

News from CMSS

New head of CMSS per September 1st

On June 17th, the last joint strategy seminar with Professor Arja R. Aro at the helm took place. Since March 2012, when she took over the leadership of CMSS, she has served as head of research for no less than two research units; CMSS and the unit for Health Promotion Research. The three years under her leadership have helped to strengthen and promote the synergies between the two units - resulting in a closer cooperation in research as well as in administration. All of which is a good starting point for future collaborations.



As a thank you for a well done job and appreciated efforts, the CMSS staff had chosen to surprise Arja with a basket filled with assorted delicacies. The basket was presented by Kimmo Herttua, who will take over the administrative and research leadership of CMSS from September 1st. Kimmo Herttua has been employed as a senior researcher at CMSS since September last year, and holds a Ph.D. in sociology from the University of Helsinki. His previous workplaces include the Population Research Unit at University of Helsinki and the Finnish Institute of Occupational Health.

New research assistant



On March 1st, Helle Østergaard started as a research assistant at CMSS. Helle holds a Master of Science in Public Health from the University of Southern Denmark and has a background as a medical laboratory technician. Last autumn, she defended her thesis in which she studied the relationship between different working hours and the mental health of a broad segment of the population.

At CMSS, Helle is associated with *and* the leading force behind the project 'Ergonomic working environment, physical strain and fatigue on Danish fishing vessels' which is supported by the European Fisheries Fund. Helle's primary task is to process the returned questionnaires and to complete the final report. Her main area of interest is working environment, and in the future, she hopes to be able to combine this interest with the maritime area. Helle has moved from Aarhus to Esbjerg and has settled down well, although she thinks that it is a bit too windy in Esbjerg sometimes.

You can read more about Helle's fishery project [here](#).

Short about CMSS – Advisory board and performance contract

Centre of Maritime Health and Society is a research unit, which annually receives a basic funding from the Danish Maritime Authority. Thus, the Danish Maritime Authority has a natural interest in the production outcome and the activities of the Centre and not least in the fact that the Centre has a positive impact on safety, health and well-being in the maritime industry.

In order to optimize the use of resources and the impact of research, an advisory board has been established where representatives from the Danish Maritime Authority as well as from the trade organisations meet annually. In this forum, planned, ongoing and completed research projects are presented. The main purpose of the advisory board is to receive constructive inputs to enhance the research.

Based on a meeting where the management of CMSS negotiates with the Danish Maritime Authority, an annual performance contract is drawn up. Both qualitatively and quantitatively, the performance contract outlines the specific expectations to the Centre's production the following year. By the end of the year, depending on goal achievement, the Danish Maritime Authority will then pay out the full or a reduced amount of the basic funding.

Two new reports from the project 'Fishermen under cross-pressure'

The psychological working environment has never been mapped with regard to Danish fishing. Up till now, there has been much research on how the fishes thrive, but never before on the well-being of Danish fishermen.

On request of The Danish Fishermen's Occupational Health Services, CMSS has just concluded a study on the well-being of Danish fishermen, and on how they are affected by the rules, regulations, quotas, income prospects, work environment and numerous other factors in their daily life. The study has resulted in two reports; the first two reports of its kind.



The first part of the study 'Upheavals and psychosocial work environment in the fisheries – in words and figures' is based on focus group interviews and an extensive literature study. During the focus group interviews, 17 dialogue cards were used. The dialog cards helped to initiate discussions between the fishermen. The outcome of the discussions showed that the development within fishery has been both uplifting and challenging; challenges that the fishermen look at with great concern.

The second part of the study focusses on fishermen who have recently left the fishing trade. In the interviews with 22 fishermen from across the country, the reasons for their cessation are studied in detail. The study includes the fishermen's own stories from their time in the fisheries, and the study also looks

deeper into the new occupations of the former fishermen.

Both reports have been published by senior researcher Jørgen Møller Christiansen and stud.techn.soc. Anders Berthelsen Carlsbæk from the Centre of Maritime Health and Society, Esbjerg.

You can download [report no. 1](#) and [report no. 2](#). If you are interested in listening to the live radio interview from DR P1 - you can go to '[News](#)' on our webpage and click on 'radio interview'. Here Jørgen tells about report no. 1 and the conditions for Danish fishermen. Printed copies of the reports can be requested by sending an email to unit secretary [Susanne E. Frank](#).

A new research project about 'Situation Awareness'



'Situation Awareness' in relation to energy efficiency on ships

Hanna B. Rasmussen from CMSS is involved in a new project about energy efficiency on ships. The project is closely linked to the societal partnership '[Blue INNO+](#)' Work package 2 'Monitoring and Performance'. Here the focus will be on technical solutions e.g. development of a software system for a continuous logging of data about energy consuming components and operational parameters of the ship – but also on the human factor aspects.

CMSS's contribution to the project is related to the human factor aspects – meaning the awareness of and attitudes towards energy efficiency. CMSS's task is to provide inputs for developing an optimal 'man-machine' interface. The project is developed in cooperation with Institute of Technology and Innovation (SDU), Principia North, Automation Lab and the shipping companies Esvagt, A2sea and Færgen.

The project is financed by the Danish Maritime Fund and will run until March 2019.

A selection of other CMSS activities

CMSS was strongly represented at this year's ISMH conference

On June 23rd – 26th, the International Symposium on Maritime Health (ISMH) took place in Bergen. This year the link between healthy seafarers and healthy shipping was in focus. Shipping cannot be regarded as healthy, if seafarers are not. Seafarers cannot be healthy, if shipping is not.



CMSS attended the conference with no less than 6 presentations:

- ***Training needs related to core capacities at points of entry in Europe*** by senior researcher Despena Andrioti
- ***Optimizing the Danish Maritime Tele medical Assistance service – A study of evacuations at sea***

from 2004-2014 by postdoc Lulu Hjarnø

- ***Intercultural aspects relating to sleep and fatigue in the maritime industry. Interpretation of current legislative standards and application in practice in European and Chinese shipping*** by postdoc Zhiwei Zhao
- **Metabolic syndrome among Danish seafarers – a follow up study** by postdoc Hanna Barbara Rasmussen
- **Fatal accident incidence rate trends in fishing – review** by senior researcher Olaf C. Jensen
- **Upheavals and psychosocial work environment in the fisheries** by senior researcher Jørgen Møller Christiansen

You can read more about the ISMH conference and the topics [here](#).

Festival of Research 2015

Research at children's level

Again this year, Centre of Maritime Health and Society (CMSS) took an active part in the Festival of Research in Esbjerg.

As in previous years, researchers from both CMSS and Health Promotion were present at UC South Denmark to disseminate the research carried out at the Faculty of Health Sciences at the University of Southern Denmark in Esbjerg. The target group for the Festival of Research is the fifth grade pupils in Esbjerg Municipality, so it was important that the research was presented at children's level.

You can see the pictures and read more about the event [here](#).

Pecha Kucha

Along with eight other scientists from institutions of further education in the municipality, Lulu Hjarnø from CMSS gave a presentation on research Thursday, April 23 in Huset (the students' house) in Esbjerg. In her presentation, she introduced CMSS and a number of the Centre's research projects. The presentation form is called Pecha Kucha and is a special way of presenting (20 x 20). The speaker has 20 slides, and he or she must use only 20 seconds to talk about each slide. The concept forces the presenter to stay close to the subject and to the point which results in an intense experience for the audience.

MSSM 2015 - From Theory to Practice

This year, the Maritime Safety, Health and Environment conference (MSSM) is of special interest to CMSS. The main theme 'From Theory to Practice' focusses on the more practical related aspects as well as on research. There seems to be a need for investigating the relation between what seems to work on paper and what can actually be done in practice.

CMSS contributes with three presentations. Jesper Bo Nielsen (Head of Department of Public Health) will be participating in a panel debate on 'The role of maritime research in relation to the trade'; Lulu Hjarnø will give a talk on 'Optimizing of the tele-medical health services', and under the English session, Hanna B. Rasmussen will give a talk on 'Measuring safety'.

The conference takes place in Nyborg from the 27th – 28th of August. You can find more information here [MSSM 2015](#).

Recently published scientific articles from CMSS within the maritime field (names of CMSS employees marked in bold)

- Poulsen T. R., Burr H., Hansen H. L., **Jepsen J. R.**, 2014. Health of Danish seafarers and fishermen 1970-2010: What have register-based studies found? *Scandinavian Journal of Public Health*, 42 (6), 534-545
- Baur X., Budnik L., **Zhao Z.**, Bratveit M., Djurhuus R., Rubino F., Vershoor L., Colosio C., **Jepsen J. R.**, 2015. Health risks in international container and bulk cargo transport due to volatile toxic compounds. *Journal of Occupational Medicine and Toxicology (London)*, 10 (19), 1-18
- Pedersen R. N. F., **Jepsen J. R.**, Adam B., 2014. Regulation and practice of workers' protection from chemical exposures during container handling. *Journal of Occupational Medicine and Toxicology (London)*, 9 (33), 33
- **Rasmussen H. B.**, Hasle P., Andersen P. T., 2014. Safety representatives' roles and dilemmas in the Danish oil and gas industry. *Policy and Practice in Health and Safety*, 18 (1), 17
- **Jepsen J. R.**, **Zhao Z.**, Wessel M. A. van Leeuwen, 2015. Seafarer fatigue: a review of risk factors, consequences for seafarers' health and safety and options for mitigation. *International Maritime Health*, 66 (2), 106-117.
- Jensen A., **Jepsen J. R.**, 2014 . Vibrations and health effects at sea. *International Maritime Health*, 65 (3), 173
- **Hjarnø L.**, Leppin A., 2014. What does it take to get a healthy diet at sea? A maritime study of the challenges of promoting a healthy lifestyle at the workplace at sea. *International Maritime Health*, 65 (2), 79-86

You can find more CMSS publications and bibliographic details by clicking [here](#).

CMSS wishes you all a nice summer



The Danish west coast on a summer day