

# VIKAND Maritime School of Medicine & Public Health



STUDENT PROSPECTUS





# OUR STORY

**VIKAND is Swedish for “vi kan”** – or “we can” in English. It’s not just a brand, but a promise. A promise that we strive to fulfill with each solution and service we provide to the maritime industry.

We founded VIKAND to address the growing need for a comprehensive, outsourced maritime health service provider. Due to the often-isolated nature of the industry, logistical and environmental factors can present complications when it comes to managing medical and public health services compared with similar land-based ventures. Our desire is to see these challenges as opportunities – creating solutions that not only increase the health and wellbeing of those onboard, but the health of your organization’s bottom line.





# OUR STORY

**For over a decade**, VIKAND has provided global medical and public health service solutions to the entire maritime industry, including cruise, yacht, superyacht, commercial shipping, fishing, and offshore energy sectors. Our experienced team – both onboard and ashore – sustain us to support more than 200 maritime clients, assisting 120,000 plus crew members with medical, public health and mental wellness needs. Our proven expertise is demonstrated through a proactive and evidence-based healthcare approach – something we like to call the VIKAND Total Healthcare Solution – and is coordinated with global regulatory agencies and industry associations.

The philosophy, “Prevention is better than cure”, is at the center of all we do at VIKAND. Our vision is to take a customized approach to healthcare that dares beyond short term solutions, and as such, we recognize the importance of training to facilitate long-term solutions. We believe that the multi-layered approach we offer is required to meet the challenges of today and tomorrow, and to provide a healthier and safer environment for guests, crew, and the communities ships visit.





# OUR STORY

## **When the VIKAND School of Maritime Medicine & Public Health**

officially opened its doors in February 2022, Peter Hult, VIKAND CEO, said enthusiastically:

*“Our goals are to provide guidance and expertise to help maritime industries prevent the transmission of diseases, including COVID-19, to develop and to enhance training to re-focus protocols and programs, and, above all, to foster leadership through expertise in infection prevention and control. We believe a rigorous maritime-adapted curriculum will prepare cruise, yacht, commercial shipping, river and off-shore energy sectors for future and ongoing health challenges.”*

And VIKAND doesn't stop there. We also offer 24/7 medical management, public health, COVID-19 consulting, biomedical equipment maintenance and products, and leading air and surface decontamination solutions. We're proud of our accomplishments, as VIKAND was awarded the Seatrade Cruise Awards Supplier of the Year in 2020 and has offices in Fort Lauderdale and Hamburg, in addition to having staff located worldwide.





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from around the Globe

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# WELCOME LETTER FROM VIKAND'S CHIEF MEDICAL OFFICER

Dear Prospective Student,

On behalf of the entire VIKAND team, I'd like to take this opportunity to welcome you to our Maritime School of Medicine and Public Health, the first of its kind worldwide. We are thrilled you are interested in our Infection Control Officer training program, which was created to support the maritime industry in the prevention of infectious diseases.

Since the beginning of the COVID-19 pandemic, the prevention and control of infectious diseases has taken on a new meaning. The public health impact that this novel virus has had on our society is immeasurable, however, ingrained in nearly all challenges are opportunities for renewal and transformation. A multi-layered approach – of which training is an integral part of – is required to meet the challenges of today and tomorrow, helping ensure a healthier and safer environment for all.

Named after the Swedish expression “vi kan” (or “we can” in English), our organization prides itself on finding solutions to challenges. We recognize that the most important component of any organization is the people working for it. Empowerment through training not only increases knowledge, understanding and skills, it allows individuals to become advocates of change, rather than victims of it.

We are confident that our Infection Control Officer training course will set you and your organization up for success. Through our partnership with Simwave Academy,

and certified by RINA, a founding member of the International Association of Classification Societies, our virtual learning environment will enable you to foster leadership through public health expertise.

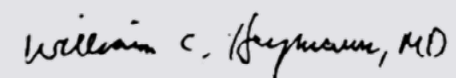
By learning about infection control concepts, the application of those concepts in the real-world environment onboard, and how to motivate those around you to do their part, you will be able to play a major role in safeguarding the health of the guests, your fellow crew members, and the locations you visit on your journey.

Thank you for entrusting VIKAND with your continued education needs. We are excited and privileged to be serving you. Our mission is to foster your career and personal development so you can actualize your goals and objectives, and for all of us, together, to be better prepared for future challenges.

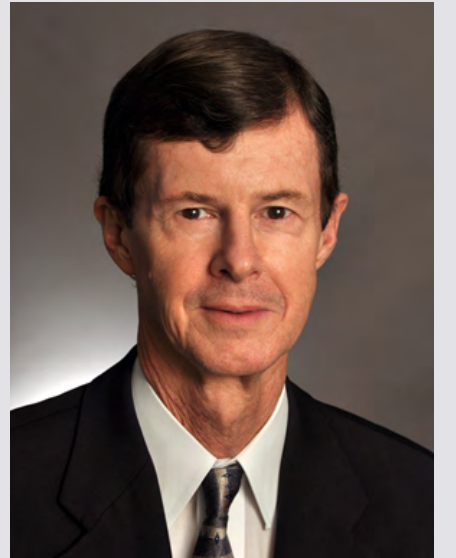
If you are interested in enrolling in our Infection Control Officer training course, please contact a member of the VIKAND team or register directly via our [website](#).

If you have any additional questions about the course, please feel free to get in touch using the contact form found on the website. We look forward to hearing from you.

Sincerely,



Dr. William Heymann  
Chief Medical Officer, VIKAND





# VIKAND WELCOMES MARITIME PROFESSIONALS FROM AROUND THE GLOBE

## **The VIKAND Maritime School of Medicine & Public Health**

is the world's first online education center dedicated to maritime medical and public health training. Our vision is to offer seafarers and maritime professionals an opportunity to strengthen their knowledge, understanding and skills in an accessible environment, that is valued by employers throughout the maritime industry.





# VIKAND WELCOMES MARITIME PROFESSIONALS FROM AROUND THE GLOBE

## THE IMPORTANCE OF TRAINING

The answer to the question “How important is training?” should always be the same: it’s absolutely critical.

Training is central to every aspect of the maritime industry – from building effective teams onboard a vessel, to equipping crew with the tools they need to do their jobs successfully. The reinforcement of knowledge, understanding and skills gained through training certainly benefits both individual and organizational performance. But beyond the obvious, there are numerous equally important reasons.

Empowerment through training results in committed crew members who excel in decision-making skills and enthusiasm, increasing job satisfaction and reducing staff turnover. Training is essential for establishing a productive and positive working environment, simultaneously building a robust and sustainable company culture.

If you’ve been in the maritime industry for even a short period of time, you know that mistakes in medical and public health controls onboard can lead to serious consequences – even life-threatening ones. The best written policies will struggle to be effective if staff are not properly trained, which includes explaining the “why” behind policy prerequisites and requirements.

The all-in-all? Competent crew members are a key requirement in maritime industry regulatory standards, and training helps to shape competent crew members. Our Classification Society certified courses officially recognize participants as being proficient to carry out their duties in implementing onboard infection prevention and control protocols.





# VIKAND WELCOMES MARITIME PROFESSIONALS FROM AROUND THE GLOBE

## AN INTERNATIONAL SCHOOL

At the VIKAND Maritime School of Medicine & Public Health, we aim to attract students and organizations from all maritime verticals, offering a truly global environment where different ideas and perspectives converge. Our maritime-adapted curriculum will help prepare the cruise, yachting, commercial shipping, river and off-shore energy industries to overcome the medical and public health challenges of today and tomorrow.

VIKAND collaborates with global regulatory agencies and industry associations to attract students from all backgrounds and different cultural perspectives. These partnerships can help our students gain international contacts and maritime industry employment opportunities. Day in and day out, we ask ourselves how we can better service not only the maritime industry, but most importantly, the individual seafarers working within it.

From enhancing safety and performance to fostering collaboration, improved communication and leadership, it's time you and your organization experience the difference VIKAND's Maritime School of Medicine & Public Health can make!





# ACADEMIC LIFE

At the VIKAND Maritime School of Medicine & Public Health, students experience an open, informal study environment that promotes personal as well as intellectual development and growth. Through our partnership with Simwave – a recognized global leader in maritime training and assessment – we're building a state of the art medical and public health online Learning Management System to meet industry demand for enhanced onboard safety training.





# ACADEMIC LIFE

## STUDENT-CENTERED EDUCATION

The student is at the heart of the education at VIKAND's Maritime School of Medicine & Public Health. Our subject matter experts are available to ensure all course content is fully understood. Our focus is on enabling students to develop their medical and public health knowledge, as well as critical and analytical thinking, problem solving and leadership skills to prepare them for an excellent career within the maritime industry.

## COURSE STRUCTURE

Our courses are powered by Simwave's exclusively developed online Learning Management System, allowing students to complete the training at their own pace either while onboard in conjunction with their day-to-day responsibilities, or at home, before joining the ship. Through immersive virtual training, our unique approach takes students on a journey of self-discovery, arming them with new and established strategies they can implement immediately and put high performance into practice.





# ACADEMIC LIFE

## SCIENTIFIC-BASED CURRICULUM

Our educational content at VIKAND's Maritime School of Medicine & Public Health is closely aligned to current scientific-based research and innovation, as well as present-day maritime industry guidelines, to ensure our training remains relevant. Course topics combine concepts, theories, and their practical application to connect students to the onboard environment, strengthening students' learning dynamic.

## GENERAL ENTRY REQUIREMENTS

Proficiency in English will be required for all our training courses. Any additional specific entry requirements will be specified for each course.

## AFTER GRADUATION

A Classification Society certified certificate will be awarded to students who successfully complete our courses. This ensures that VIKAND's training is internationally recognized, helping open doors for our students to an immense range of career opportunities at sea.





# COURSES

## INFECTION CONTROL OFFICER COURSE

### Overview

In today's world, the prevention and control of infectious diseases has taken on a new meaning. Due in part to the COVID-19 pandemic, the expectations of employees, management, guests, and competent authorities have dramatically shifted. That is why through our partnership with Simwave Academy, an international maritime safety education provider, we developed an Infection Control Officer training course designed to provide solutions to these challenges.

Our ICO Course is an innovative training solution that provides a comprehensive introduction into infectious disease prevention and control within the maritime industry. The course combines theories and concepts of infectious disease epidemiology with core fundamental public health topics like food safety, potable water safety and recreational water facility management, and applies these concepts to the real-world onboard environment.

By establishing a benchmark in maritime public health training, we developed this unique course to provide a strong foundation to anyone interested in pursuing a career either as a Public Health Officer onboard a cruise ship, in other key supervisory roles, or to support the general evolution of robust public health knowledge and understanding for those working on commercial vessels and private yachts.

While the course is aimed at those who have a public health or medical background, it's also been written to accommodate those who do not. In this, the course provides an avenue for companies to potentially shape Public Health Officers using personnel from other onboard departments, or individuals from non-maritime backgrounds.





# COURSES

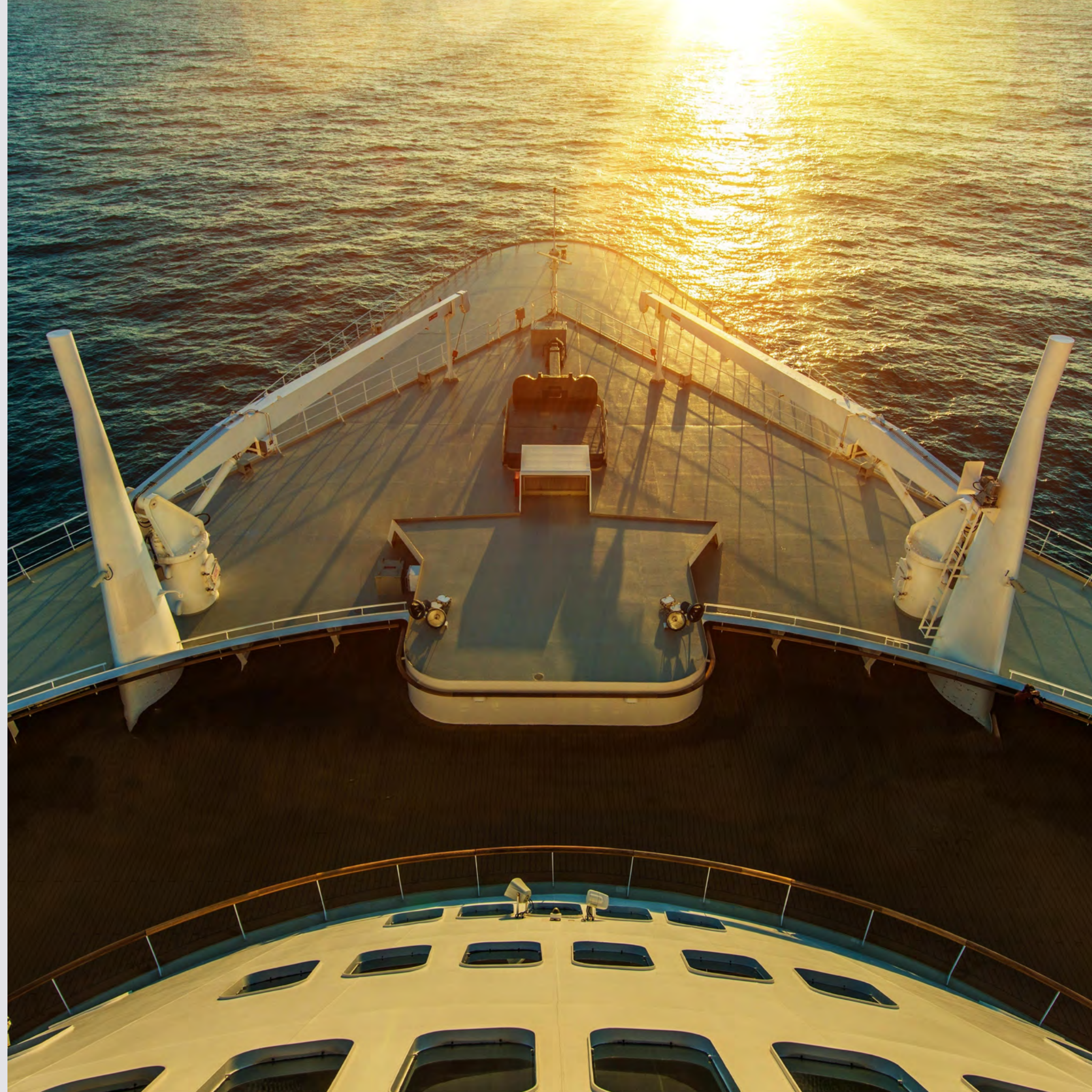
## Infection Control Officer Course

### What You Can Expect

Your professional background doesn't matter. Whether you have previous maritime experience or not, an education in public health or medicine, or are part of an Incident Management team ashore or onboard, our Infection Control Officer course equips students from all environments with an opportunity to learn more about infectious disease epidemiology, public health, and its application within the maritime sector.

Comprised of nine modules and a final exam, the Infection Control Officer course is approximately 30-hours in length, depending on prior knowledge, and may either be taken consecutively over several days or gradually over several weeks. Applicants can easily pick up where they left off, allowing the course to be completed at their own pace.

Each of the main modules has a self-assessment quiz included to allow the student to test their knowledge as they navigate the training, while the final exam covers all the infection control and public health topics discussed throughout the duration of the course.





# COURSES

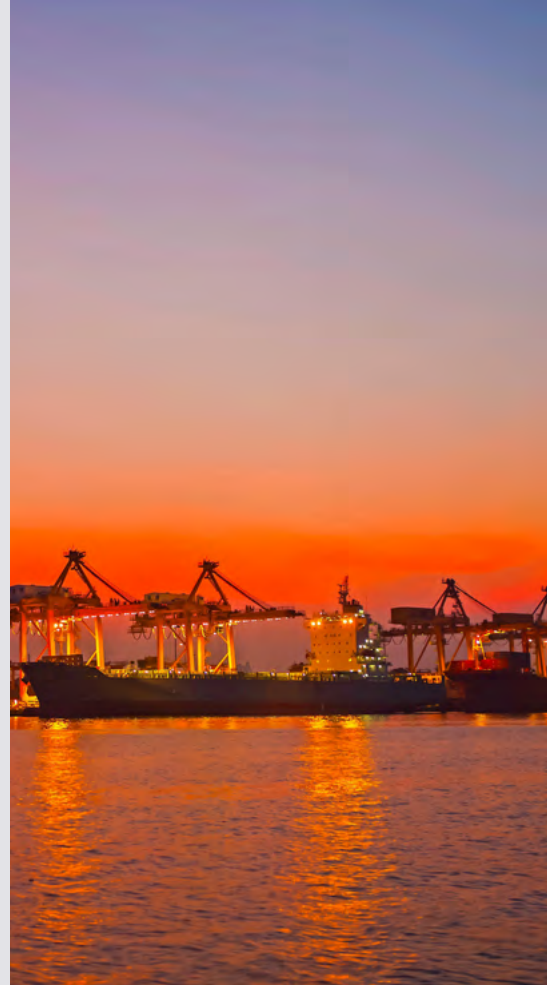
## Infection Control Officer Course

### Course Curriculum

After two introductory modules that establish the fundamentals of onboard hierarchy and the maritime regulatory environment – including explanations on how cultural awareness and communication can impact success – the following competences are the basis for the course curriculum:

### MODULE 3 – KEY CONCEPTS OF INFECTIOUS DISEASE EPIDEMIOLOGY

- Understand what an infectious disease is and how they occur
- Recognize the relationship between the pathogen, host, and environment (i.e., The Transmission Triangle)
- Differentiate between the various pathogenic modes of transmission
- Comprehend the Chain of Infection and progression of disease (e.g., incubation period, infectivity, pathogenicity etc.)
- Incorporate The Epidemiologic Approach – Case definitions, Descriptive Epidemiology, Epidemic Curves, Period of Exposure – to plan and evaluate strategies to prevent illness and guide the management of control measures





# COURSES

Infection Control Officer Course | COURSE CURRICULUM

## MODULE 4 – CLASSIFICATION OF INFECTIOUS DISEASES AND THE GENERAL PRINCIPLES OF PREVENTION AND CONTROL

- Distinguish between the various terminology used to classify and characterize infectious diseases
- Describe the four main types of pathogens and how they are generally transmitted
- Explain the differences between cleaning, sanitizing, disinfection, and sterilization
- Understand core disease prevention and control measures, such as health screening, disease surveillance, isolation and quarantine, contact tracing, PPE selection and use, personal hygiene, etc.
- Apply the Hierarchy of Controls methodology to your risk assessment of hazards

## MODULE 5 – FOOD SAFETY

- Know the 4 pillars of Food Safety (i.e., Clean, Separate, Cook and Chill)
- Explain the importance of hygiene in Food Areas, describing the various processes and applicable regulatory standards
- Identify and implement strategies to prevent all biological, chemical, and physical cross-contamination
- Recognize Potentially Hazardous Food and common food-borne illnesses
- Comprehend cooking and reheating temperature requirements
- Understand how to chill, freeze and defrost food safely





# COURSES

## Infection Control Officer Course | COURSE CURRICULUM

### MODULE 6 – PREVENTION AND CONTROL ONBOARD

- Apply infectious disease prevention and control in real-world areas on a ship, including the Medical Center, Housekeeping, Child Activity Centers and various onboard revenue facilities
- Recognize and monitor elements important for patient care and the environment (e.g., hand hygiene, PPE, respiratory etiquette, patient placement, medical histories, safe use and disposal of sharps etc.)
- Assess infection risks in shipboard design and construction
- Collaborate on the evaluation and monitoring of environmental cleaning and disinfection practices/technologies, and understand the relevance of Log Reduction
- Explain public health regulatory requirements for onboard operations and areas (e.g., public toilets, Child Activity Centers etc.)

### MODULE 7 – TRAIN THE TRAINER, EDUCATION, AND DEVELOPMENT

- Understand how adults learn best
- Apply didactical principles and presentation aids
- Provide effective feedback and motivation techniques
- Assist in developing and conducting training programs





# COURSES

## Infection Control Officer Course | COURSE CURRICULUM

### MODULE 8 – WATER SAFETY AND PEST CONTROL

- Recognize the key principles and requirements of water safety and how they apply to bunkering, production, distribution and storage of Potable Water onboard a ship
- Assess the risks in distribution systems and the strategies applied to preclude the growth of certain bacteria such as Legionella
- Identify appropriate microbiologic sampling guidelines to verify water safety control measures
- Describe disease prevention and control methodology in Recreational Water Facilities from their design to their operational parameters (e.g., circulation, flow rates and turnover rates, filtration, disinfection etc.)
- Know what to do after a fecal, vomit or blood accident in a pool
- Explain the role of Integrated Pest Management in maintaining hygiene standards

### MODULE 9 – PRINCIPLES OF OUTBREAK INVESTIGATION

Use your knowledge to conduct a communicable disease outbreak investigation by:

- Detecting a potential outbreak
- Verifying the diagnosis
- Constructing a working case definition
- Finding and recording cases
- Developing hypotheses about likely sources
- Testing hypotheses
- Performing an environmental investigation
- Implementing effective response measures
- Maintaining surveillance and,
- Communicating your findings





# COURSES

## Infection Control Officer Course

### Entry requirements

While the course is primarily aimed at those who have a public health or medical background, it's been written to accommodate those who do not. As such, anyone who has an interest in broadening their public health knowledge is welcome to take the course, regardless of educational or vocational background.

Professional experience in key supervisory roles within maritime operations, or education in complementary subjects, could prove incredibly valuable to those who enroll. The subject matter of this course is infection control, including key topics such as food safety, potable water safety, recreational water facility management and pest control, and thus, the content is relevant to several maritime positions and verticals.

### Certification

Each applicant who successfully completes the Infection Control Officer training course will receive a Classification Society (RINA) certified certificate as evidence of their training. The RINA certificate recognizes students who have completed the course as competent to manage infection prevention on board.

### Enrollment & Fees

Visit our [website](#) to see the latest information on course fees.







For more information, please visit our website at  
[www.vikand.com/maritime-school-of-medicine-an-public-health](http://www.vikand.com/maritime-school-of-medicine-an-public-health)  
or email us directly at [sales@vikand.com](mailto:sales@vikand.com)