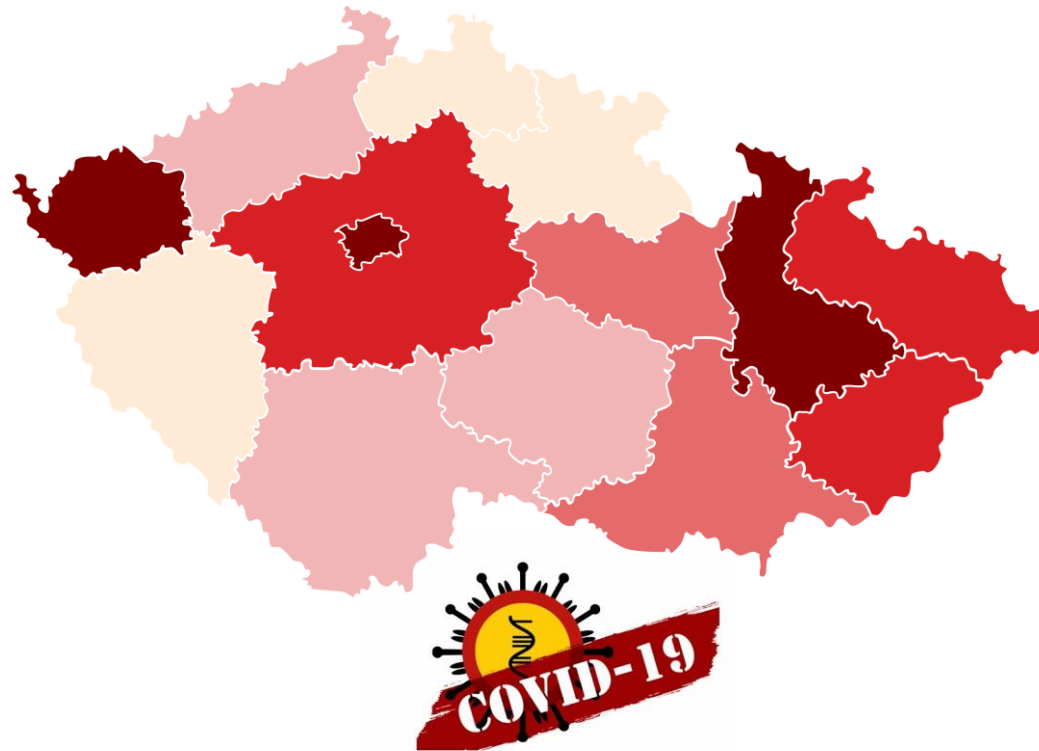


Psychosocial reaction in Coronavirus crisis in the Czech Republic (experience from urgent phase)



Online SC EFPA meeting 15/05/2020
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Standing Committee on Disaster,
Crisis and Trauma Psychology EFPA



THE UNION
OF PSYCHOLOGISTS
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Czech-Moravian
Psychological
Society



MINISTRY OF THE INTERIOR
OF THE CZECH REPUBLIC

Thank you for:

- **sharing information**
- **materials**
- **good practice**
- **emotional support and all cooperation!!!**

Situation in Czech Republic

- 10 milion inhabitants
- Now - **we are a less affected country**
- Today: 342.000 tested, **8350 positive tests** (5250 have been cured, **293 died**)
- **Fast reaction** of CZ government
- **Declaration of a state of emergency** (from March 12th to May 17th 2020)
- **Early and strict measures (limiting of social contact, movement restriction, closing schools, shops, services...)**
- **General obligation of face masks** (outside of home) + disinfection...
- **We have slowed down the epidemic – we got time to equip ourselves technically** (PPE, devices)
- **Urgent phase: 6 weeks**
- Now: phase of **slow release of restrictions** (2nd week)

Tasks of psychologists: mapping of needs, analysis, risk communication, spread information, new ways of crisis interventions...

- Psychology in the Central Crisis Staff of Czech Government (tasks: prognosis of behavior and reactions of the public, **strategy of crisis and risk communication** – with the media/public, employers..., direct **communication with the public** through the media, **info exchange** with key psychologists in the field + cooperation... **mapping of needs**, needs of **vulnerable groups**, cooperation with all media + **influencers in social networks** (youtubers...)
- Central web point for all psychosocial information (web of MoI)
- Central mobile application „Koronavirus COVID 19 in CZ“
- Using of local networks (uniformed ps. services: police, fire, army, EMS, RC, NGOs + UNI + media)
- International cooperation via SC EFPA network + via past EU + international projects + via international network of team ICP2020 (Exchange of materials and information)
- Ad hoc **online WG of uniformed psychologists** (Czech + Slovak) **Fast development of materials** (leaflets, brochures, guidelines, videos)...
- **Volunteer ps. activities!!!** (hotlines/webs/online therapy...)

Central system of PSS

- Experience in MCI
- Uniformed psychologists on disposal
- CZ psych. networks (uniformed + Academic + NGOs)
- Integrated rescue system (Act 2000)
- New experience: online work, media...

Problems/challenges/impacts

- **Unpredictability of development** (time, phases, impacts)
- **Unpredictability of the disease** (characteristics, nature, epidemic development)
- **Missing PPE and medical devices** (PPE from China, improvised production)
- **Long-term quarantine, movement and social contact restrictions**
- **Isolation, cabin fever**
- **Combination of home office and child care**
- **Exhaustion of top management**
- **Resistance to management's own needs**
- **Fatigue of volunteers**
- **People with disabilities, people with chronic illnesses, people caring for family members** (greater effects of an emergency)
- **Economic impacts**
- So far, there has been **no increase in domestic violence**, some increase in **coronavirus-related suicides** (existential crisis? - seniors, unemployed, loss of perspective)
- Increase in problems with regard to **educational stress**
- Problems with **alternating (split) care**
- **Families**: some couples in crisis - **cohesion, others disintegration**

CZ Good practice

- The **Posttraumatic Intervention Care Systems** of police/FRS/EMS + NGOs
- The **Integrated Rescue System (IRS) Act** (from 2000)
 - **Soon strict measures and restrictions** + gaining **the consensus of citizens**
 - **Creativity, flexibility, commitment** of people
 - **Cohesion of people** in crisis (1st month)
 - **Discipline of people** (less discussion, more proceedings)
 - **Solidarity of citizens** (production of home made masks, practical help, community support etc.)
 - **New and traditional forms of communication** (youtube, app, TV, radio...)
 - **Cooperation with the media**
 - **Analysis of disinformation** and their refutation
 - **Ad hoc flexible volunteers + mutual aid**
 - The first month was **without political conflicts**
 - **Learning new technologies and procedures** (home office / online teaching/ online interventions...)
 - We were lucky! By using strict hygiene measures, we have gained time. (We have slowed down the spread, we have managed to equip healthcare and the first line, we have managed to protect vulnerable houses. **But we are little infected and we have little collective immunity now.**

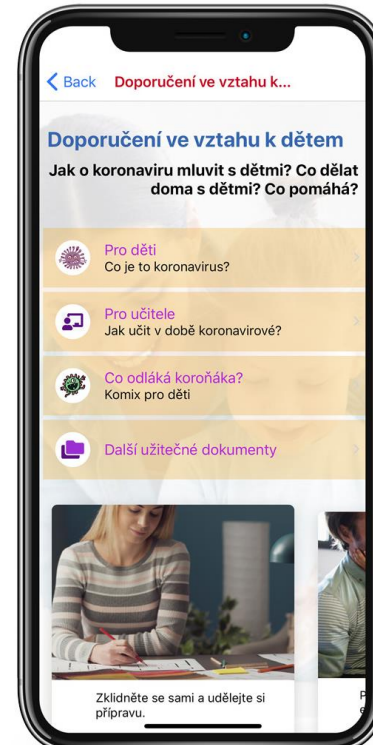
1) App Koronavirus COVID19 in CZ: Central information platform



- To have all valid info in the pocket (only official sources)
- To reduce dezinfo + media message, to reduce anxiety
- Basic info (day situation, symptoms, prevention...)
- Contacts/services/help
- Psychological info for different groups (1st line, patients, families, children, schools, journalists...)
- Materials/webs/links...

- Under Charles UNI
- Interdiscilinar cooperation of many subjects

Mol, MoH, Fire, UNI, Academy of science, private subj...



2) Rapid mobilization of science and research

Fast technical development of PPE



- Domestic production
- Effective design
- Cheap
- Fast production
- Voluntarily
- UNI + private comp.
- 3D printing (shields, respirators, masks, filters...)
- nanotechnologies
- For Health sector + 1st line

3) Rapid mobilization of public in improvised protection: example of sewing masks



Prisoners, teachers, soldiers, families, children...

Next steps

- **Transition to the long-term phase of PSS**
- **National study of the effects of coronavirus on mental health**
- **Government Council Working Group on the Impacts of Coronavirus SARS CoV2 on Mental Health** (non-clinical and clinical population, children, disabled, people living in institutions, foreigners...)
- WG members: MoH, Mol, MoD, MoF, MoE, MoL+SA, health insurance, National Institute of Mental Health
- **Objective = analysis of the current state, recommendations for the acute phase, recommendations for prevention**
- **Regional volunteer centers** established (Mol support)
- **Planning the transition to the medium and long term support phase – necessary!!!**



Congress is postponed by a year! (July 2021)

Pls see web: <http://www.icp2020.com/>

Thanks for your attention!

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Central web:

<https://www.mvcr.cz/mvcren/docDetail.aspx?docid=22239932&doctype=ART&#Psycho>