) the effects of drug and alcohol dependency;
- (q) HIV/AIDS protection and prevention; and
- (r) emergency and accident response.

## 2) Lack of mental-care related content on regulations

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*E*

Ref. T2/4.2

MSC/Circ.1014  
12 June 2001

### GUIDANCE ON FATIGUE MITIGATION AND MANAGEMENT

1 The Maritime Safety Committee (MSC), at its seventy-first session (19 to 28 May 1999), considered the issue of human fatigue and the direction where IMO efforts should be focused. In this regard, it was agreed that practical guidance should be developed to provide appropriate information on fatigue to all parties concerned. This guidance should inform each party that has a direct impact on vessel safety (naval architects, owners/operators, masters, officers, ratings, training institutions, etc.) of the nature of fatigue, its causes, preventive measures and countermeasures.

2 Accordingly, the MSC, at its seventy-fourth session (30 May to 8 June 2001), approved the annexed guidelines, composed of self-contained Modules, each addressing a different party. The Modules have been assembled using existing information, in a useful format, for transmission to the different parties who have a direct impact on vessel safety.

3 Member Governments are invited to:

- .1 bring the attached guidelines to the attention of their maritime Administrations and relevant industry organizations and to all other parties who have direct impact on ship safety;



# 2. Problem Analysis

## 2) Lack of mental-care related content on regulations



GUIDELINES  
TO SHIPPING  
COMPANIES ON  
MENTAL HEALTH  
AWARENESS

NATIONAL MARITIME OCCUPATIONAL  
HEALTH AND SAFETY COMMITTEE



**What's on your mind?**

Guidance for Seafarer's Mental Health Awareness

May 2019





## 2. Problem Analysis

### 3) Deficiency of seafarers' mental illness prevention and caring for “individual” crew members' condition

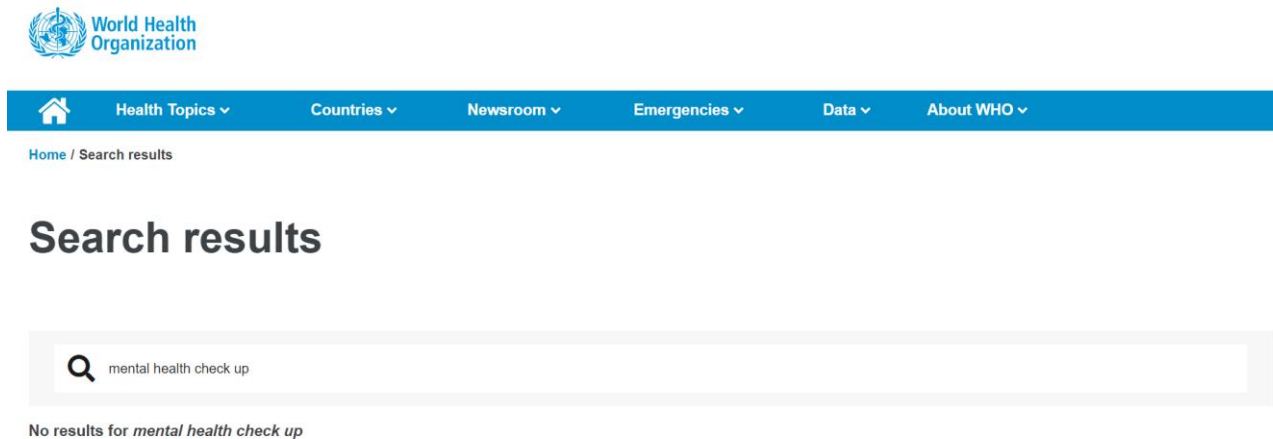


The  
Seafarers  
Happiness  
Index



## 2. Problem Analysis

### 3) Deficiency of seafarers' mental illness prevention and caring for “individual” crew members' condition



# 3. Solutions

# 3. Solutions

## 1-1) Including mental health medication to the “Emergency Medical Kit/Bag” of the IMO

2 - Medicines	
<b>Cardiovascular</b>	
Atropine (1mg ampoule)	3
Adrenaline/Epinephrine (1 mg/1ml ampoule)	5
Adrenaline/Epinephrine (10 mg/1ml ampoule)	5
Furosemide (20 mg ampoule)	4
Glyceryl trinitrate (spray)	1
<b>Anti-Arrhythmics (If ECG monitoring available):</b>	*
Digoxin, Lidocaine, Amiodarone, Adenosine, Magnesium Sulphate	*
<b>Beta Blockers :</b>	
Propanolol or equivalent (ampoule)	1
<b>Anti-Hypertension :</b>	
Urapidil (ampoule)	1
<b>Anticoagulants / Thrombolytics</b>	
Heparin or alternative (ampoule)	1
Acetyl salicylic acid (250 – 500 mg)	1
<b>Respiratory</b>	

### Mental Health



Photo: Emergency Equipment Sign, EES, Medical Grab Bag  
Conforms to IMO resolution A.1116(30) in force 1st January 2019.  
IMO EES 006 ISO 7010-E027 IMPA  
Code 33.4135 ISSA Code 47.541.35

- Include “Mental Health” section under **2- Medicines**
- Provision of necessary mental health medication

## 1-2) Facilitating the provision of TMAS for Mental Health Medication Prescription / Treatment

- Through inclusion of mental health medication in the designated list of “Emergency Medicine Kit/Bag”, provision of official Telemedical Advice on board could be expected

.11 in any case, regarding the IMO (STCW)/ILO regulations, the master remains the only person responsible for the final decision (care on board, diversion of the ship, medical evacuation). However, at any time, he/she can get telemedical advice from a TMAS either to confirm the passenger – doctor action or to help the nurse, paramedic or ship personnel in rendering the best possible medical care. An official TMAS teleconsultation provides protection for the patient, the ship’s master and the passenger physician.

## 1-3) Amending Table A-VI/4-2 of the STCW Convention to include Mental Health and Well-being of Seafarers in Column 2

- Through including Mental Health and Well-Being of Seafarers under Column 2, we can ensure competence regarding the field of mental health treatment or drugs of medical instructors on board.

Column 1	Column 2	Column 3	Column 4
Competence	Knowledge, understanding and proficiency	Methods for demonstrating competence	Criteria for evaluating competence
Provide medical care to the sick and injured while they remain on board (continued)	Dental care  Gynaecology, pregnancy and childbirth  Medical care of rescued persons  <div>Mental Health and Well-being of Seafarers</div>		

## 1-4) Adding additional education on IMO's Model Course 1.15 about newly added mental health drugs

**Competence 1:** Provide medical care to the sick and injured while they remain on board

Course Outline	Approximate time (hours)
<b>Knowledge, understanding and proficiency</b>	<b>Lectures, demonstrations and practical work</b>
1. First aid – revision	6.0
2. Care of casualties	7.0
3. Aspects of nursing	3.5
4. Diseases	4.5
5. Alcohol and drug abuse	3.0
6. Dental care	1.0
7. Gynaecology and pregnancy	2.0
8. Medical care of rescued persons, including distress, hypothermia and cold exposure	3.0
9. Death at sea	1.0
10. Environmental control on board ship	2.0
11. Disease prevention	1.0
12. Keeping of records	0.5
13. Medicines and medical equipment	4.0
14. Surgical equipment, instruments and supplies	4.0

## 2-1) Educating seafarers about possible mental health problems by amending STCW Section A-VI/I

### Safety familiarization training

1 Before being assigned to shipboard duties, all persons employed or engaged on a seagoing ship, other than passengers, shall receive approved familiarization training in personal survival techniques or receive sufficient information and instruction, taking account of the guidance given in part B, to be able to:

- .1 communicate with other persons on board on elementary safety matters and understand safety information symbols, signs and alarm signals;
- .2 know what to do if:
  - .2.1 a person falls overboard,
  - .2.2 fire or smoke is detected, or
  - .2.3 the fire or abandon ship alarm is sounded;
- .3 identify muster and embarkation stations and emergency escape routes;
- .4 locate and don lifejackets;
- .5 raise the alarm and have basic knowledge of the use of portable fire extinguishers;

- .6 take immediate action upon encountering an accident or other medical emergency before seeking further medical assistance on board; and
- .7 close and open the fire, weathertight and watertight doors fitted in the particular ship other than those for hull openings.

.8 expect possible mental issues and the causes while on board



## 2-2) Increasing accessibility to mental health care for seafarers in cargo

Encouraging ships to install methods which deliver information on mental health issues or services related to mental health, in places where all ship crews are accessible to, such as but not limited to;




- a. videos
- b. posters
- c. brochures



## 3) Creating regular mental health checkups

IMO creating a checkup program on mental health of seafarers,  
in cooperation with TMAS

How happy generally when at sea?

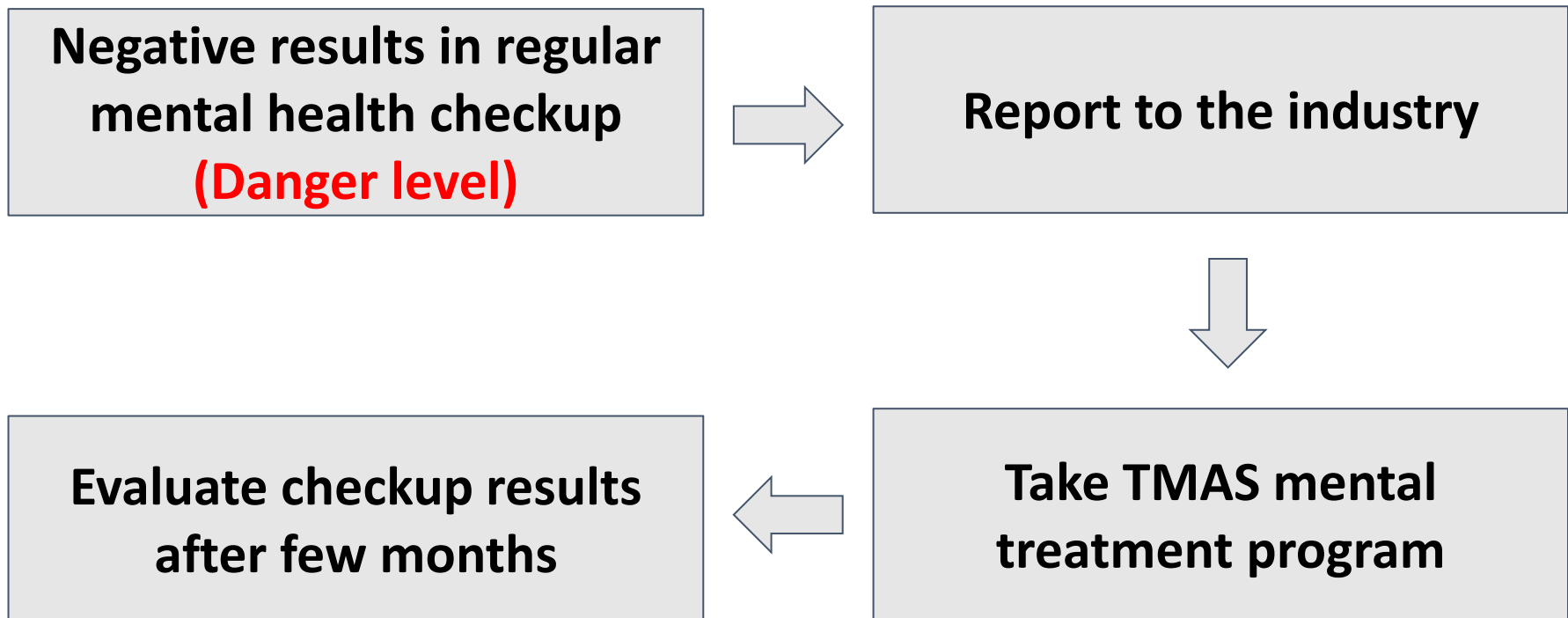
Very unhappy  —————  ————— Very happy 

1 2 3 4 5 6 7 8 9 10

Leave feedback (optional)

Next Question →

## 3-2) Encourage treatment



# 4. Conclusion

# 4. Conclusion



**1. Removed reluctance on addressing Mental Health issues**

**2. Readily available infrastructure and increased accessibility for professional help on treating Mental Health issues**

**3. Decrease of Man-made accidents on board due to Mental Health issues negatively affecting seafarer performance**

# 4. Conclusion



facilitation and security of international trade	PI 5.2	# of Member States issuing electronic certificates
	PI 5.3	# of Member States with a system for the electronic exchange of information
	PI 5.4	# of piracy incidents per geographical area of incident reported to IMO
	PI 5.5	# of stowaway incidents reported to IMO
	PI 5.6	US\$ expenditure on technical cooperation activities and capacity building allocated to facilitation matters
	PI 5.7	US\$ expenditure on technical cooperation activities and capacity building allocated to security matters

SD 6 Ensure regulatory effectiveness	PI 6.1	# of specific requirements of the relevant IMO instruments recommended for review based on audit findings
	PI 6.2	# of unified interpretations of provisions per instrument approved by IMO
	PI 6.3	# of amendments per mandatory instrument within four years of entry into force

SD 7 Ensure organizational effectiveness	PI 7.1	meetings by meeting
	PI 7.2	% of outputs completed by the original target completion date
	PI 7.3	% of technical cooperation and capacity-building activities with effective results for the receiving Member States
	PI 7.4	% of technical cooperation and capacity-building activities with long-term impact for the receiving Member States
	PI 7.5	% of the reporting requirements that can be met by electronic means
	PI 7.6	% of vacant posts in general and professional/higher categories
	PI 7.7	% of assessments received from Member States
	PI 7.8	% of biennial ITCP funded
	PI 7.9	% contribution of Trading Fund surplus to the ITCP
	PI 7.10	% of additional external contributions to the budget (non-ITCP)
	PI 7.11	% of contributions provided by substantial donations

5-V-15

18) "Sustainable Development Goals." United Nations Development Programme, [https://www.undp.org/sustainable-development-goals?utm\\_source=EN&utm\\_medium=GSR&utm\\_content=US\\_UNDP\\_PaidSearch\\_Brand\\_English&utm\\_campaign=CENTRAL&c\\_src=CENTRAL&c\\_src2=GSR&gclid=Cj0KCQjwlOmLBhCHARIsAGiJg7mrAvoAvucKzF\\_8e84S7wTdTSZmaZjApPTEYzkI5I2p06Pq965sR5laAusnEALw\\_wcB#good-health](https://www.undp.org/sustainable-development-goals?utm_source=EN&utm_medium=GSR&utm_content=US_UNDP_PaidSearch_Brand_English&utm_campaign=CENTRAL&c_src=CENTRAL&c_src2=GSR&gclid=Cj0KCQjwlOmLBhCHARIsAGiJg7mrAvoAvucKzF_8e84S7wTdTSZmaZjApPTEYzkI5I2p06Pq965sR5laAusnEALw_wcB#good-health).

19) Resolution A.1110(30) (Agenda Item 7) Strategic Plan for ... <https://www.wcdn.imo.org/localresources/en/About/strategy/Documents/A%2030-RES.1110.pdf>.

# Thank you

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