

The background is a dark blue gradient with a starry or particle-like texture. Overlaid on this are several faint, light-colored circular and semi-circular patterns. Some of these patterns resemble protractor scales with numerical markings (e.g., 140, 150, 160, 170, 180, 190, 200, 210, 220, 230, 240, 250, 260). There are also dashed lines and arrows, suggesting a technical or scientific theme.

# PLACE OF HYDROTHERAPY IN POST- COVID-19 CARE IN PSYCHIATRY

# PSYCHOLOGICAL EFFECTS OF THE HEALTH CRISIS

Are essentially of psycho traumatic order

Accumulation of potential psychic trauma:

- Fear of the viral disease
- Confinement phenomenon
- Sustained violence (physical or emotional)
- Violence due to over information (TV-radio ...)
- Anxiety of deconfinement

## PSYCHOLOGICAL MECHANISMS OF THE HEALTH CRISIS(2)

- The criteria which define post-traumatic stress (DSM-V) :
  - Initial traumatic event
  - Repetition and revival symptoms
  - Avoidance and inhibition
  - Regressive behaviour
  - Recurring nightmares



# POST-TRAUMATIC STRESS SYMPTOMS

- The disorder is characterised by different phases :
  - Anxious reaction marked by feeling of fear or fright
  - Violent shock state or agitation
  - State of dissociation (torpidity, realisation, transitory depersonalisation)
  - Distortion of consciousness

# PSYCHO-TRAUMA MECHANISMS

- Shock phase with inhibition of judgement
- Regressive reactions phase (withdrawal, phobia) or agitation
- Resolution phase (fear climate reduction)
- Complications phase (post-trauma)

# COVID- PSYCHICS : RESULTS FROM THE FIRST SURVEYS(1) :

- Shanghai Mental Health Centre:
  - Psychological Distress expressed: 35 %
  - Suicidal intentionality : 5 %
- Lancet revue 1,366 articles examining the psychological impact of quarantines in 10 countries :
  - Psycho-traumatic stress
  - Temporary confusion
  - State of anger and agitation
  - Depressive state
  - Major risk up to 3 years post-traumatic



# COVID-PSYCHICS : RESULTS FROM THE SURVEYS (2) :

- Public Health France (sondage BVA)-2 000 people given day(Avril 2020) :
  - Anxiety Prevalence : 21,5 %
  - Comparison given 2017 : 13,5 %
  - Depressive state: 5 %
- International study in Zurich : survey on 12 817 people coming from 12 different countries :
  - Pathological anxiety
  - Post-traumatic stress
  - Tate of depression state
  - Suicidal intentions : 16 %
  - Protective factors :
    - Age
    - Optimism
    - Close environment
    - Empathy for loved ones

## COVID-PSYCHICS : RESULTS (3) :

- Opinion-Way study for « Emprunte Humaine » on 2 000 employees :
  - Psychological distress/ employees questioned : 44 %
    - Moderate : 26 %
    - High : 18 %
  - Main reasons:
    - Weighed down mental load/paradoxical work overload
    - Difficult conciliation of the roles (employees, parental...) Difficulty to isolate at home
    - Anxiety for future



# MERS ET SARS-1 PSYCHIC CONSEQUENCES

## British meta-analysis (Manchester-Leeds) April 2020 :

- 6 month after recovery:
  - Post-trauma stress syndrom : 39 %
  - Depression : 33 %
  - Anxiety : 30 %
- Symptoms observed are greater than those observed for other serious respiratory infections
- Very important impact on the QOL (scale SF 36) :
  - After 6 months : no improvement for social alteration
  - After 1 year : 17 % of the infected were not able to resume their normal professional life and 30% for the professionals in health, after 2 years.

# THERAPEUTIC AND PREVENTIVE STRATEGIES

- We need to set off :
  - Management of crisis group
  - Speech group/ group therapy
  - Early intervention/ debriefing
  - TCC and coping theory
  - Hypnosis

# BENEFIT OF SPA THERAPY

- Spa Therapy firstly, is supported medicalisation
- Distancing from stressors
- Non-aggressive character of the spa therapy and environment of health resort
- Recovery require duration in the notion of returning to stability
- This is not a stigmatising institutionalisation
- Group activities/TCC



# SPECIFIC MODULES FOR PSYCHICAL ACCOMPANYING :

## CONTENT OF MODULES(1)

- Module 1 : confinement experience : comprehension and adaptive mechanisms :
  - Returning to the events and experience
  - Adaptive mechanisms put in place
  - Residual psychical traces

# CONTENT OF MODULES (2)

- Module 2 : resurgence of fears : which management ?
  - Mecanisms of fear
  - Potential impact on our psyche
  - How to adapt himself ?
  - Developing other tools for managing fears and stress

# CONTENT OF MODULES (3)

- Module 3 : Identifying one's resources and capacities of resilience :
  - Identifying one's own natural resources
  - Analysing and processing resilience
  - Learning how to protect oneself better
  - Getting out of the emotional spiral ?
  - Knowing of new tools to rebound better



# CONTENT OF MODULES (4)

- Module 4 : recovering mental stability :
  - Synthesis and analysis of situation
  - Feedback on the new adaptative mechanisms to lean on
  - Projecting in the future
  - Recovering senses and positive feelings

# COMPLEMENTARY ASSETS – OTHER STRATEGIES

- Hypnosis
- Sports activities
- Rephasing chrono biological rhythm
- Spa therapeutic approaches
- Learning technics to « let go »

## CONCLUSION :

- Opportuneness represented by spa therapy
- Spa Therapy and health resort have outstanding sedative and tranquillising effects
- Adapted response to a current health problem and which risks being prolonged
- Synergic association of all the efficacy of therapeutic responses
- Being ambassador to every governments that spa therapy and health resort are the best medical place to treat Covid-post traumatic syndrom.