

**Date:** 25/09/2021

## **INTERVIEW PhDr. Lukáš Humpl**

### **Qualification:**

Lukas Humpl works in health care. He started to work as a paramedic and operator of emergency lines of the rescue service. Since 2005 he has been working as a clinical psychologist and spokesman for the Medical Rescue Service of the Moravian-Silesian Region. He is also the chief of the organization called Psycho-social intervention system (hereinafter referred to as SPIS).

### **What is SPIS?**

The SPIS system is focused on health care, which is being introduced within the Ministry of Health. We have seen a significant increase in activities over the last year (2020-2021), both in the part of peer support, i.e. collegial support, and the first psychological support for loved ones and survivors.

It works mainly in facilities that we have within reach and in hospitals that responded to the methodological recommendation of the Ministry of Health of the Czech Republic from 2019. Thus, services are available in these health care facilities and peer support takes place to them to varying degrees. The SPIS system is one of the options, it is not a versatile system. Of course, the health care provider can turn elsewhere, use the crisis center, the services of a psychologist or therapist, etc. As part of peer support, the Peer Support Phone Line has also been operating continuously since April 2020.

### **What are the goals of SPIS?**

Crisis care has a preventive character. It helps to create resistance to stress and leads to an understanding of the crisis situation and the reactions to such a situation. It normalizes the stress response and helps restore the individual's normal level of functioning. It teaches appropriate ways to adapt to stress. And last but not least, it helps professionals to take care of their mental health.

### **Can you introduce topics discussed in peer support during covid?**

It is generally a work overload, very often in the context of the current situation conflicts are resolved in a team, a change of job, when the health care provider does a different job than he is used to, sometimes in a different ward, with a different composition of patients, when moving from the ward, where deaths did not occur frequently, to the covid department, where deaths occur very often. All this means a significant burden on the psyche of health professionals. This, of course, is approached by overlaps into private life. At the same time, health professionals are parents with all the responsibilities involved, but also children who have to take care of or help their elderly parents.

**Do you also provide psychological intervention for the general population?**

Within our system, we also offer early psychological intervention for victims, loved ones, survivors. This is done by so-called intervenees, who have similar training as peers, but are not intended for medical professionals, but for the public who encountered any critical event. Intervenes also work outside the issue of covid and help in situations where loved ones fall into an acute stress response after reporting bad news. Of course, they are available to families who have had a relative who had a serious condition or died in connection with COVID - 19. They work both individually and through an intervention line. Leaflets with information and the line number were received by all medical facilities through the Ministry of Health of the Czech Republic. Healthcare professionals can therefore give this number, either verbally or in the form of a leaflet, to those who need help. Currently, this line is not completely public, after the spring experience, when we were overwhelmed by hundreds of phone calls that were not related to its topic at all.

*Resource:* <https://www.komorazachranaru.cz/aktualita/phdr-lukas-humpl-bezmoc-patri-k-nejhorsim-prozitkum-zdravotniku>