

# Invitation to maritime doctors and maritime schools on research collaboration

**Olaf C. Jensen<sup>1, 2</sup>, Agnes Flores<sup>3, 4</sup>, Maria Luisa Canals<sup>2, 5</sup>, David Lucas<sup>6, 7, 8</sup>,  
Ilona Denisenko<sup>9</sup>, Victoria Corman<sup>10</sup>, Don Eliseo-III Lucero-Prisno<sup>11, 12</sup>,  
Finn Gyntelberg<sup>13</sup>, Anne-Mette Momsen<sup>14</sup>**

<sup>1</sup>Centre for Maritime Health and Society, Department of Public Health,  
University of Southern Denmark, Esbjerg, Denmark

<sup>2</sup>University of Cadiz FUECA, Cadiz, Spain

<sup>3</sup>Universidad Metropolitana de Educación Ciencia y Tecnología, Facultad de las Ciencias y Tecnología, Panamá

<sup>4</sup>Caja Seguro Social, Rep. of Panamá, Vacamonte, Panamá

<sup>5</sup>Sociedad Española de Medicina Marítima (SEMM)/Sanidad Marítima, Tarragona, Spain

<sup>6</sup>ORPHY Laboratory, University Brest, France

<sup>7</sup>Seafarers' Health Unit, Brest, France

<sup>8</sup>French Society of Maritime Medicine, Brest, France

<sup>9</sup>ANO DPO Maritime Medicine, Moscow, Russian Federation

<sup>10</sup>Department of Public Health, University of Southern Denmark, Esbjerg, Denmark

<sup>11</sup>London School of Hygiene and Tropical Medicine, London, United Kingdom

<sup>12</sup>University of the Philippines Open University, Los Baños, Laguna, Philippines

<sup>13</sup>National Research Centre for Work Environment, Occupational Medical Clinic, Bispebjerg Hospital, Denmark

<sup>14</sup>Clinical Social Medicine and Rehabilitation, Institute of Public Health, University of Aarhus, Denmark

## PREVENTION OF PRE-DIABETES, TYPE 2 DIABETES AND HYPERTENSION

We want to invite all the maritime doctors to participate in a pilot study regarding precise diagnosis of pre-diabetes, type 2 diabetes (T2DM) and hypertension in 2023–2024. The International Maritime Health Association (IMHA) and Maritime Health Research and Education-NET (MAHRE-Net) have agreed on a collaboration with early diagnostics and prevention of type 2 diabetes (T2DM) among seafarers. The scientific background is that early stages of T2DM and high blood pressure can be reversed to normal with correct and timely prevention [1]. Thus, there are both financial benefits for shipping and health and job benefits for the seafarers. The initiative will take place over the coming years in a collaboration between maritime doctors, shipping companies, seafarers, researchers, and the authorities [2, 3]. Further, IMHA will coordinate the work on a revision of the International Labour Organization/International Maritime Organization (ILO/IMO) international guidelines for the medical examinations. Please send us an email and we will invite you to a virtual meeting with further information.

## INVITATION TO THE MARITIME SCHOOLS ON RESEARCH AND IMPROVEMENT OF STUDY ENVIRONMENT

There is a great need to strengthen the well-being of young people and the maritime schools are invited to participate [4]. The MAHRE-Net has in the last few years investigated the psychosocial factors in the study environment at maritime universities in several countries [5, 6].

The goal is to provide the basis for the UN's Global Sustainability Goals in maritime areas and to strengthen the well-being of young people.

Questionnaires to the students will include mental health, bullying, sexual harassment, use of tobacco and alcohol, and their suggestions for improving the education.

The results can be used by students for their final thesis as well as for teaching about the work environment. Further, the management can, together with the students, use the results to propose and implement improvements to the educational programmes. This will create interest among the students in the maritime industry, and the young people can use this knowledge later as sailors. The same model may be used for sailors on the ships. Please send

✉ Dr. Olaf Chresten Jensen, Senior Researcher, MD, MPH, PhD, Centre for Maritime Health and Society, Department of Public Health, Southern Danish University, Degnevej 14, 6705 Esbjerg, Denmark, e-mail: ocj@health.sdu.dk

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us an email and we will invite you to a virtual meeting with further information in the early 2023.

**Conflict of interest:** None declared

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