



## TEACHER'S MANUAL

Course:

Occupational Safety Onboard

*Part V - Mariners health and health promotion*

# TEACHER MANUAL

The purpose of the teacher's manual is to assist teachers in organizing and introducing course. It is not the intention of teacher's manual to present teachers with a rigid "teaching package" which they are expected to "follow blindly". The teacher manual has been designed to give ideas to use material done in OnBoard Med -project.

## Occupational Safety and Risk Assessment onboard 5 ECTS

Topic 1. Introduction for vessels in working environments

Topic 2. Risks onboard

Topic 3. Ergonomics onboard

**Topic 4. Mariners Health and Health Promotion Onboard**

Topic 5. Work wellbeing onboard

**Topic 4. Mariners Health and Health Promotion onboard**

- Procedures to handle crews health, supportive methods for discussion in difficulty situations onboard | ECTS

### OBJECTIVES

- know, how to assess mariner's health condition onboard
- know, which are mariners health problems nowadays
- Know, how to handle these health problems (for example obesity, cardiovascular diseases, diabetes mellitus, drug and alcohol abuse)
- know, how to prevent these-> Health promotion
- Procedures: Guidance dialogy discussion, debriefing (Individual/group)
- NOTE! WP 1 course 1. Debriefing and human factors.

### CONTENT /TIME

- Info
- Mariners health and health problems
- Health promotion
- Procedures: Guidance (Online 24/7 or face to face), dialogy discussion, debriefing

### IMPLEMENTATION

- Active lectures,
- eLearning tasks
- Workshops
- Low-high fidelity simulation

### ASSESSMENT

- Which parts are assessed (Participate/non participate; done/not done)

| CONTENT   | TIME            | LEARNING METHODS and MATERIAL  | ASSESSMENT                  |
|---|-----------------|--|-----------------------------|
| Information from education<br>NOTE! At working place)   | 2 h             | Contact lessons ; Information shortly:<br>Optima, learning environment; simulation as a learning method,   | Participate/not participate |
| Pretask 1<br>2 weeks before Day 1.  |                 | Orientation for education, different teaching methods (Task 1. What kind of learner You are? Describe that shortly)  | Done/not done               |
| Day 1.<br><br>History taking,<br>Mariners health problems   | 1<br><br>7      | Active lecturers, History taking and mariners health problems<br><br>Workshop (Different kind of health problems based on literature “Mariners health onboard”<br>- Cardiovascular diseases<br>- Obesitas<br>- Fatigue<br>- Drug and alcohol abuse<br>- Mental health: Psychological crisis and mental illnesses | Participate/not participate |
| Pretask 2.<br>2 weeks before Day 2.   |                 | Orientation for education day 2. (Task 2. What kind of challenges and difficulties You have met while working onboard? Describe shortly some situations and How You have handle these onboard?)  | Done/not done               |
| Day 2. Procedures to handle mariners health<br>-Guidance<br>-Dialog discussion<br>-Debriefing (after acute crises)<br>NOTE! Individual and group guidance situation | 1 h<br>2h<br>5h | Active lecture<br><br>Workshops<br><br>Simulation:<br>Example 1. Sexual harassment onboard between crew members  | Participate/not participate |
| Summary   | 1h              | Contact lesson, Feedback   | Participate/not participate |

## TIPS FOR TEACHER

In this part You will found some examples in pretasks, workshops, simulations. All parts are suitable knowledge to debriefing after simulation. As a teacher You could choose suitable materials based on Your course and target groups.

You can create a folder for participants answers “return box” (group or individual). There is possibility to discussion platform between all participants.

**Pretask 1.** What kind of learner You are? Describe that shortly.

**Pretask 2.** What kind of challenges and difficulties You have met while working onboard? Thema will be psychological crisis and mental illnesses. Describe shortly some situations and How You have handle these onboard?

**Pretask 3.** Before simulation scenario sexual harassment. Have You met, that kind of situation onboard while working as a medical officer/ship nurse? If You had, please describe situation in discussion platform.

**Pretask 4.** What kind of tools You have as a company`s worker to handle this situation?

### Simulation as a learning method.

One example in scenario sexual harassment.

Security man Mikko Laakso will come to ship`nurse office. He has booked time 30 minutes for discussion with ship nurse. He tells that one lady onboard, crew member, has started to follow him all the time, almost. When we see each others, she want to come hug me every time, many times / working shift. We are working in same shift in same vessel, 7 days.

First Mikko thinks that it was ok, and this is only friendly for him, but now it is much, much more than only friendly. Last week she touch Mikko to “private” place. Mikko ask then, that what You are doing. The lady said, nothing.

### Scenario. Sexual Harassment

|  |  |  |
|--|--|--|
| <b>Scenario</b><br>Sexual harassment onboard                                   | <b>Technical problem</b><br>One crew member feels, that sexual harassment has been problems at least 4 months onboard  | <b>No technical problem:</b><br>The other person doesn't understand the situation at all   |
| <b>Learning objective</b><br>know what to do in this kind of situation onboard | <b>Technical objective</b><br>know the information and content what to tell to crew member, who feels this sexual harassment is really happening<br><br>know how to act so, that Your professional attitude is objective as a ship nurse | <b>No technical objective</b><br>Know the supportive methods for discussion, when You have that kind of situation in process onboard<br><br>Know how to communicate patient, who has depression symptoms |
| <b>Patient</b>   | Pre Health Assessment 4 months   | <b>Home medication</b>   |





same vessel, 7 days. First Mikko thinks that it was ok, and this is only friendly for him, but now it is much, much more than only friendly. Last week she touch Mikko to “private” place. Mikko ask then, that what You are doing. The lady said, nothing.

If ship nurse ask the name of this lady, Mikko does't want to tell that in beginning of the discussion.

Ship nurse starts ask other questions too.

- How long this has been going on? **2 months more and more, every day, many times.**
- Have You talked about this with this lady? **Yes, twice at least. When she touch to my “private” place, Mikko told, that hey, what You are doing?The lady answered, nothing.**
- Have You told to somebody else about this problem? **No, You are the first one**
- How You feel right now? **I don't know what to do. That was the reason I came to Your appointment.**
- Do You think that You are in good working mood? Your work ability? **Yes, If I don't have to meet this lady anymore. I am so full about her person.**
- Do You have any physical symptoms? Pain, headache, stomach problems, fatigue, sleepiness? **No**
- Something else?
- IF the ship nurse again the name of this lady, patient will tell that. Marion Rivero -66
- If the ship nurse ask, that if this lady will come too to his meeting next time, Patient will tell, that ok.
- If the lady will come right away to situation: She tells that this so normal in Mexican culture. All the time they are touching and hugging, not only relatives, but friends too. But why so much , many times/day? The lady tells that she likes so much about Mikko. One mistake just happened, lady told, I have touched Mikko`s private place, It was only a joke. Sorry about this, really!

STEP 4. If the ship nurse will tell to patient relevant and suitable ways to handle this situation, patient will come quite a soon more happier

If there is no answers to this, patient start to cry.

**Preinformation for those Who are going to simulator:**

They can use shipnurse's office and equipment onboard.

Patient information and documentation form: preinformation is available.

**Information to observers:**

Follow these parts below

- Nursing procedures: Discussion as a professional way,
- Communication between ship nurse and patient

**Topics in debriefing discussion based on scenario objectives**

- know the information and content what to tell to crew member, who feels this sexual harassment is really happening
- know how to act so, that Your professional attitude is objective as a ship nurse
- Know the supportive methods for discussion, when You have that kind of situation in process onboard
- Know how to communicate patient, who has depression symptoms

Teachers roles during simulation

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|---|---|--|
| <p>Teachers 1 and 2 are looking after both the nursing procedures and communication between ship nurse and patient</p>  | <p>Teachers 1&amp;2 – debriefing afterwards</p> |  |
| <p><b>Life savers</b></p> <p>Director in this simulation could say TIMEOUT, so everybody know that Simulation scenario is over.</p> <p>Participants in simulator can say TIMEOUT too, if they don`t know how to act professionally in this situation.</p> |   |  |
| <p><b>Ending criterias in simulation</b></p> <p>Information in topic sexual harassment has been discussed together so that the patient understands too, what are the procedures onboard in this kind of situation. Patient is calm down.</p>              |   |  |

## Authors

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## Own ideas for implementation

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