'Lessons learned from war in Ukraine'

Iryna Frankova, M.D., PhD,

Bogomolets National Medical University, Kyiv, Ukraine

ECNP Traumatic Stress Network chair
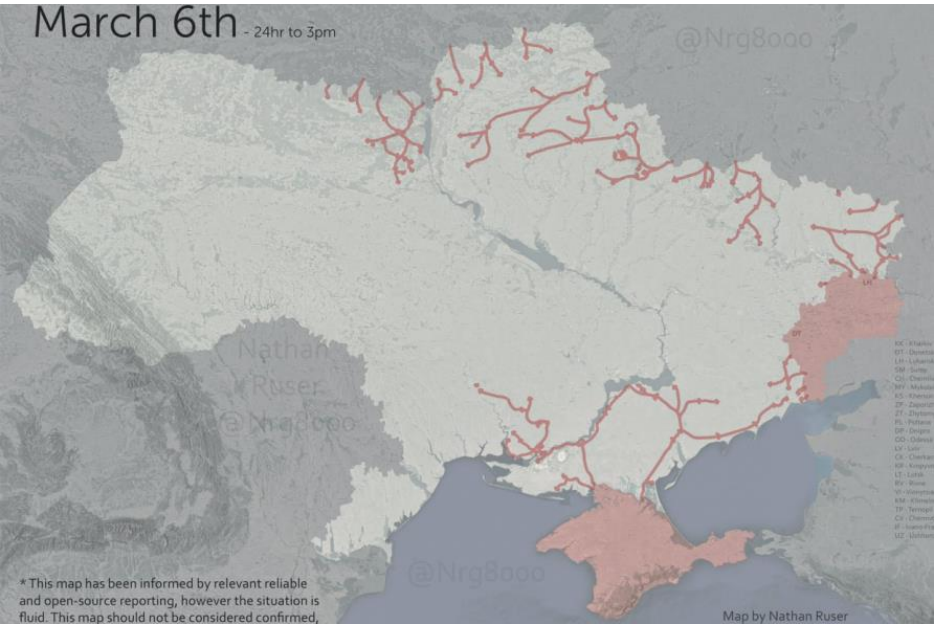
Kharkiv, 1.3.22

Irpin, Kyiv region, 5.3.22

Maternity house, Mariupol 9.3.22

KIEV.UA

March 6th - 24hr to 3pm

@Nrg8ooo

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* This map has been informed by relevant reliable
and open-source reporting, however the situation is
fluid. This map should not be considered confirmed,
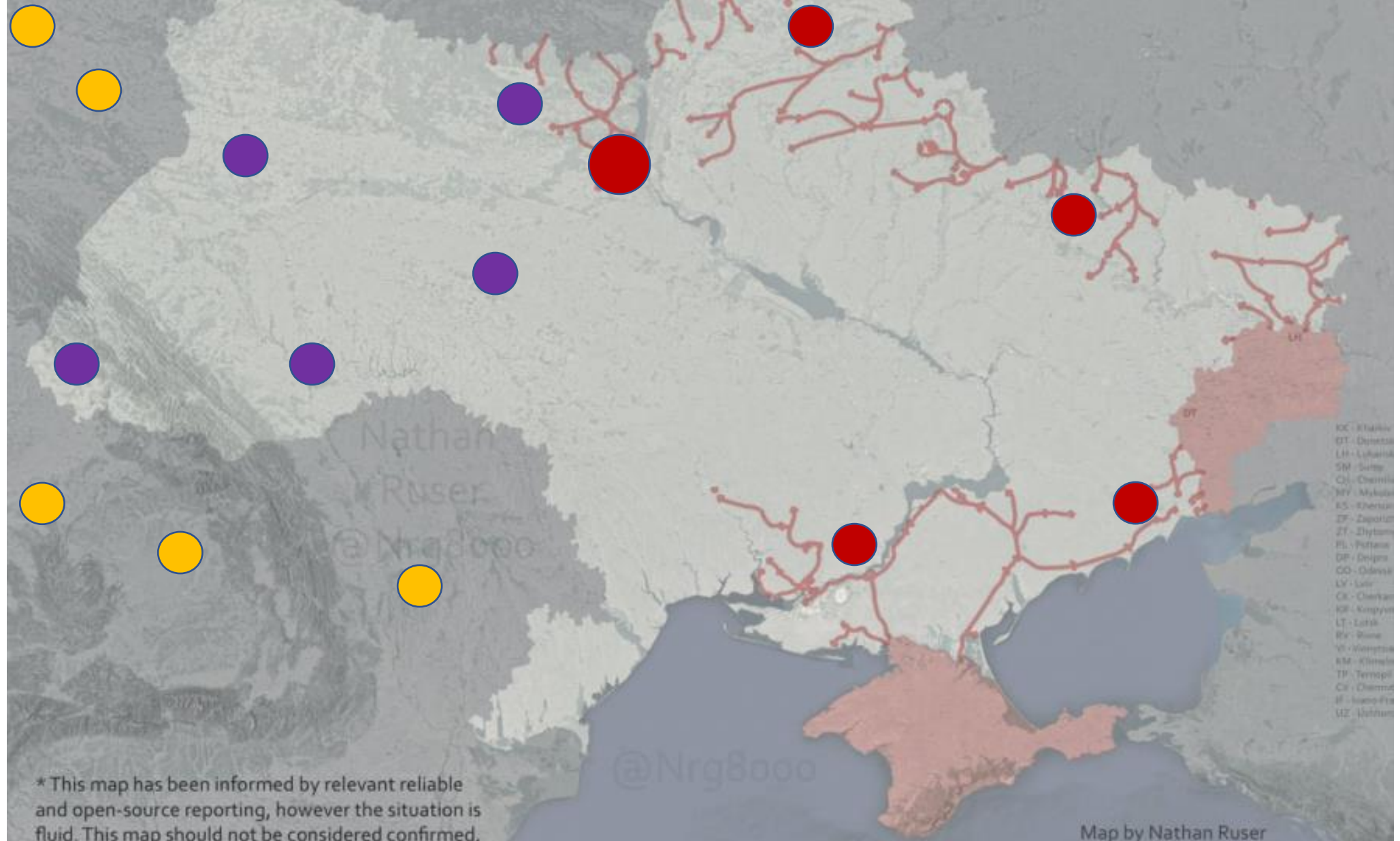
Map by Nathan Ruser

Evacuation trains

War stress causes:

- Major, unexpected and **inescapable life change**

- **Losses**: loss of lives, safety, belonging, social standing and status, food security.

- **Uncertainty** about what goes on, where to go for food or safe place to sleep, what happens to dear ones, how hostilities might end

- **Unpredictability** about the next hostile events, about rules, regulations and expected behavior of hostile others

- **Exposure to grotesque scenes of death and destruction** either oneself or through media. Exposure to suffering, hunger, cold

Shalev, A. Y. "The Israeli experience of continuous terrorism (2000–2004)." *Disasters and Mental Health. Edited by Lopez-Ibor JJ, Christodoulou G, Maj M, Sartorius N, Okasha A. London, John Wiley & Sons* (2005).

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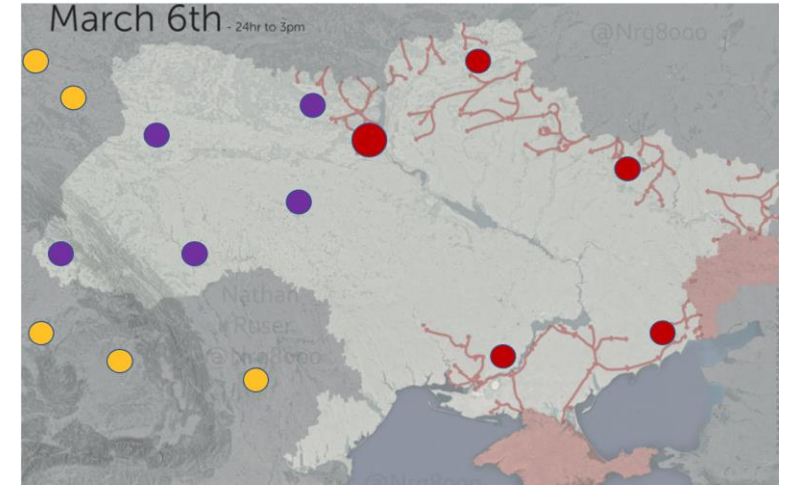
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Those who are unsafe

March 6th - 24hr to 3pm

- Under attacks, unable to leave unsafety
- Without recourses
- Food, water
- electricity and connection
- Medication (especially outpatients)

Needs:

- Resources, SUPLIES (Medication, equipment) and LOGISTICS
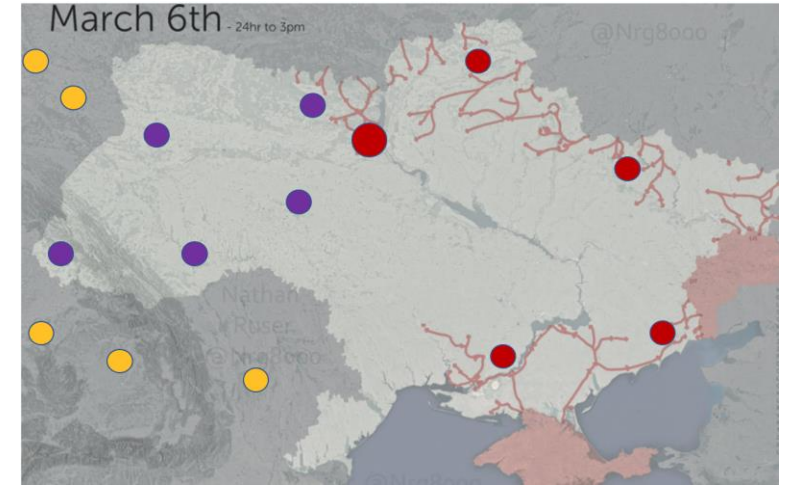- Optimization of survival taking into account the needs of the individual and the capabilities of the environment

Internally displaced people

- Without recourses,
- Place to stay,
- Employment,
- Medication

Needs:
- SUPLIES and LOGISTICS
- Optimization of survival
- Active monitoring of those, whose behavior start deviating (digital)
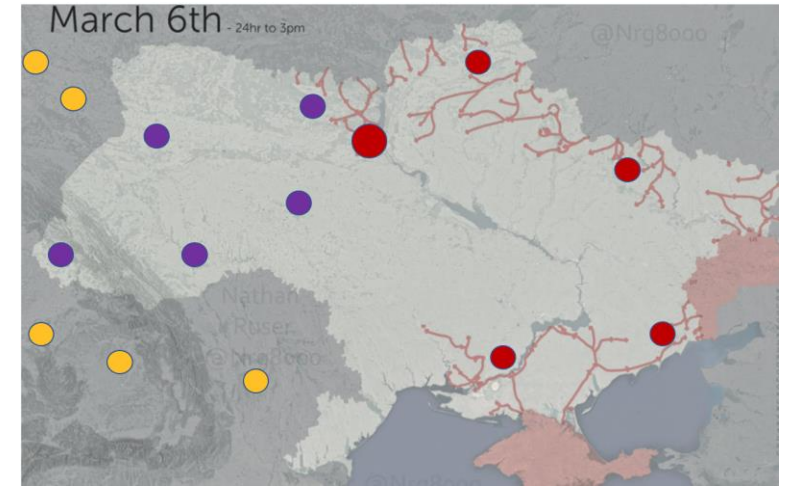- PFA (hot lines, crisis centers at the railway stations, information campaigns)

Forcibly displaced people

March 6th - 24hr to 3pm

• Without recourses and attachment bonds

- Place to stay

- Employment

- Medication

Needs:

- **Safety**, Information and networks (Facebook groups)

- Active monitoring of those, whose behavior start deviating (central hub to identify local health/mental health services?)

- PFA, remote or digital interventions developed or translated into Ukrainian

Thank You!

Iryna.frankova@gmail.com