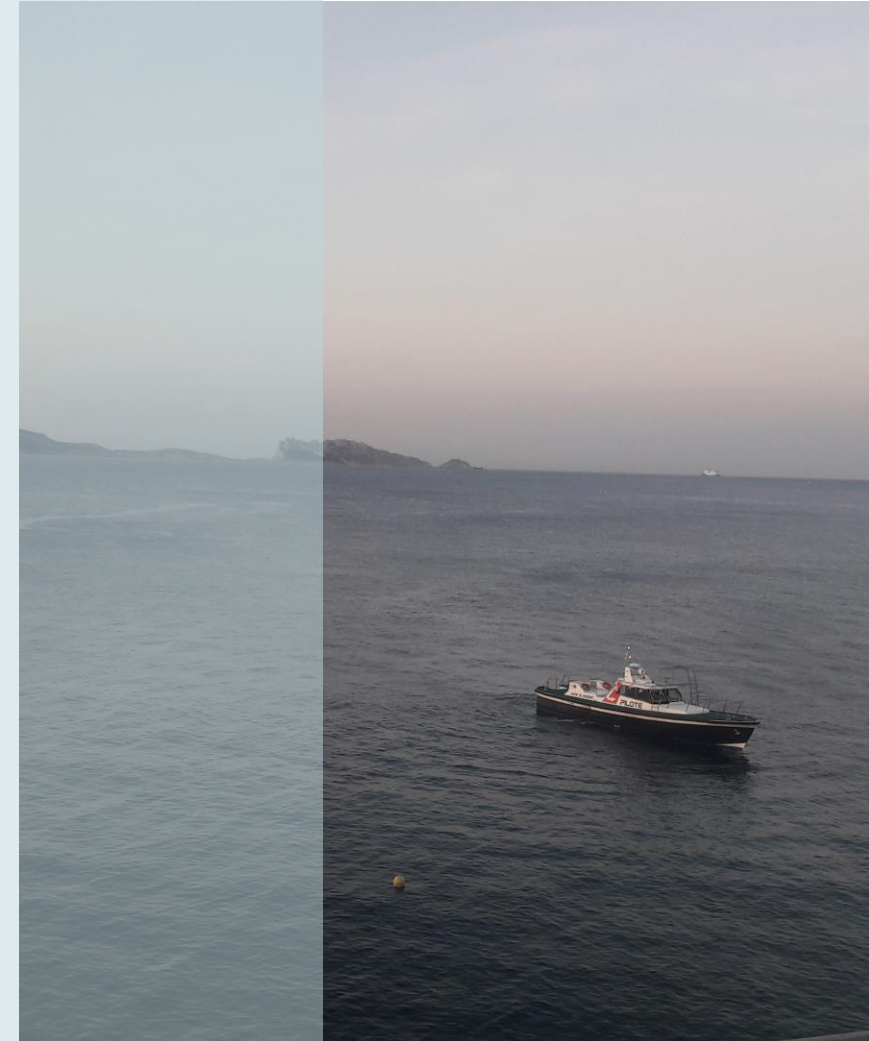


# PSYCHOLOGICAL PREVENTION TOOL : MARITIME PILOT CIRP MODEL

Camille JEGO

Psychologist, Coordinator of psychiatric  
support resource centre for seafarers

*No conflict of interest*



- Psychiatric unit for seafarers : why and how ?
- Seafarers a high risk professional population
- Post-traumatic stress disorder (PTSD)
- Protector factor and prevention tool : CIRP





# CRAPEM: PSYCHIATRIC SUPPORT RESOURCE CENTRE FOR SEAFARERS

## Culture of Prevention in French Hospital :

Since 1995, France has developed emergency psychological services to prevent PTSD in the general population.

CUMP are a part of Emergency Medical Service and have similar missions : evaluation and treatment for psychological victims

## Maritime Culture

It is one of the most dangerous professions, but psychological prevention is often overlooked

Often not enough on board to be integrated into CUMP's criteria.

CRAPEM growing between this both cultures : construction about a dedicated psychiatric unity for seafarers, there families, maritime rescue and maritime actors

# WHY A SPECIFIC UNIT ?



- First study in 2017 :
  - Prevalence on PTSD among seafarers still navigant : 20,17% ten times higher than general population
- No specific psychopathology but Specifics professionals conditions :
  - Numerous traumatic events and risk factors :
  - Physical isolation
    - Examples : cardiac crisis on board imply more psychological exposure
  - Groupal Isolation :
    - Collective mechanisms to protect : what happens on board, stay on board
  - Social isolation
    - There is no representation about seafarer 's work : on board meens without social visibility -> stereotype construction
- Impact : who knows and listens to seafarers ? No prevention process

# MISSIONS : OPEN AND FREE ACCES 24/7 ON CALL

- **Onboard psychiatric emergency assessment and care**
  - Telephonic consultations
  - Individual Psychotherapy or advice for care manager
  - Prevention of PTSD by early detection after traumatic event, prevention of suicide, anxiety,... crisis on board
- **Psychotherapy ashore**
  - Physical or on call apointment
  - Psychological support for families : bereaved family, marital problem, ...
  - Psychological support for maritime rescuers and maritime actors
  - Advice for manager, compagny, social association....
- **Courses and Research : Improve prevention tool**
  - Courses for seafarers
  - Courses for maritime actors about psychiatric assessment and mental health actors about maritime specificity
  - Research to analysis and develop prevention tool
  - **Support for Prevention Tool**



STRESS AND PTSD

# Stress

- Normal reaction
- Biological /Adaptative /Transient response
- Goal : improve performance to cope with the stressor
  - Example : dog crossing the road in front of car : tunnel-vision effect : high performance to cope with the dog but less performance for other physical function



# Post-traumatic Stress

- A normal reaction on an abnormal situation
- Psychological resources exceeded in one shot
- Not psychological fragility but a vulnerability moment

## Traumatic event involve :

- Surprise, no possibility of control
- No preparation, no anticipation, ...
- Helplessness ++

## Stress respons :

- stress mechanisms are exceeded
- stress hormone produced exceeds demands
- vital risk to human organism

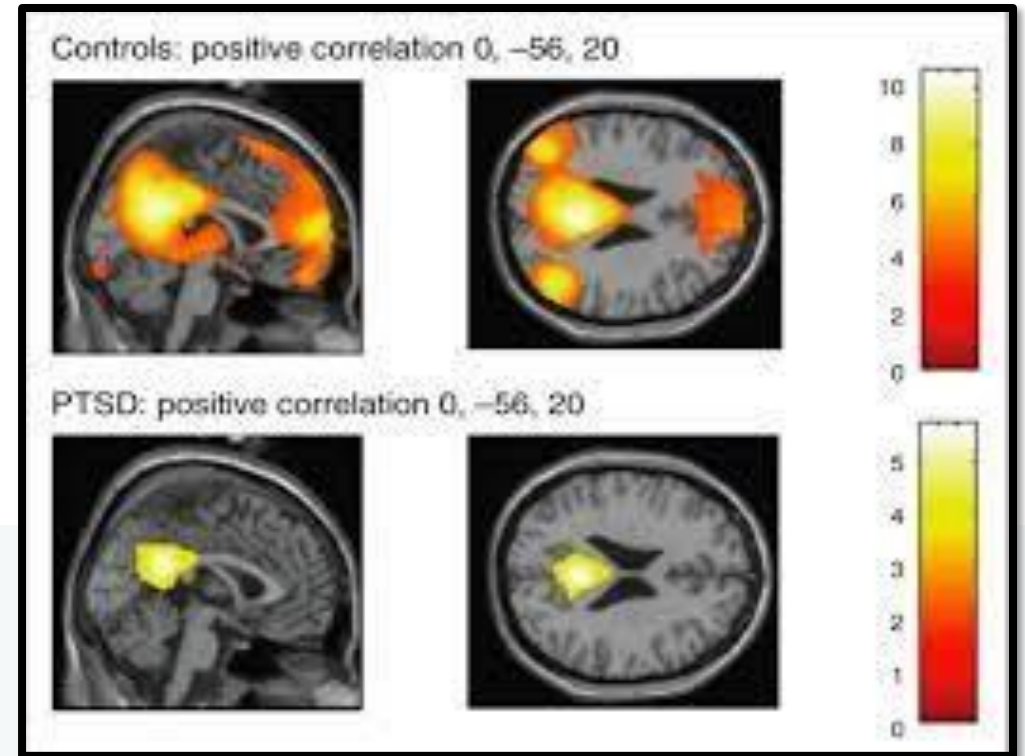


# SURVEY RESPONDS : TRAUMATIC DISSOCIATION

-> Automatic circuit breaker

Three type of stress respons :

- Freeze
- Fight
- Flight (flee situation)
  - Not an adaptative answer on board



# AFTER TRAUMATIC EVENT

Traumatic dissociation is mechanism of survey :

- Increases abilities to cope
- Feeling like a robot / performing very well
- During the time it takes to dock = safe environment

But it may be transient to be adaptive

- At dock, at home, rational brain and emotional brain have to reconnect -> secure environment = understanding environment

If it is not : dissociation is maintained

- High risk to develop PTSD : flash back, avoidance, sleep disorder, hypervigilance, sensitivity, mood disorder
  - Comorbidity : Addicts, suicide crisis, anxiety, ...





MARITIME PILOT :  
specific vulnerability factor?

# VULNERABILITY FACTORS

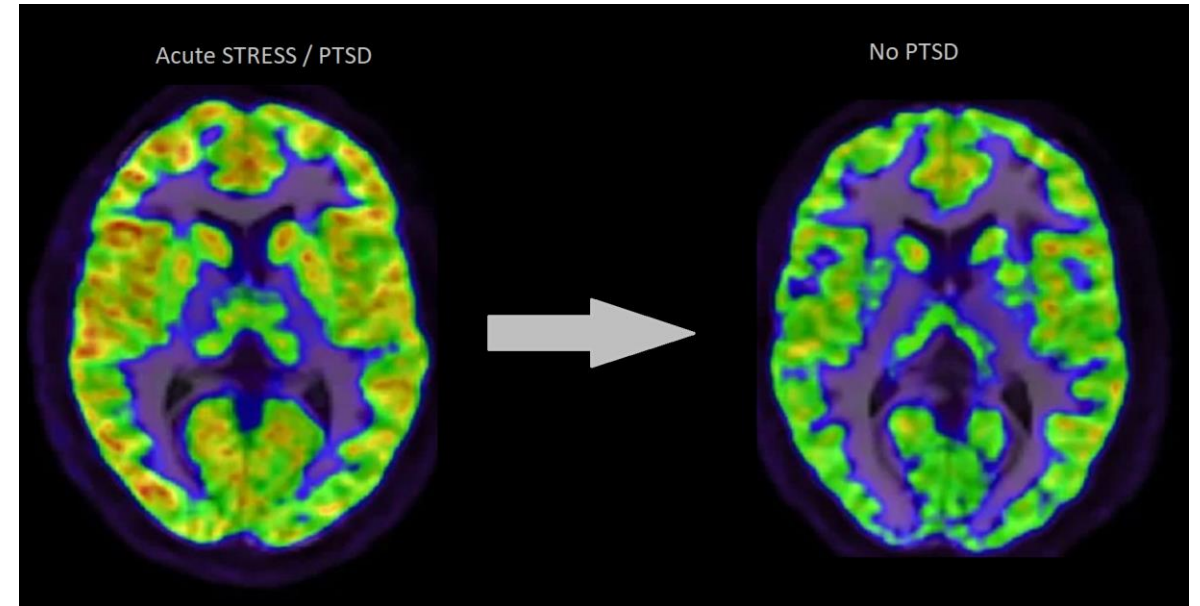


- Factor in maintaining the traumatic dissociation and PTSD symptoms
  - Responsibility increase risk of culpality, moral or/and legal = most important factor
  - Police investigation and waiting for the results
  - The lack of social recognition
    - Fisherman v.s merchant navy
  - Some coping strategy :
    - focus on problem without emotional strategy : efficient on board not at home
- Protective factor
  - Crew support
  - High socio-economic and cultural level
- Vulnerability factors for maritime pilots :
  - Lots of legal responsibility + police investigation
  - If general population don't know seafarer's job and how this job can be dangerous is less for maritime pilot
  - Efficient coping focus on problem, not really focus on emotional
  - Lack of crew support = isolation ++

# CIRP

## Critical incidence respons programme :

- *Prevention of PTSD :*
  - Defusing : reconnection between emotional brain and rational brain
  - Speak allow to decrease risk
  - Pro-active process
- *Crew support -> Avoid isolation*
- *Lack of social recognition and lack of social support : peer support*
  - *The most efficient first aid*



# CRAPEM AND CIRP

- Support of CRAPEM :
  - *Courses for peer volunteers*
  - *Safety net for peer volunteers*
    - Advice
    - Peer Guidance
  - *Psychiatric care if peer support is not enough*



THANK YOU

Camille JEGO

c.jego@ch-saintnazaire.fr

