



Module 4: Health, Psychological, and Social Aspects

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01

Introduction

Health, Psychological, and Social Aspects in the Context of Ukrainian Refugees

- Comprehensive Approach: Physical Health, Psychological Well-being, and Social Integration
- Target Audience: Educational, Healthcare, and Social Professionals, and Volunteers



Millions of People Displaced by the War in Ukraine

Ethical and Logistical Challenge for European Host Countries

Need for Basic Tools for Frontline Professionals

Objective: Holistic, Sensitive, and Coordinated Care



02 Health: Impacts and Basic Care

Risk Factors

- Prolonged Travel and Extreme Conditions (Cold, Heat, Overcrowding)
- Shortage of Water, Food, and Adequate Shelter
- Worsening of Preexisting Conditions



Common Conditions

- Respiratory Infections (Bronchitis, Pneumonia, Tuberculosis)
- Gastrointestinal Diseases (Diarrhea, Vomiting, Parasitic Infections)
- Dermatological Problems (Dermatitis, Scabies, Lice)
- Musculoskeletal Pain Due to Physical Strain
- Decompensation of Chronic Diseases





Vulnerable Groups

- Pregnant or Lactating Women: Obstetric Follow-up and Nutrition
- Children with Incomplete Vaccination: Measles, Polio, COVID-19
- Older Adults with Chronic Illnesses
- People with Disabilities: Accessibility and Assistive Support

Recommendations for Professionals

"Assess, Accompany, Communicate with Empathy"



- Comprehensive Initial Assessment: Physical, Psychological, and Social
- Promote Equitable Access to Healthcare Services
- Use of Interpreters and Cultural Mediators
- Coordination with Health Services and Social Organizations
- Empathetic Attitude, Avoiding Paternalistic Approaches



Legal Framework and Access Barriers

- EU: Directive 2001/55/EC on Temporary Protection
- Language, Cultural, and Administrative Barriers
- Fear, Distrust, or Lack of Knowledge of Rights

Role of Educational and Community Staff

- Explain the Local Healthcare System and Rights
- Accompany to Medical Appointments
- Promote Health Education (Hygiene, Rest, Nutrition, Vaccination)
- Act as a Cultural Bridge Between Refugees and Professionals

Warning Signs

Chronic Fatigue
and Somatic
Symptoms

Behavioral
Changes or Social
Withdrawal

Deteriorated
Appearance or
Malnutrition

Neglect of
Personal or Child
Care



Basic Health Education

- Personal Hygiene and Environmental Care
- Promotion of Rest and Self-care
- Balanced Nutrition Using Local Resources
- Preventive Health and Vaccination
- Mental Health: Normalization and Destigmatization



03

Psychological: Trauma and Resilience





Trauma and Resilience: Common Reactions

- Anxiety and Hypervigilance
- Deep Sadness and Anhedonia
- Guilt and Shame
- Irritability or Anger
- Cognitive Difficulties (Concentration, Memory...)

Psychological Warning Indicators



Post-Traumatic Stress, Severe Depression, or Anxiety

Prolonged Sleep Disorders

Self-Harming Behaviors or Suicidal Ideation

Psychosocial Intervention

- Validate Emotions Without Pathologizing
- Create Safe Spaces for Expression
- Rebuild Routines and Sense of Control
- Foster Individual and Community Resilience



Psychosocial Trauma in Children

- Behavioral Regression (e.g., thumb-sucking, bedwetting)
- Disruptive or Defiant Behaviors
- Selective Silence or Withdrawal
- Repetitive Play with Traumatic Content

Protective and Resilience Factors

- Predictable Routines and Clear Rules
- Understanding and Available Adults
- Participation in Meaningful Activities
- Access to Emotional Support and Safe Spaces

Psychological First Aid

- Listen Without Judging
- Validate Emotions and Convey Calm
- Provide Practical Guidance and Access to Support Networks
- Applicable by Non-specialized Professionals: Educators, Volunteers, Frontline Staff





04 Social: Integration, Dignity, and Networks

Social Impacts of Displacement

- Loneliness and Isolation
- Breakdown of Meaningful Relationships
- Difficulty Redefining Social Roles
- Vulnerability to Discrimination



Social Recommendations



- Avoid Paternalistic Approaches
- Promote Active Participation and Horizontal Networks
- Encourage Intercultural Inclusion and Respect for Diversity



Role of Schools and Educational Space

- Provides Structure, Routine, and Sense of Belonging
- Facilitates Emotional and Social Bonds
- Enables Access to Support Services
- Recommendations: Safe Environments, Adapted Materials, Mutual Respect



COMMUNITY NETWORK

Facilitates Integration and Emotional Support

Reduces Isolation and Vulnerability

Promotes Autonomy and Active Participation

Strategies: Local Associations, Gathering Spaces, and Mutual Support

Practical Resources for Professional

- Observation and Recording of Behavioral Changes
- Open-ended Questions and Simple Language
- Clear Information on Available Services
- Support for Refugees' Autonomy and Leadership
- Use of Visual Tools: Pictograms, Posters, Emotion Charts



Thanks you!

