

Policy Name: Travel Consultation Protocol incorporating Patient Application Form

Policy Number: 181 v1.1

Clinical Guidelines

Aims and Objectives

1. To increase travellers' awareness of the diseases and other health risks related to foreign travel, particularly in higher risk countries.
2. To obtain accurate and up to date information to determine the appropriate travel health advice and vaccination(s) for the travellers' personal health profile and travel itinerary.
3. To use up to date travel health resources including national guidelines and online databases to help decide the appropriate risk management for the individual traveller
4. To deliver appropriate risk management advice on the prevention of disease (including malaria prevention advice where indicated) and also the non-disease health risks related to such travel
5. To administer appropriate travel vaccinations in a safe manner, having made the patient aware of any side effects and obtained the patient's consent.
6. To work within 'the code: Standards of conduct, performance and ethics for nurses and midwives' from the Nursing and Midwifery Council at all times.

Target Group

Patients who attend The Chorley Surgery requesting advice for foreign travel. See appendix A- Travel Health Questionnaire.

Staff Involved

Sister Linda Counce, sister Cheryl Williams and sister Claire Corbishley

Available resources

*Nathnac Information centre
Yellow Book
Green Book*

Specified books and references

1. The Green Book

Salisbury D, Ramsey M, Noakes K. eds. *Immunisation against Infectious Disease*. 3rd edn. The Stationery Office, London 2006. Updates available at <https://www.gov.uk/government/organisations/public-health-england/series/immunisation-against-infectious-disease-the-green-book>

2. The Yellow Book

Field VK, Ford L, Hill DR, eds. (2010) *Health Information for Overseas Travel*. National Travel Health Network and Centre, London, UK. www.nathnac.org

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3. The UK Malaria Guidelines

Chiodini PL, Field VK, Hill DR, Whitty CJM and Lalloo DG. Guidelines for malaria prevention in travellers from the United Kingdom. London, Public Health England, July 2013. <http://www.malaria-reference.co.uk/>

4. The RCN Travel Health Forum Competency document

Chiodini J. Boyne L. Stillwell A. Grieve S. Travel health nursing career and competence development, RCN guidance. RCN: London 2012
http://www.rcn.org.uk/_data/assets/pdf_file/0006/78747/003146.pdf

5. British National Formulary (latest edition!) www.bnf.org

6. Online computer database e.g. TRAVAX - www.travax.nhs.uk and or NaTHNaC www.nathnac.org (please note, the use of charts published in journals is no longer for the preferable way for providing up to date advice within a consultation, online databases are updated far more regularly and are the recommended option)

7. A good atlas or online atlas e.g. www.maps.google.co.uk

8. Recommended websites for up to date information for health care professionals but some useful ones also for travellers e.g.

- Health Protection Scotland - TRAVAX for Health Care Professional www.travax.nhs.uk and their public site www.fitfortravel.nhs.uk
- National Travel Health Network and Centre www.nathnac.org
- Foreign and Commonwealth Office <https://www.gov.uk/foreign-travel-advice>

All links below can also be accessed through www.janechiodini.co.uk

Further Specialist Advice

1. Health Protection Agency Malaria Reference Laboratory www.malaria-reference.co.uk to download a risk assessment form for completion on your computer. Then fax to 020 7367 0248 to receive a fax back reply within three working days
2. Health Protection Scotland (for TRAVAX users) weekdays 2pm – 4pm Mon. and Wed., Fri. 9.30am – 11.30am Tel: 0141 300 1130
3. National Travel Health Network and Centre (NaTHNaC) 8.30am – 11.45am and 1pm – 3.15 pm weekdays Tel: 0845 602 6712

Equipment and Stationery

- Patient Travel Information Form (see appendix A)
- List of patient's immunisation status – on computer / Lloyd George records / other travel clinics attended
- Download appropriate travel sheet from Nathnac site.
- Clinical:- Needles, syringes, gauze swabs
- Emergency box – adrenaline – Chlorphenamine, Hydrocortisone (sodium succinate)

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Practice Organisation

- Reception staff request patients attend the surgery to complete a paper format risk assessment form prior to booking the appointment. Informed to telephone surgery in 1 week.
- Practice nurse assesses information and outlines disease risks which require discussion / prophylaxis. Patient initially given a half hour appointment – schedule discussed if required.
- RCN 'Competencies: an integrated career and competency framework for nurses in travel health medicine' used as support material

Travel Consultation

Management of traveller

- determine and then explain the travel health risks to traveller;
- Discuss sufficient to obtain informed consent to vaccinate; administer vaccines according to patient group direction or patient specific directions.
- document details of vaccines given; give information leaflets. See appendix B.
- document details of malaria prevention advice given (ABCD) including choice of malaria chemoprophylaxis
- complete medical documentation on computer to provide evidence of risk assessment and appropriate management;

General issues

- Checking of vaccine stock for next session.

Review

These guidelines should be reviewed at least annually to ensure standard practice is the same, contact details and publications are still current.



The Chorley Surgery – Travel Health Questionnaire

Please read before filling in the attached form.

With increasing numbers of people traveling abroad, we recommend that you seek advice from our Practice Nurses regarding the appropriate vaccinations for your destination.

Please plan well ahead and book your appointment **at least six weeks before you travel.**

Travel vaccines are not medical emergencies. There a number of private travel clinics online if an appropriate appointment cannot be allocated.

Patients may attend any travel clinic but it may be helpful if any immunisations you have elsewhere are recorded in your NHS medical records.

Many holiday immunisations are funded by the NHS however a number of them are private. You will be advised if you are required to pay for private immunisations prior to them being administered.

A minimum of 5 working days is required for the nurse to read and address the attached completed form. Please complete one form for each member of the family travelling.

It is the responsibility of the patient to contact the surgery after 5 working days to access the relevant information and arrange any necessary appointments. Patients can book an appointment in anticipation of requiring travel vaccines whilst waiting for the nurse to provide the relevant information.

Appendix A-Travel Health Questionnaire

Personal details

Patient Name: _____ Date of Birth: _____

Male / Female

Name of person completing (if on behalf of) _____

Contact telephone number: _____ Email: _____

Dates of trip

Date of Departure: _____ Return date or length of trip: _____

Itinerary and purpose of visit:

Country to be visited	Length of stay	How close to medical help at destination / remote?
1.		
2.		
3.		
Future travel plans		

Please tick as appropriate below to best describe your trip

1. Type of trip	Business	<input type="checkbox"/>	Pleasure	<input type="checkbox"/>	Other	<input type="checkbox"/>
2. Holiday type	Package	<input type="checkbox"/>	Self-organised	<input type="checkbox"/>	Backpacking	<input type="checkbox"/>
	Camping	<input type="checkbox"/>	Cruise ship	<input type="checkbox"/>	Trekking	<input type="checkbox"/>
3. Accommodation	Hotel	<input type="checkbox"/>	Family home	<input type="checkbox"/>	Other	<input type="checkbox"/>
4. Travelling	Alone	<input type="checkbox"/>	With family/friend	<input type="checkbox"/>	In a group	<input type="checkbox"/>
5. Staying in area which is	Urban	<input type="checkbox"/>	Rural	<input type="checkbox"/>	Altitude	<input type="checkbox"/>
6. Planned activities	Safari	<input type="checkbox"/>	Adventure	<input type="checkbox"/>	Other	<input type="checkbox"/>

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Travel vaccines recommended for this trip

Have you ever had any of the following vaccinations / malaria tablets and if so when?

Patient to complete				FOR OFFICAL USE ONLY		
Disease protection	Recommended timeframes	Yes, I have had it/Date Given	No	Recommended	Can administer at The Chorley Surgery	Attend travel clinic for this
Hepatitis A						
Hepatitis B						
Typhoid						
Cholera						
Tetanus						
Diphtheria						
Polio						
Meningitis ACWY						
Yellow Fever						
Rabies						
Jap B Enceph						
Tick Borne						
Influenza						
Other						
Malaria (advice given)						



Personal medical history	
Do you have any allergies e.g. to eggs, antibiotics, nuts? <i>If yes, please provide more information:</i>	Y/N
Have you ever had a serious reaction to a vaccine given to you previously? <i>If yes, please provide more information:</i>	Y/N
Does having an injection make you feel faint or dizzy?	Y/N
Do you or any close family members have epilepsy?	Y/N
Do you have any history of mental illness including depression or anxiety?	Y/N
Have you recently undergone radiotherapy, chemotherapy, or steroid treatment?	Y/N
Women only: Are you pregnant or planning pregnancy or breast feeding?	Y/N
Have you taken out travel insurance and if you have a medical condition, informed the insurance company about this?	
Please write below any further information which may be relevant	

I have received information on the risks and benefits of the vaccines recommended and have had the opportunity to ask questions. I consent to the vaccines being given.

Patient name: _____

Signed: _____

Date: _____

Signed: (on behalf of): _____

Date: _____

Appendix B- Patient Travel Health Advice Leaflet

The following information will help you to stay healthy on your trip. Please make sure you read it following on from your appointment with us.

Water

Diseases can be caught from drinking contaminated water, or swimming in it.

Unless you know the water supply is safe where you are staying,

ONLY USE (in order of preference)

1. Boiled water
2. Bottled water or canned drinks
3. Water treated by a sterilising agent.

This includes water used to make ice cubes in drinks and water for cleaning your teeth

Swimming

It is safer to swim in water that is well chlorinated. If you are travelling to Africa, South America or some parts of the Caribbean, avoid swimming in fresh water lakes and streams. You can catch a parasitic disease called schistosomiasis from such places. This disease is also known as Bilharzia. It is also wise never to go barefoot, but to wear protective footwear when out, even on the beach. Other diseases can be caught from sand and soil, particularly wet soil.

Food

Contaminated food is the commonest source of many diseases abroad. You can help prevent it by following these guidelines :

- ONLY EAT WELL COOKED FRESH FOOD
- AVOID LEFTOVERS and REHEATED FOODS
- ENSURE MEAT IS THOROUGHLY COOKED
- EAT COOKED VEGETABLES, AVOID SALADS
- ONLY EAT FRUIT YOU CAN PEEL
- NEVER DRINK UNPASTEURISED MILK
- AVOID ICE-CREAM
- SHELLFISH IS A HIGH RISK FOOD
- AVOID BUYING FOOD FROM STREET VENDORS' STALLS AS A GENERAL RULE

Two phrases to help you remember

COOK IT, PEEL IT, OR LEAVE IT!

WHEN IN DOUBT, LEAVE IT OUT!

Another source of calories is alcohol! If you drink to excess, alcohol could lead you to become carefree and ignore these precautions.

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Personal Hygiene

Many diseases are transmitted by what is known as the 'faecal-oral' route. To help prevent this, always wash your hands with soap and clean water after going to the toilet, before eating and before handling food. Using hand gel is another sensible option.

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Travellers' Diarrhoea

This the **most common illness** that you will be exposed to abroad and there is **NO vaccine against it**. Diarrhoea is caused by eating and/or drinking food and water contaminated by bacteria, viruses or parasites. Risk of illness is higher in some countries than others.

- **High risk areas** include North Africa, sub-Saharan Africa, the Indian Subcontinent, S.E. Asia, South America, Mexico and the Middle East.
- **Medium risk areas** include the northern Mediterranean, Canary Islands and the Caribbean Islands.
- **Low risk areas** include North America, Western Europe and Australia

You can certainly help **prevent** travellers' diarrhoea in the way you **behave** - make sure you follow the food, water and personal hygiene guidelines already given.

What is travellers' diarrhoea?

Travellers' diarrhoea is 3 or more loose stools in a 24 hour period often accompanied by stomach pain, cramps and vomiting. It usually lasts 2-4 days and whilst it is not a life threatening illness, it can disrupt your trip for several days. The main danger of the illness is **dehydration**, and this, if very severe, can kill if it is not treated. **Treatment** is therefore **rehydration**. In severe cases and particularly in young children and the elderly, commercially prepared rehydration solution is extremely useful.

Travel well prepared

A good tip is to take oral rehydration solutions with you. These can be bought over the counter in a chemist shop, available in tablet or sachet form — for example:

DIORALYTE or ELECTROLADE or DIORALYTE RELIEF. (The latter is a formula containing rice powder which also helps to relieve the diarrhoea, particularly useful in children). Prepare according to instructions. Take care regarding their use in very small children and seek medical advice where necessary.

Anti diarrhoeal tablets can be used for adults but should NEVER be USED in children under 4 years of age, and only on prescription for children aged 4 to 12 years.

Commonly used tablets are IMODIUM® and LOMOTIL® or NORMALOE®.

None of these tablets should ever be used if the person has a temperature or blood in the stool.

Do contact medical help if the affected person has:-

- A temperature
- Blood in the diarrhoea
- Diarrhoea for more than 48 hours (or 24 hours in children)
- Becomes confused

In some circumstances, antibiotics are used as a standby treatment for travellers' diarrhoea.

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Such medication is not usually available on the NHS in anticipation of you being ill when away and needs to be prescribed. A woman taking the oral contraceptive pill may not have full contraceptive protection if she has had diarrhoea and vomiting. Extra precautions must be used - refer to your 'pill' information leaflet. If using condoms, take a supply of good quality ones with you which are CE approved.

Hepatitis B and HIV Infection - these diseases can be transmitted by

- Blood transfusion
- Medical procedures with non sterile equipment
- Sharing of needles (e.g. tattooing, body piercing, acupuncture and drug abuse)
- Sexual contact — Sexually transmitted infections or STIs are also transmitted this way

Ways to protect yourself

- Only accept a blood transfusion when essential
- If travelling to a resource poor country, take a sterile medical kit
- Avoid procedures e.g. ear and body piercing, tattooing & acupuncture
- Avoid casual sex, especially without using condoms

Remember! Excessive alcohol can make you carefree and lead you to take risks you otherwise would not consider.

Insect Bites

Mosquitoes, certain types of flies, ticks and bugs can cause many different diseases. e.g. malaria, dengue fever, yellow fever. Some bite at night, but some during daytime so protection is needed at all times.

Avoid being bitten by:

- Covering up skin as much as possible if going out at night, (mosquitoes that transmit malaria bite from dusk until dawn). Wear loose fitting clothes, long sleeves, trousers or long skirts.
- Use insect repellents on exposed skin. (DEET containing products are the most effective. A content of up to 50% DEET is recommended for tropical destinations). Clothes can be sprayed with repellents too or clothing specific sprays .g. permethrin. Check suitability for children on the individual products. If using sunscreen always apply first, followed by an insect repellent spray on top.
- If room is not air conditioned, but is screened, close shutters early evening and spray room with knockdown insecticide spray. In malarious regions, if camping, or sleeping in unprotected accommodation, always sleep under a mosquito net (impregnated with permethrin). Avoid camping near areas of stagnant water, these are common breeding areas for mosquitoes etc.
- Electric insecticide vaporisers are very effective as long as there are no power failures!
- There is **no scientific evidence** that electric buzzers, savoury yeast extract, tea tree oil, bath oils, garlic and vitamin B are effective.
- Homeopathic and herbal medications should NEVER be used as an alternative to

conventional measures for malaria prevention.

Malaria

Malaria is a disease spread by mosquitoes, there is no vaccine yet available. If you are travelling to a malarious country, the travel adviser will have given you a separate leaflet with more details, please read it. Remember malaria is a serious and sometimes fatal disease. If you develop flu like symptoms, including fever, sweats, chills, feeling unwell, headaches, muscle pains, cough, diarrhoea – then seek medical help immediately for advice and say you've been abroad. This is VITAL, don't delay.

Remember the ABCD of malaria prevention advice:

- A**wareness of the risk
- B**ite prevention
- C**hemoprophylaxis (taking the correct tablets)
- D**iagnosis (knowing the symptoms and acting quickly)

Animal Bites

Rabies is present in many parts of the world. If a person develops rabies, death is 100% certain.

THERE ARE 3 RULES REGARDING RABIES

1. Do not touch any animal, even dogs and cats
2. If you are licked on broken skin, scratched or bitten by an animal in a country which has rabies, wash the wound thoroughly with soap and running water for 10 - 15 minutes, then apply an antiseptic solution if possible e.g. iodine or alcohol. Such precautions also apply if you are licked by the animal with their saliva coming into contact with your eyes or inside your mouth (essentially any mucous membranes)
3. Seek medical advice **IMMEDIATELY**, even if you have been previously immunised, **this is absolutely essential**

Accidents

Major leading causes of death in travellers abroad are due to **accidents**, predominantly road traffic accidents and swimming/water accidents. You can help prevent them by following sensible precautions

Precautionary Guidelines

- ✓ Avoid alcohol and food before swimming
- ✓ Never dive into water where the depth is uncertain
- ✓ Only swim in safe water, check currents, sharks, jellyfish etc.
- ✓ Avoid alcohol when driving, especially at night
- ✓ Avoid hiring motorcycles and mopeds
- ✓ If hiring a car, rent a large one if possible, ensure the tyres, brakes and seat belts are in good condition
- ✓ Use reliable taxi firms, know where emergency facilities are

Personal Safety and Security

The Foreign and Commonwealth Office (FCO) provide excellent information about this. They have information for many different types of travel and also advise on travel to specific destinations in times of political unrest and natural disasters. Please go to their website for more information at

<https://www.gov.uk/government/organisations/foreign-commonwealth-office>

Insurance Cover

- Take out adequate insurance cover for your trip. This should possibly include medical repatriation as without it, this service is extremely expensive if needed.
- If you have any pre existing medical conditions, make sure you inform the insurance company of these details and check the small print of the policy thoroughly.
- If you travel to a European Union country, make sure you have obtained an EHIC card before you travel which takes some time to obtain. Further information about the EHIC is found at <http://www.nhs.uk/NHSEngland/Healthcareabroad/EHIC/Pages/Applyingandrenewing.aspx>
- Please note, additional travel insurance is still advised even if you have an EHIC card.

Air Travel

- It is sensible on any long haul flight to be comfortable in your seat. Exercise your legs, feet and toes while sitting every half an hour or so and take short walks whenever feasible.
- Upper body and breathing exercises can further improve circulation.
- Drink plenty of water and be sensible about alcohol intake which in excess leads to dehydration.

Further information can be obtained from the websites detailed at the end of this leaflet with more specific advice and information on travel-related deep vein thrombosis.

Sun and Heat

Sunburn and heat-stroke cause serious problems in travellers but in the long term can be a serious cause of skin cancer. There is no such thing as a safe suntan, but the following advice should be taken:

Precautionary Guidelines

- Increase sun exposure gradually, with a 20 minute limit initially.
- Use sun blocks which contain both UVA and UVB protection and sufficient sun protection factor (SPF) and a minimum of SPF 15. Children under 3 years should have a minimum of SPF 25 and babies under 6 months should be kept out of the sun at all times. Reapply often and always after swimming and washing. Read manufacturer instructions
- Always apply sunscreen first followed by an insect repellent spray on top
- Wear protective clothing – sunhats, T shirts and sunglasses etc.

- Avoid going out between 11am - 3pm, when the sun's rays are strongest
- Take special care of children and those with pale skin/red hair
- Drink extra fluids in a hot climate
- Be aware that alcohol can make you dehydrated

For additional information sources, please see details below.

Have a good, but safe and healthy trip!

Examples of interesting website addresses:

Name/description	Web address
<ul style="list-style-type: none"> • Fit for Travel - Scottish NHS public travel site for general advice on all aspects of travel and country specific information, including malaria maps 	www.fitfortravel.nhs.uk
<ul style="list-style-type: none"> • NaTHNaC - National Travel Health Network and Centre England based, with similar information to above 	www.nathnac.org
<ul style="list-style-type: none"> • NHS Choices – look at travel health in the ‘A-Z’ section and also travel health in the ‘Live Well’ section (these are both different). Excellent general website also. 	www.nhs.uk
<ul style="list-style-type: none"> • FCO - Foreign & Commonwealth Office, especially useful for safety and security and specific pages for types of travellers, e.g. gap year, responsible tourism. Also look at ‘Our Publications’ 	www.gov.uk/government/organisations/foreign-commonwealth-office
<ul style="list-style-type: none"> • Malaria Hotspots – general information for travellers providing information about malaria including a useful podcast in the ‘malaria travel tips’ section 	www.malariahotspots.co.uk
<ul style="list-style-type: none"> • Sunsmart - is the Cancer research website providing information about skin cancer and sun protection advice 	www.sunsmart.org.uk
<ul style="list-style-type: none"> • Travel health products to take away with you – these are just a small selection of many resources available. Please note the Village Medical Centre is not endorsing such items, merely providing information. 	www.lifsystems.co.uk www.nomadtravel.co.uk www.safariquip.co.uk www.travelpharm.com
<ul style="list-style-type: none"> • Medex – Useful advice booklet on ‘travelling at high altitude’ 	www.medex.org.uk
<ul style="list-style-type: none"> • Medic Alert® - life-saving identification system for individuals with hidden medical conditions and allergies 	www.medicalert.org.uk

<ul style="list-style-type: none"> • Kids Travel Doc™ - a paediatrician's guide to travel and outdoor recreational activities 	www.kidstraveldoc.com
<ul style="list-style-type: none"> • Diabetes UK – information specific for those with diabetes who wish to travel – go to 'Guide to diabetes' then to the 'living with diabetes' section then go to 'travel' 	www.diabetes.org.uk
<ul style="list-style-type: none"> • Global travel clinic locator from the International Society of Travel Medicine 	www.istm.org
<ul style="list-style-type: none"> • IAMAT – International Association for Medical Assistance to Travellers (IAMAT) 	www.iamat.org/doctors_clinics.cfm
<ul style="list-style-type: none"> • Google translate – Free online translation service 	http://translate.google.com

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