



DEFENSE HEALTH BOARD MEETING

FRENCH ARMED FORCES



10 Feb 2020

○ — Agenda

- Background
- Women's health
- Mental health

Ministry of Armed Forces overview



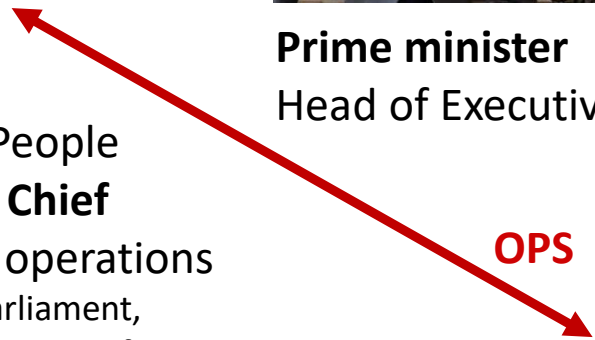
Chief of State,
Direct vote FR People
Commander in Chief
Able to engage operations
(3 days to inform Parliament,
Parliament's authorization if > 4
months)



Prime minister
Head of Executive



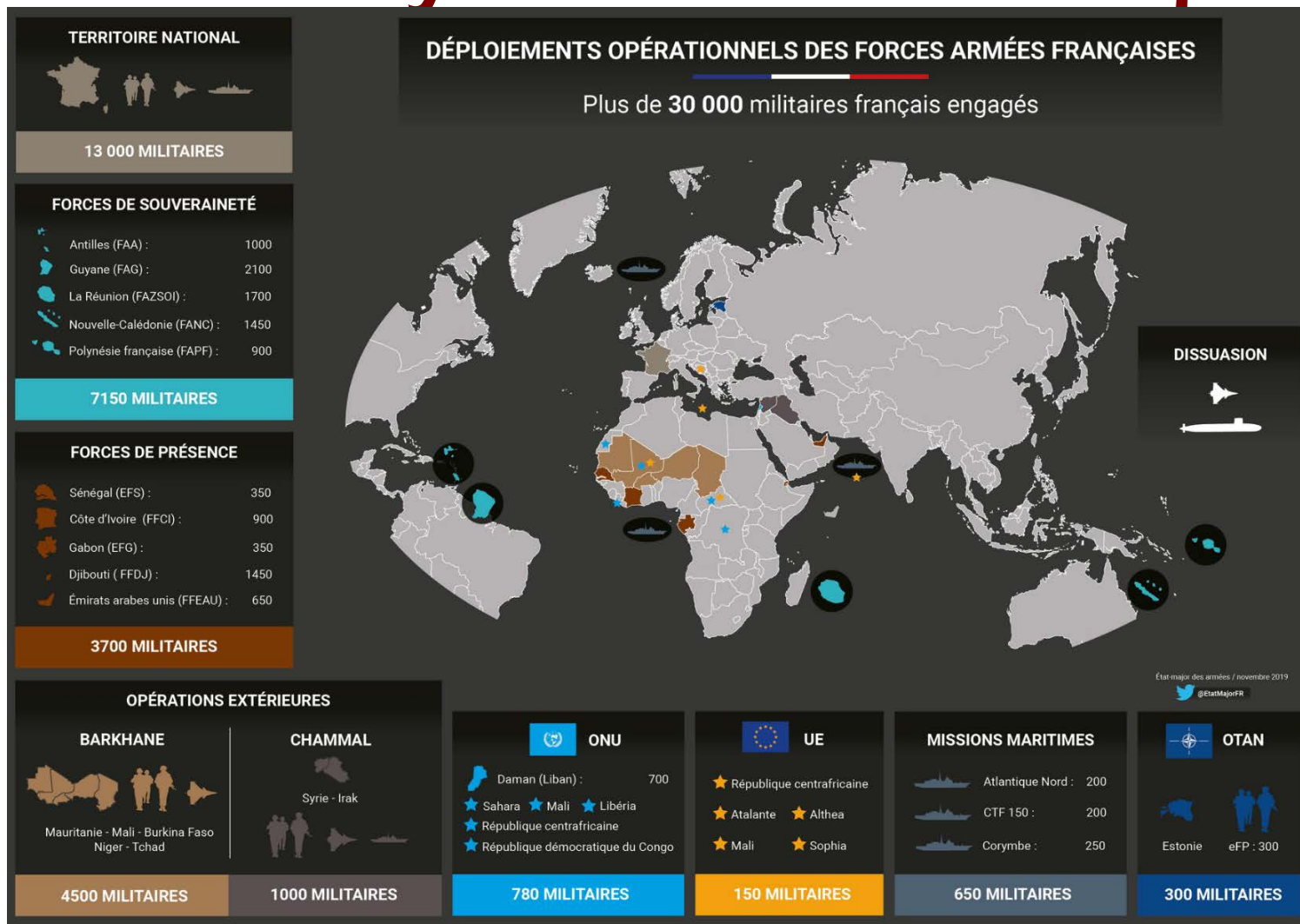
1.82% GDP (2% in 2022)
€46.7bn/year



300,000 Personnels



FR Military Health Service - Ops



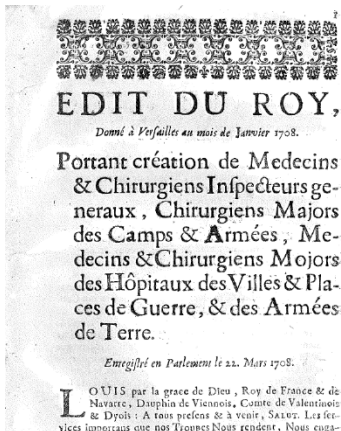
World Wide:
Anytime, Anywhere,
Any circumstances

1,667 MHS-personnel
deployed per year

- 67,900 Outpat. visits
- 1,700 Surgery
- 194,889 Nursing care
- 750 MEDEVAC

FR Military Health Service - Mission

- Designed to medically support FR Armed Forces based on OPS requirements
- Covers the entire operational life of the soldier: **medical readiness** and *continuum* from POI to rehabilitation (professional and social)



French MHS – 5 Components

Armed Forces Medicine

16 CMA = 200 clinics
*aptitude, care,
prevention of military
units in France and in
operations*



Hospital Medicine

**8 military hospitals (2
Trauma centers)** *specialized
cares, expertise, surgical
cares in military operations*

Defense biomedical research

**1 research
institute,**
*improve cares and
prevention, achieve
expertise in military
operations*



Medical Supply

DAPSA PCA CTSA ERSA
*Acquisitions
manufacturing, store
and provide medical
supplies (drug, medical
device, labs, vets,
spare parts...) in France
and deployed troops*



Education & simulation

**3 schools, 3 dedicated education
centers (Navy, Army, Air Force), initial
and everyday training**



○ Health Care delivery to Service Members

- **On the National Territory :**
 - Freedom to chose military or civilian practitioner (Public CIV, MIL, or private sector),
 - Both covered by Social Security (incl. MTFs)
- **In operations:** Military Health Service only

○ — Agenda

- Background
- **Women's health**
- Mental health

Active Duty Women & rate of pregnancy

200,000 MIL personnels

Army



11,759 ♀
(10%)

Navy



5,101 ♀
(15%)

Air force



9,005 ♀
(22%)

MHS



4,554 ♀
(60%)

15,000 Personnel
+ 3,000 Reservists

- 55% have been or are pregnant
- 49% Service Members have or had at least one child and leave on average with 1.4 children

(2014 & 2019 Survey)

○ Policies related to pregnancy?

- French soldiers benefit from French Health laws (Maternity leave, pay 100%, paternity leave)
- ...but with operational consideration (temporary unfit for projection, repatriation if occurred in operation)
- 2019-2022 Ministerial parenthood support policy (family support & gender diversity actions plans)
- Specific needs:
 - *National Territory : Social Security System (oral contraception, fertility treatments...)*
 - *Operation : GYN packs within MTFs*

○ — Agenda

- Background
- Women's health
- **Mental health**

Fitness standards for Service Men and Women



vs



- Physical (different scales ♂ ♀) & Mental fitness Assessment,
- Probation period: 6 to 18 months

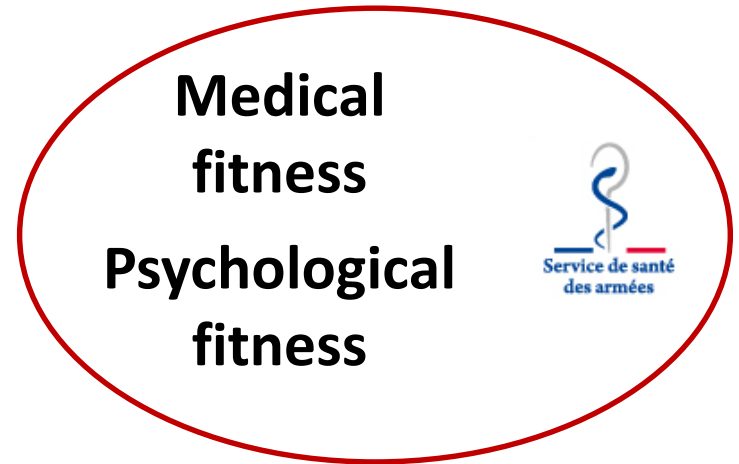
Candidates: 2 medical exams
Initial+ Incorporation

Service Members: 2 years
Periodic Health Assessment

Fitness standards for Service Men and Women



vs



- Medical fitness assessments:
- Medical fitness requirements:



How are Armed Services Members / Candidates medically screened

Medical Fitness => **SIGYCOP Tool**

1 pathology = 1 Letter and 1 ranking from 1 to 6

S : Scapular belt & superior limbs

I : Pelvic belt & inferior limbs

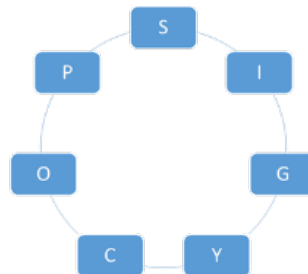
G : General state

Y : Eyes & vision (excl. Chromatic sense).

C : Chromatic sense

O : Ears and hearings

P : Psyche



1 : Ready to serve anytime and anywhere without limitation

2 : Temporary limitations of activities

3 : Important limitations for combat training or employment

4 : Unfitness for combat – important limitations for employment

5 : Major limitations of employment and unfitness to drive vehicles

6 : Absolute medical unfitness

How are Armed Services Members / Candidates screened

Aeronautical engineer, 25 years old, without medical history, recent knee surgery with only small functional limitations

– Medical assesment

S	I	G	Y	C	O	P
1	<u>2</u>	1	1	1	1	1

– Medical Air-Force Requirements

S	I	G	Y	C	O	P
2	<u>2</u>	2	5	2	3	1

– Decision : Fitness without any employment restrictions

LOG enlisted 45 years old, with type II diabetes unbalanced without other medical disorder

– Medical assesment

S	I	G	Y	C	O	P
1	1	<u>4</u>	1	1	1	1

– Medical Army Requirements

S	I	G	Y	C	O	P
3	3	<u>3</u>	5	4	3	2

– Decision : Unfitness for deployments and medical commission examination

Medical Visit: a special moment to review life-path, medical-psychological antecedents and motivation to serve

How Armed Services Members / Candidates are screened for BH



Ranking

P0 : Ready to serve by probation period

P1 : Ready to serve

P2 : Ready to serve only if activities are temporary limited

P3 : Temporary unfit to serve

P4 : Final unfitness to serve due to psychopathologic disorder or personality disorder or adjustment disorders

P5 : Final unfitness to serve due to an evolutionary psychiatric disease or psychiatric pathology antecedent

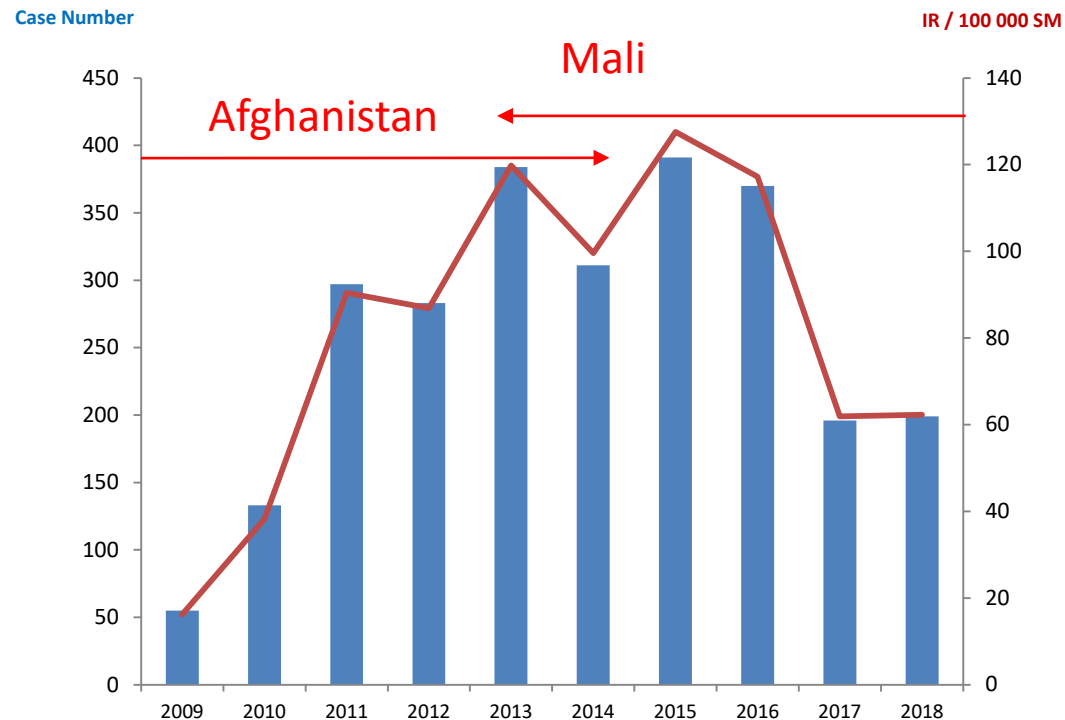
Examples

- **Young 18 yo** man 18 dreaming to join military with delusional words trending to megalomania from the Initial Health Assessment. **Ranked P=5, unfit to serve**
- **Young 20 yo** woman to serve as Intelligence officer with teenage depression. **Ranked P=0, fit to serve after a Psychiatric assessment and depending on a medical assessment at the end of the probation period**
- O5 armorer 36 yo with anxiety-depressive disorders in a context of conjugopathy and conflict with his boss. **Ranked P=3, Temporarily unfit and medical leave 1 month.**

Mental Health Focus

- Suicides :
 - 50 MIL per year
 - MIL suicide rate \approx general population rate \approx 20/100,000
 - ♀ tentative+++, ♂ suicides ++

- PTSD :



Mental Health Policies

- 4 Ministerial Actions Plans for the prevention of psychological risk since 2011
- Unique call number « Ecoute défense » (2013)
- 4 priority in 2020 :
 - wear related pathology
 - pathologies related to a traumatic event
 - prevention of suicide risk
 - addictions
- Experimentation in progress : *psychological first aid in operations*

Highlights related to women's health AND behavioral health (1/2)

- Unique Call number « *écoute défense* » since 2013
 - Listening, information and orientation
 - Service Members, Veterans and Families
 - Perimeter :
 - ✓ PTSD,
 - ✓ Sexual harassment, Gender discrimination
 - ✓ Moral harassment, suffering at Work
- Calls: 2,800+ total incl. 2,500+ related to Psychological suffering

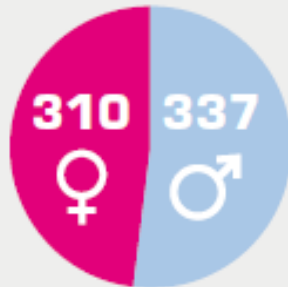


Psychological suffering (need care)

Who calls ?

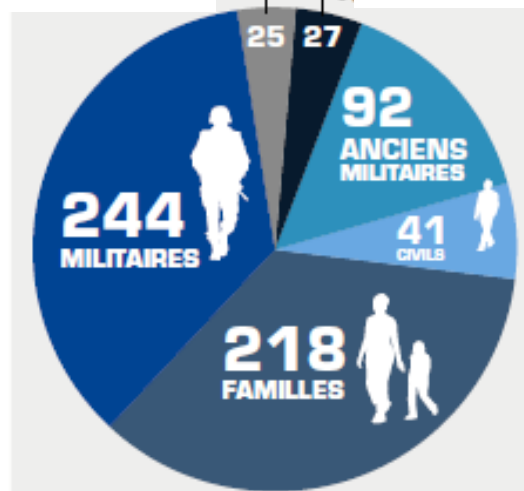
Qui sont les appelants ?

647
appels pour
SOUFFRANCE
PSYCHOLOGIQUE



705 appels comptabilisés

Caregiver Buddy



Orientation ?



Pour quelle orientation ?

230
bénéficient
déjà d'un
suivi en cours

406
sans suivi
OU
en rupture de suivi

11
appelaient pour
d'autres raisons
que leur suivi

376 orientés
30 n'ont pas souhaité être orientés

Clinics

CMA (179)

Mil Hosp (88)

CIV (53)

autres organismes (37)

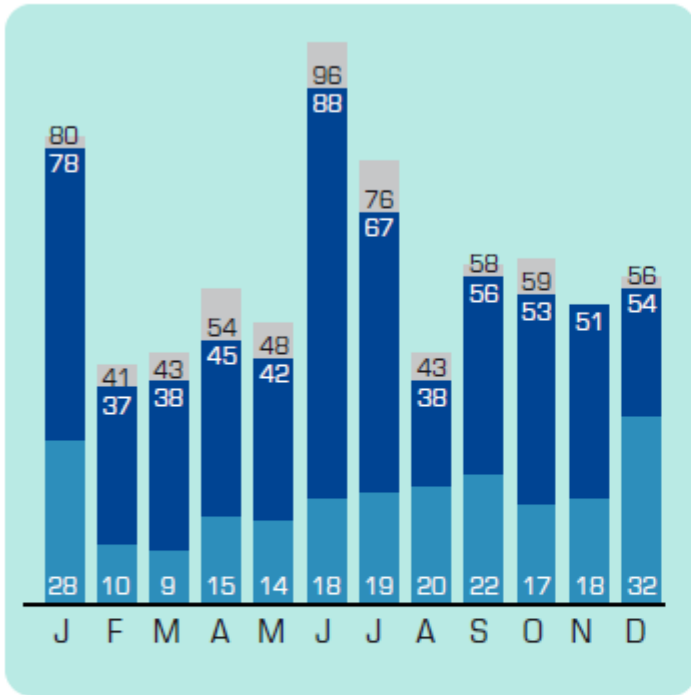
urgences (11)

THEMIS (8)

Emergency room

PTSD Call

→ Mandat confié le 20 janvier 2013



appels 705
647
appels pour souffrance
psychologique

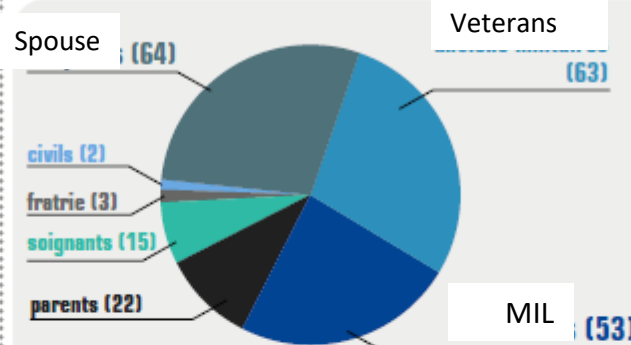


222

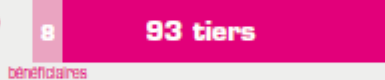
appels entrant dans le cadre
du mandat **ESPT**

Who calls ?

Qui sont les appelants ?

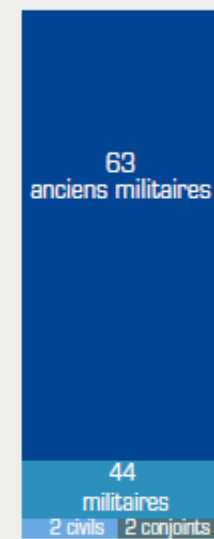


101 ♀

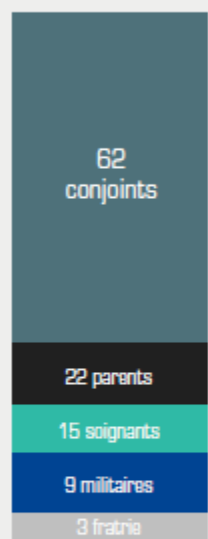


121 ♂

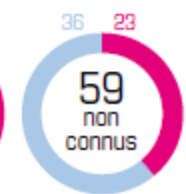
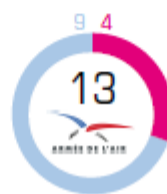
Bénéficiaire lui-même (111)



Tiers (111)



Qui sont les bénéficiaires ?



○ Highlights related to women's health AND behavioral health (2/2)



- **Military Health Observatory (2022)**





- What : Describe MIL Health status + Study relationship between Health status and socio professional characteristics + Asses efficiency of Health Policies
- How : De-identified Database querying MoH DB + National Health DB

⇒ Fulfill MIL specific health needs ... for ♀H or BH

Back up Slides

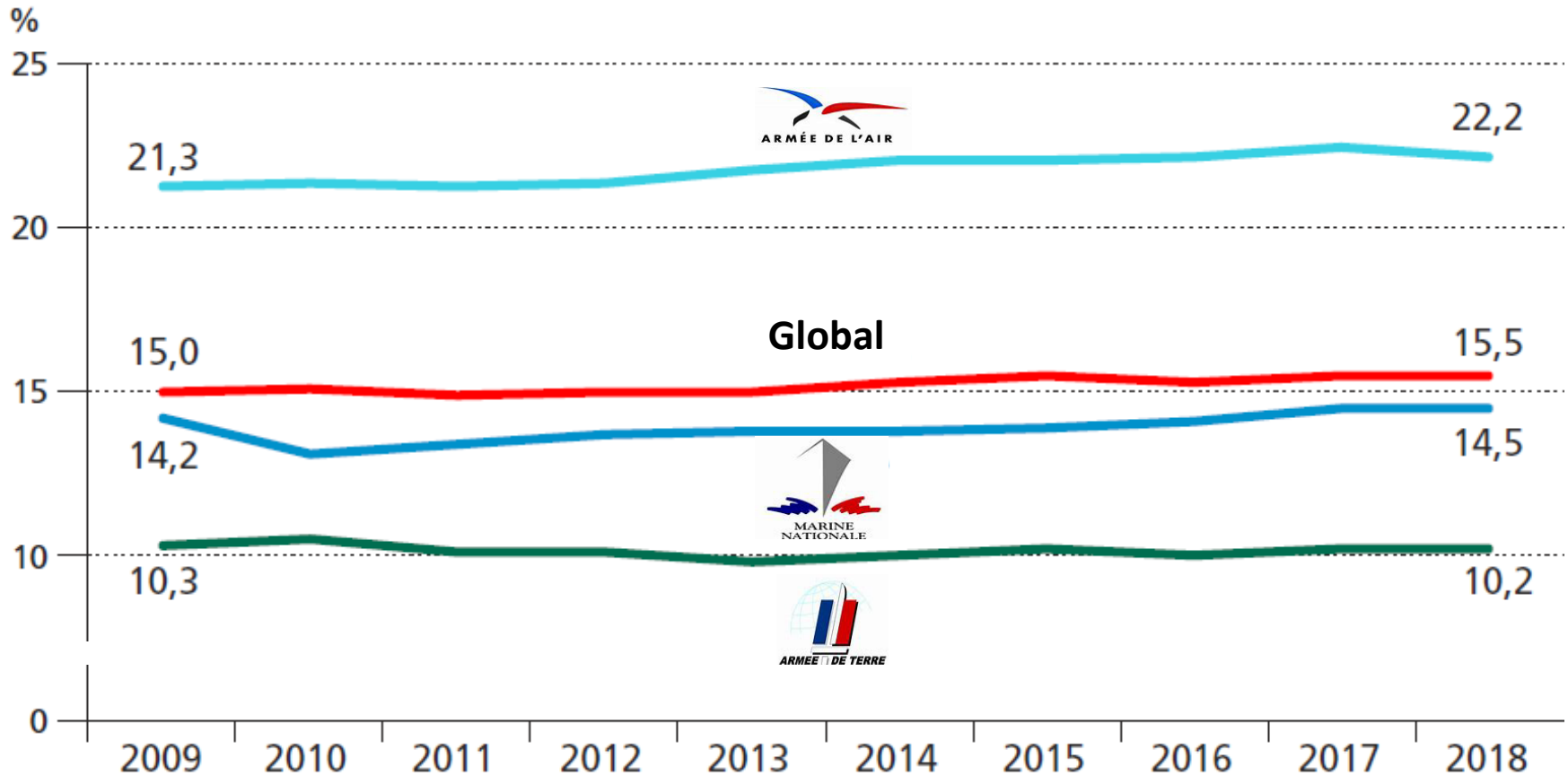
Percentage of Active Duty Women

200,000 MIL personnel

		OF	OR9-OR5	OR4-OR1		Total	♀ Rate
	♀	14040	38852	61525	430	114847	10,2
	♂	1323	4804	5608	24	11759	
		12717	34048	55917	406	103088	
	♀	4559	23043	6775	736	35113	14,5
	♂	510	3280	1122	189	5101	
		4049	19763	5653	547	30012	
	♀	6413	23895	10065	158	40531	22,2
	♂	912	4733	3264	96	9005	
		5501	19162	6801	62	31526	
	♀	3149	4294	0	104	7547	60,3
	♂	1411	3077	0	66	4554	
		1738	1217	0	38	2993	

Percentage of Active Duty Women

♀ *From 15,0% to 15,5%, between 2009-2018*
(CIV Women rate from 34,6% to 38,4%)



○ Policies related to pregnancy

- FR rights apply to MIL women:
 - Maternity leave: 16 weeks (up to 2 children) then 26 weeks (from the 3rd child)
 - Payment in full
 - (Paternity leave: 11 days)
- Specific rule for MIL women
 - Pregnancy : Temporarily unfit reason to recruitment and deployment
 - If a pregnancy is diagnosed during deployment: repatriation to France

○ Suicide

- Epidemiology: around 50 per year

	2008	2009	2010	2011	2012	2013	2014	2015	2016
Suicide rate (100,000 MIL)	16.6	20.3	19.0	23.4	21.8	17.8	14.8	16.4	16.8

- MIL suicide rate \approx general population rate $\approx 20/_{100,000}$
 - ♀ attempt +++, ♂ suicides ++
- MHS recommendations for suicidal risk within Armed Forces (2018).
 - Specific actions plans made by each service and agency.



MENTAL Health delivery to Service Members during OPS

Continuum through out roles: same as physical casualties

- Forward care : POI
 - Psychological First Aid (experimentation / ISR benchmark)
 - Immediate Medical-Psychological care / Physician R1
- After a potentially traumatic event in R2 :
 - Psychiatrist and/or Psychologist
 - Post-immediate psychotherapeutic actions
 - Collective« psychological watch »
 - Leadership/command advisory

MENTAL Health delivery to Service Members

- STRAT MEDEVAC (2019: 177 case 20+%) to a R4 ,
 - Dialogue between R1-GP, R2-Psychiatrist, MEDAD and Leadership
- Within a MTF and post-R4
 - Follow-up by a MIL Psychiatrist
 - Care pathway coordinated by garrison GP
 - Nearby health care network:
 - MIL Clinics: 23 Psychologists
 - MIL Hospitals: 33 Psychiatrists and 21 Psychologists

How Health Care is delivered to Service Members

- Recruitment Medical readiness : 1 Initial Health Assessment Visit + 1 Health Incorporation Visit
- Probation period (6 to 18 months): Mental and Physical fitness





- Medical Aptitude for service delivered by MIL GP +/- MIL specialized opinion
- Periodic Health Assessment: 2 years



Physical fitness standards for Service Men and Women



Different Fitness scales

- Predictive endurance test
 - « Luc LEGER test» (maximum aerobic speed)
- Coordination path:
 - Obstacle path, plinth, floor mat, beam, circles, ball throwing
- Muscular strength :
 -  Pull up + push up
 -  Hanging + pulley push or push up