



OBM Newsletter 04/2019

Project milestones in Period 5:

- Seafarer & Digitalisation seminar (in Finnish) on 23 October 2018 in Helsinki
- From 30 October to 1 November 2018 Seminar on Managing Medical Emergencies at Sea in Helsingør
- Pilot course in the field of Crowd and Crisis Management in Riga 13.2.2019

About OnBoard-Med -project

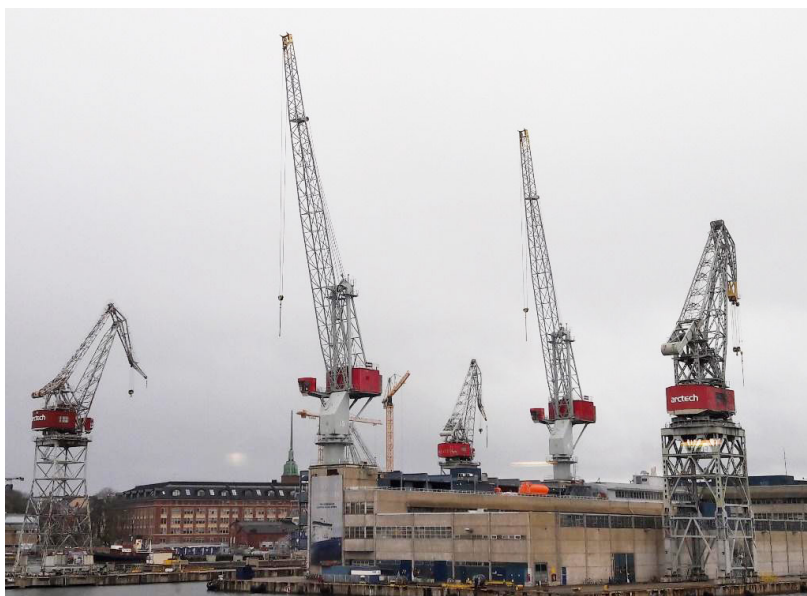
The project OnBoard-Med – Harmonization of on Board Medical Treatment, Occupational Safety and Emergency Skills in Baltic Sea Shipping aims at developing more aligned vocational education programmes in the Central Baltic area. The project develops study courses in maritime emergency management, medical treatment and occupational safety. The courses are targeted at maritime (seaman, deck officer, maritime engineer) and nursing (registered nurse, emergency care nurse and public health nurse) education institutions.

Period 5 was rich in seminars, pilot courses for testing and improving the learning materials as well as creating of new contacts, cooperation and exchange of experience. The partners held their project partner meeting in Riga – hosted by the Riga Stradiņš University. The meeting was a great opportunity to discuss the implementation of the project and exchange views and bring updates to the steering group members. A success story turned out to be the newly established cooperation with the shipping companies of FinnLines – real vessels, real learning! Nothing compares to simulation in authentic environment. The project universities have developed a dynamic pace in integrating the new learning materials and tools in their education process. But in the beginning of March we will celebrate the advent of spring in Turku to round up the beautiful period of OnBoardMED and look for new perspectives.



Seafarer & Digitalisation seminar (in Finnish) on 23 October 2018 in Helsinki

Artificial Intelligence (AI), collecting health data, passive monitoring, technostress... These are just some examples of the themes of the seminar held on October. Doctor and Research Professor Timo Partonen from the National Institute for Health and Welfare spoke about the technostress and its effects on bodily functions. In brief, technostress brings negative effects to the health of an individual due to direct or indirect use of (new) technology. According to studies even the mere presence of a smart device in the bed room has negative influence on sleep. For shift workers – like many seafarers – the importance of rest and sleep cannot be overestimated which is why these kind of results have to be taken seriously.



Partner meeting in Riga, September 2018

The introductory tour around the MITC Medical Education Technology Center in Riga Stradiņš University been inspiring to all partners. The facilities we visited were excellent, we were especially fascinated by the maternity hospital/birthing simulation room and baby dolls. One of the main topics during this partner meeting was to get to know and test different teaching methods. Workshops on e.g. Periscope, Kahoot and Flinga were implemented in small groups. Teachers decided to test them in their

teaching process with nurses and mariner students. During the partner meeting all the course teams had also content based workshops on how to plan the learning process, learning objectives and learning materials and how to summarize them into teacher manuals. Many discussions were held concerning the effectiveness of the simulation training.

We also had an excellent opportunity to visit the Pauls Stradiņš Clinical University Hospital's new and old departments.



ISWAN seminar

Improving the wellbeing of seafarers: working in partnership, seeking practical solutions in Helsinki, 23 November, 2018

It was a pleasure to participate this seminar. The topics were seafarer's wellbeing, what are the challenges ahead for seafarers welfare and how partnership can overcome these challenges. The

participants and lecturers came from all over the world. ISWAN seminar promoted new contacts and co-operation within seafarers.



Seminar on Managing Medical Emergencies at Sea in Helsingør

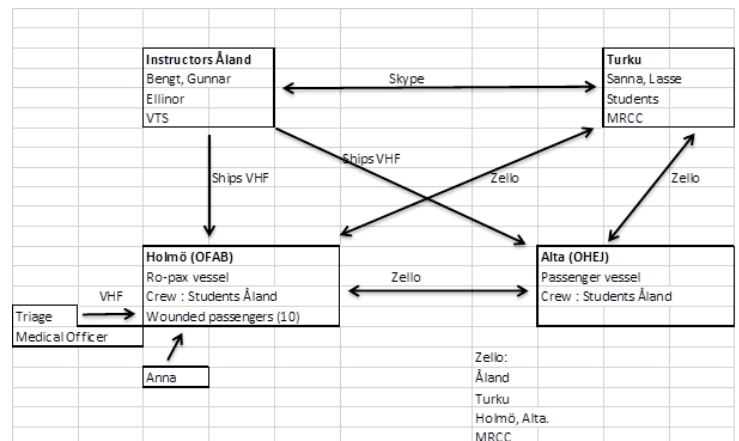
From 30 October to 1 November 2018 Nina Rantalaiho-Kulo and Ellinor Lindblom took part in the seminar Managing Medical Emergencies at Sea: Risk and responses in Helsingør, Denmark. The seminar was held by NIVA Education, as NIVA gathers top experts and knowledge from the Nordic countries and transforms the research findings into advanced courses and seminars within the field of occupational health and safety for researchers and practitioners not only from the Nordic countries, but also from all the world. During those three days we were listening to interesting lecturers, participated in workshops

and created new contacts. Some of the topics that were closely related to the OnBoardMED project were, for example, Risk identification from the Occupational Health Physician's perspective, Role of medical training in risk management and if a risk based approach to the management of maritime medical emergencies is possible. A very fruitful seminar and new valuable contacts in the maritime and medical field!



Communication and cooperation simulation between two universities

Mayday Mayday... That way started the communication and cooperation simulation between students of the Åland University of Applied sciences and Turku University of Applied sciences on 8 October 2018. Two ships collided in the Baltic Sea near Turku, one cargo and one passage vessel. Mariners and emergency care nurses were practicing medical communication and triage in emergency situation – all this under a mentor guidance. Teachers from Turku and Åland created the simulation scenario and distributed roles for students and planned the procedure of the simulation. We used VIRVE, VHF-radio, Skype and Zello (walkie talkie app) for communication between Turku and Åland. That way we created an



authentic communication. The feedback from the students was good!

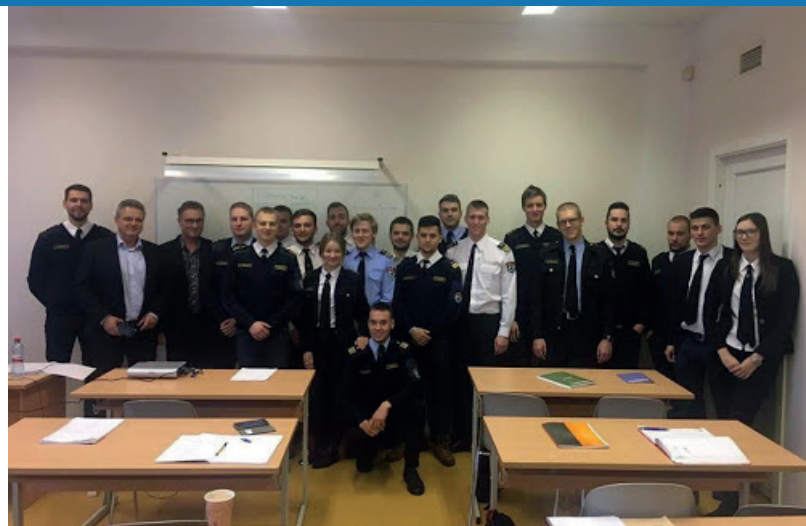
What else was achieved during Period 5

One of the top achievements during Period 5 was also the successful co-operation with cargo vessel companies. FinnLines Companies joined our project only in autumn 2018. TUAS had a meeting with their medical officers and personnel director on October 2018. After this meeting we jointly started to plan a realistic option for piloting. On Wednesday 12 December 2018 medical officers

were ready for their mission in the port of Vuosaari. For the first time this was organized onboard a cargo vessel. The piloting topic was "Ergonomics onboard". The feedback received after this co-operation was that more education is needed and the best suitable learning method is workshops, and only after that simulation in authentic environment is in place.

Pilot course in the field of Crowd and Crisis Management

On 13 February 2019 the pilot course in the field of Crowd and Crisis Management was held for the 4th year students of the Latvian Maritime Academy. Main topics for the course were Optimizing Resources, Crisis Communication and Media Management in Crisis. Besides, group work and discussions were also included in the course. This was another interesting and unforgettable day in the OnBoard-MED project Högskolan på Åland.



Coming up:

Partner meeting in Turku on 03/2019

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Basic information about Onboard-Med project

Partners

Turku University of Applied Sciences / Finland
Åland University of Applied Sciences / Åland
Eesti Merekooll / Estonia
Rīga Stradiņš University / Latvia
Latvian Maritime Academy / Latvia

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<http://onboardmed.turkuamk.fi>



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