

News from CMSS

Senior researcher appointed as new head of research

As of 1 March 2020, Senior Researcher Lisa L. Froholdt took the helm as Head of Research at Centre of Maritime Health and Society (CMSS). She came to the Centre last year when she took a position as senior researcher in July 2019. Her research areas predominantly relate to the field of psychology and Human Factors, and she has sailed on several Danish flagged vessels, including container ships, oil tankers and passenger ships. Within her research interests, Lisa has investigated the psychological impacts on seafarers in relation to crisis situations, pirate hijacking situations, corruptive practices and how seafarers cope in such situations. She has also worked with socio-cognitive aspects of emergency situations in technologically saturated work environments.



Lisa is pleased to take on her new role and looks forward to working with the researchers at the Centre and contributing to the knowledge needs and shedding light on the challenges related to maritime health and safety.

The Centre has a strong position in Danish maritime research. The internal research network at SDU, [BLUE SDU](#), is also a strong and cross-disciplinary collaboration for the Centre, hereby connecting all maritime research competencies across faculties at SDU. The report '[Dansk Maritim Forskning 2008 - 2017](#)' (Damvad Analytics, 2019) shows that Denmark has a high international impact as measured by the citation rate. Thus, Danish publications in maritime research are cited 1.49 times more than the typical maritime publication from an OECD member country (see page 34 of the report). Especially CMSS research, which is categorized under Maritime HR in the report, is one of the biggest contributors to Danish maritime research.

SDU management has been expanding its focus and recruitment of maritime researchers in general, which clearly bears witness to the support that maritime research at SDU is being given.

The Centre has established and is further developing a strong capacity within register research, and this capacity will in the future also be used to strengthen research across disciplines in both maritime health and safety, including seafarers' mental health. The latter has been receiving some attention in the industry lately, and CMSS supports the further work needed to shed light on the psychological challenges for seafarers, as was the case when CMSS recently was main presenter at a webinar on the topic, together with Maritime Development Centre (see below for more information). New collaborations and projects will be unfolded. Maintaining the good relations that the Centre already has with stakeholders, in the industry and academia, will also have focus, both in Denmark and abroad.

CMSS is looking for a new PhD student

A new PhD position at CMSS

CMSS has ensured the opportunity to launch a new PhD project. The purpose of the project is to investigate seafarers' risk of cardiovascular diseases, and how this risk has developed over the last 30 years. Furthermore, the study also investigates to what degree a social gradient is present among the seafarers relating to the risk of cardiovascular diseases. It is a register-based study that uses data from [BLUE](#). A position will be posted over the summer, and the project is expected to start this autumn, running for three years, ending in autumn 2023.

[Read more about the PhD project.](#)

A newly launched project at CMSS

SEEDS

The Centre of Maritime Health and Society entered a research project together with the Danish shipping company ESVAGT in March 2020. It is a health promotion project called SEEDS, and senior researchers Hanna B. Rasmussen and Lisa L. Froholdt are the main participants. The

project relates to [the United Nations Sustainable Development Goals](#), 3; Health and well-being and 8; Decent work and economic growth, and it focuses on the improvement of health and well-being for employees.

The project will be conducted on one specific ship in the ESVAGT fleet and will specifically target five areas; Stress and Mental Health, Exercise, Effective teamwork, Diet and Smoking. The project includes workshops, coaching and different learning materials relating to the five target areas. In order to measure the impact of the project data will be collected, which will be analysed and form at least one research article. The project will run for 18 months.

The researchers will sail on the vessel and undertake the project activities onboard. This work has unfortunately been delayed due to the Covid-19 virus, but is expected to take place in the fall 2020.

A selection of other CMSS activities

CMSS main presenter at webinar

On April 30, Senior Researcher Lisa L. Froholdt was the main presenter at a webinar concerning seafarers' mental health and well-being in relation to Covid-19. Approximately 55 people from Denmark as well as from abroad attended the event, coming from a wide range of different organisations within the maritime sector. At the webinar, entitled 'How does COVID-19 affect the wellbeing of our seafarers?', Lisa L. Froholdt gave a presentation on psychological challenges that can arise in connection with the prolonged sea passages and uncertain times for ship crews. The presentation provided knowledge and tools on how to tackle the psychological challenges that can arise including topics such as stress and coping strategies, social isolation, worrying, low energy levels and anger management. There was a lively and fruitful debate at the webinar that was hosted by the Maritime Development Centre.

Following this event, The International Maritime Organisation (IMO) has issued [a framework of protocols](#) for seafarers joining and leaving a ship, urging Member States to follow in order to ensure that seafarers can disembark.

fishSAFE 2025 – fase 1: Bangladesh

In January 2020 Senior Researcher Despena Andrioti Bygvraa participated in a field trip in connection with the project ‘fishSAFE 2025 – fase 1: Bangladesh’. The project focuses on fishermen in target areas in Barisal, Southern Bangladesh. The aim of the project is to improve safety for the fishermen involved and reduce harm and fatalities suffered in what is acknowledged to be one of the world’s most dangerous professions. The Fish Safety Foundation leads the programme which is funded by Lloyds Register Foundation UK. In order to mobilise fishermen families towards better safety processes, the fishSAFE team interviewed 32 fishermen wives over two days in the rural fishing villages of Mahipur, Alipur. Many of the wives and some of their children work in fish and shrimp processing in order to complement the family income and send their children to school, as their husband’s salary is insufficient for them to live on. Many of the wives would like their husbands to find alternative jobs to fishing, and safety was a major concern for them. They feel helpless in relation to the safety of their loved ones, and all the wives had lost at least one family member at sea. They recommended that communication systems were made available on the trawlers, alongside mobile phones, GPS and lifejackets. If these were available, they strongly believed that the fishermen would use them.

[Read more about the fishSAFE project.](#)

EU HEALTHY GATEWAYS Joint Action

Despena Andrioti Bygvraa participates in the EU HEALTHY GATEWAYS Joint Action. The project aims to support cooperation and coordinated action of Member States to improve their preparedness and response capacities at Points of Entry (ports, airports and ground crossings) in preventing and combating cross-border health threats from the transport sector. 28 European countries and Taiwan participate in the consortium.

The consortium has been actively involved in helping the European Commission to prepare guidance for Member States related to COVID-19. The recently published communication from the European Commission entitled: [Tourism and transport in 2020 and beyond](#) presents a package of guidelines and recommendations for Members States about the recovery of tourism

and transport. The Commission's communication makes reference to two interim advice documents prepared by the Joint Action during emergency mode ('Suggested procedures for cleaning and disinfection of ships during the pandemic/when a case of COVID-19 is identified on board' and 'Overview of Personal Protective Equipment (PPE) for staff at Points of Entry/crew on conveyances'). The EU HEALTHY GATEWAYS consortium is glad to see that their work and efforts have been able to support the European Commission's work during this pandemic.

Additional communications about transport and COVID-19 can be found on the EU HEALTHY GATEWAYS website [here](#).

[Read more about EU Healthy Gateways Joint Action.](#)

Postponement of the CMSS Maritime Seminar in June

Due to the Covid-19 crisis, CMSS had to unfortunately postpone the Maritime Seminar. There were already attendees signed up who we had to write to and pass on the bad news. We are working on allocating a new date which will be sent out later.

Publications

Recently published scientific articles from CMSS (names of CMSS employees marked in bold)

- **Herttua K**, Gerdøe-Kristensen S, Vork J, Nielsen JB. Age and nationality in relation to injuries at sea among officers and non-officers: a study based on contacts from ships to Telemedical Assistance Service in Denmark. *B M J Open* 2019;9(12). <https://doi.org/10.1136/bmjopen-2019-034502>
- **Herttua K**. Cardiovascular and respiratory diseases and neoplasms in seafarers and farmers in Denmark. *European Journal of Public Health*. 2019;29(Suppl. 4). <https://doi.org/10.1093/eurpub/ckz186.305>

- **Froholdt, L.L.** “The Helm is lost!”: Reframing psychological matters in non-routine technologically mediated interaction in a maritime context. *Text and Talk Journal* 2019, Vol. 39, issue 2, Pp. 171-190. Published Online: 2019-03-13. <https://doi.org/10.1515/text-2019-2023>.
- **Dohrmann SB, Herttua K, Leppin A.** Fatigue in ferry shipping employees: the role of work-family conflict and supervisor support. *BMC Public Health* 2019;19(1). <https://doi.org/10.1186/s12889-019-7954-z>
- **Baygi F, Herttua K, Sheidaei A, Ahmadvand A, Jensen OC.** Association of Serum Uric Acid with cardio-metabolic risk factors and metabolic syndrome in seafarers working on tankers. *B M C Public Health* 2020;20(1). <https://doi.org/10.1186/s12889-020-08466-2>
- **Jensen OC.** Maritime Occupational Health practitioners: 8. 6 Competencies of professional staff. *Textbook of Maritime Medicine*. Bergen online. 2019. p. 1
- **Herttua K, Vork J, Nielsen JB.** Associations of age, occupation and nationality of seafarers with risk of evacuations at sea: A register-based study on Danish-flagged merchant ships. *Marine Policy* 2020. <https://doi.org/10.1016/j.marpol.2020.103989>
- **Zhao Z, Wadsworth E, Jepsen JR, van Leeuwen WMA.** Comparison of perceived fatigue levels of seafarers and management approaches in fatigue mitigation: Case studies from two Chinese and two European shipping companies. *Marine Policy* 2020;116. <https://doi.org/10.1016/j.marpol.2020.103897>
- **Jensen OC, Flores A, Baygi F, Bygvraa DA, Charalambous G.** Follow-up of citations of maritime epidemiological injury studies. *international Maritime Health* 2020;71(1): 62-70. <https://doi.org/10.5603/IMH.2020.0013>
- **Baygi F, Herttua K, Jensen OC, Djalalinia S, Mahdavi Ghorabi A, Asayesh H o.a.** Global prevalence of cardiometabolic risk factors in the military population: A systematic review and meta-analysis. *BMC Endocrine Disorders*. 2020;20.

<https://doi.org/10.1186/s12902-020-0489-6>

- **Baygi F**, Qorbani M, Motlagh ME, Shafiee G, Nouri K, Ahadi Z o.a. Is frequency of potato and white rice consumption associated with cardiometabolic risk factors in children and adolescents: the CASPIAN-V study. *BMC Cardiovascular Disorders* 2020;20.

<https://doi.org/10.1186/s12872-020-01524-y>

- **Dohrmann SB**, **Herttua K**, Leppin A. Is physical and psychological work stress associated with fatigue in Danish ferry ship employees? *international Maritime Health* 2020;71(1): 46-55.

<https://doi.org/10.5603/IMH.2020.0011>

- **Baygi F**, Djalalinia S, Qorbani M, Dejman M, Nielsen JB. Lifestyle interventions in the maritime settings: A systematic review. *Environmental Health and Preventive Medicine*. 2020;25.

<https://doi.org/10.1186/s12199-020-00848-7>

- Hansen EK, **Rasmussen HB**, Lützen M. Making shipping more carbon-friendly? Exploring ship energy efficiency management plans in legislation and practice. *Energy Research & Social Science* 2020;65.

<https://doi.org/10.1016/j.erss.2020.101459>

- **Rasmussen HB**, Feldtmann B. Safe navigation of cruise ships in greenlandic waters-legal frame and practical challenges. *TransNav* 2020;14(1): 207-212.

<https://doi.org/10.12716/1001.14.01.26>

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