



MASSACHUSETTS MEDICAL SOCIETY

Want to support the people in Ukraine? Here's how you can help

April 6, 2022

While MMS is not a disaster response organization, we are reinforcing our support for organizations best suited to support direct relief and **discouraging self-deployment of medical professionals**.

The need for international support remains critical. Medications, supplies, and funding remain in short supply. Members who want to help can support organizations that are already on the ground. These organizations can always use financial support to continue to care for the sick and injured, and some are accepting volunteers. Decades of disaster response experience has shown that locally led disaster response is the most successful. It is unwise and dangerous to go to a disaster zone on your own. **If you want to go, make sure it is with a reputable organization that has long experience with disaster response and/or a deep history of working with the affected population - ideally both.** People who go to a disaster area without being part of a trained, organized team risk compounding the disaster by getting lost, getting sick, or getting hurt - consuming resources that could otherwise be spent on the medical response.

- [The role of emergency medical teams in disaster response: a summary of the literature](#)

The following organizations are currently on the ground in Ukraine performing assessments and providing direct medical care. Visit each website to learn more.

- [Doctors Without Borders](#)
- [Samaritan's Purse](#)
- [Team Rubicon](#)

These organizations are providing medications and supplies to the effort.

- [Americares](#)
- [Direct Relief](#)

The following organizations are organizing telehealth volunteer opportunities for Ukraine. Visit each website to learn more.

- The [Telehealth4Ukraine](#) Coalition is working to bring together telehealth providers to support virtual humanitarian healthcare efforts in Ukraine and the surrounding region. The goal of the Coalition is to produce a dynamic database of healthcare providers that humanitarian organizations can utilize for virtual care support. The Coalition is actively seeking humanitarian organizations who understand the complex and intricate needs of the people of Ukraine and the surrounding region who can effectively deploy the Coalition's network of provider volunteers.
- [Aimee for Ukraine](#) – Aimee, in partnership with the Ukraine Ministry of Health, provides free telemedicine visits with American doctors for Ukrainian soldiers, civilians, and refugees amid Russia's invasion through an app connected to the Starlink internet that Tesla set up in the embattled eastern European country. They provide a 24x7 dispatch service - where they collect medical requests and match with the appropriate physician. Their dispatch staff speak Ukrainian and English. To sign up, email your contact information to aimeeforukraine@vsee.com.

- **Ukrainian Medical Association of North America** (UMANA), is currently organizing a program to connect health care providers and translators around the globe to provide consultation services for Ukrainian doctors and virtual visits for Ukrainian patients during the war and beyond. The purpose of this **survey** is to gauge the number of people who are capable of helping, and to gather important information regarding the type of aid that they can provide.

Talking to Patients about War:

The following resources provide tips and practical ideas on talking to patients (children, adults, and military veterans/families) about war.

Child Focused

[Turmoil Hurts the Youngest in Lasting Ways](#)

By: Dipesh Naysaria, MPH, MSLIS, MD, FAAP

“There is ample, solid evidence of the negative impact of young children being separated from their parents and other caregivers.”

[Talking to Children About War](#)

The National Child Traumatic Stress Network provides this fact sheet which includes the potential impact and considerations when talking to children about war, how to start the conversation, understanding media coverage, and how to foster resilience. Also available in [Ukrainian](#), [Russian](#), [German](#) and [Japanese](#) languages

[How to Talk With Your Child About the War in Ukraine](#)

By: David Schonfeld, MD, FAAP

The war in Ukraine is distressing to all of us. Children and teens are wondering what has happened and what may happen next. Like adults, they are better able to cope with upsetting news and images when they understand more about the situation. Here are some suggestions from HeathyChildren.org to help you support your child in a constructive and helpful way.

[Holding the Baby in Mind in Times of War](#)

By: Sherri L. Alderman, MD, MPH, IMHM-E Clinical and Policy, FAAP

March 10, 2022 - As the man-made humanitarian crisis continues to rage in Ukraine, whole populations are being devastated. The short- and long-term impact on culture, community, family, and individual health and well-being will be substantial. At the top of those most affected are babies.

Adult Focused

[APA Statement and Resources on the Mental Health Impact of the War in Ukraine](#)

March 2, 2022 - The American Psychiatric Association CEO and Medical Director Saul Levin, M.D., M.P.A., and Chair of APA Committee on the Psychiatric Dimensions of Disaster Joshua Morganstein, M.D., offered the following APA statement and resources in response to the War in Ukraine.

The [CDC's Preparedness and Response](#) experts offer tips and practical ideas for adult self-care in and following a disaster.

Military Veteran/Family Focused

[Working Effectively with Military Families](#) – Ten Key Concepts Providers Should Know

Funded by the Substance Abuse and Mental Health Services Administration, this information provides links to active duty and veterans and their families.

The U.S. Department of Defense offers a [National Resource Directory \(NRD\)](#)

The NRD is a database of validated resources that supports recovery, rehabilitation, and reintegration for Service members, veterans, family members, and caregivers. The NRD is a partnership among the Departments of Defense, Labor and Veterans Affairs that connects wounded warriors, Service Members, Veterans, their families, and caregivers to programs and services that support them.

Other Resources:

- **Charity Navigator** presents an evolving list of highly rated nonprofits engaged in relief and recovery efforts in Ukraine and the surrounding region. The 3- and 4-Star rated charities included have earned their ratings by being financially efficient and transparent in their operations. These nonprofits are larger and national in scope.
- **The American Academy of Pediatrics** (AAP) has released a **message** that the war in Ukraine serves as a reminder that children, from infancy through young adulthood, are always disproportionately impacted by morbidity and mortality associated with armed conflict. The AAP policy statement, “**The Effects of Armed Conflict on Children**,” details the direct and indirect effects of armed conflict and makes recommendations for clinical practice, systems strengthening and advocacy. Providers who care for families who are refugees or have family in areas of conflict may find his **toolkit** useful.
- **United Nations Office for the Coordination of Humanitarian Affairs** (OCHA) contributes to principled and effective humanitarian response through coordination, advocacy, policy, information management and humanitarian financing tools and services.
- The **World Medical Association** is actively supporting the humanitarian crisis in Ukraine and have set up a task force to coordinate the support from the medical community. Efforts include setting up a fund to collect donations as well as establishing a route through Poland to send medical supplies.
- **Partners for World Health** is collecting medical supplies and sending two air freight shipments of urgently needed medical supplies to Poland – where their partners – Razom for Ukraine will handle logistics and ensure the supplies are distributed to those in the greatest need.
- **The Boston Foundation** is collecting opportunities for those seeking to help the Ukrainian people in this time of need.
- **NPR** has posted a non-exhaustive list of organizations that are asking for assistance. Donations can be made through the links to their websites or social media pages.
- **CNN** has partnered with Public Good to host a page to raise funds for distribution to 37 organizations providing humanitarian aid to the people of Ukraine.

This information is provided for informational purposes only and does not represent a specific recommendation or endorsement from the MMS regarding the organizations listed.