



**TRAVEL RISK ASSESSMENT FORM**

Office use <b>SCAN</b>	<input type="text"/>
<b>Problem = INFECTIOUS DISEASE PREVENTION</b> <b>Heading = FOREIGN TRAVEL ADVICE</b>	

Date/Time of appointment= \_\_\_\_\_

Please complete this form prior to your travel appointment and return to reception **FOR THE ATTENTION OF THE PRACTICE NURSES. PLEASE NOTE it is best to plan your appointment for a minimum of 2weeks before you travel. If you are travelling to more than 1 county then you must plan for your first appointment to be at least 6 weeks before you travel.** The travel clinic is private i.e. not part of the NHS, the consultation is free but some vaccinations are chargeable. We reserve the right to refuse appointments if we have limited availability as NHS work must take priority; other private travel clinics are available locally.

**IF YOU DO NOT ATTEND A TRAVEL APPOINTMENT WITHOUT CANCELLING WITH PLENTY OF NOTICE THEN WE RESERVE THE RIGHT NOT TO OFFER A SECOND APPOINTMENT BEFORE YOUR DEPARTURE DATE.**

Personal details						
Name:			Date of birth: Age: Male [ ] Female [ ]			
Best way to contact you: telephone number (home / work / mobile) / email						
Is it okay to leave a message for you to call us back? Yes / No please circle						
Dates of trip						
Date of Departure			Return date or overall length of trip			
Itinerary and purpose of visit (use extra paper if required)						
Countries to be visited in order, including area/region		Length of stay		Away from medical help at destination, if so, how remote?		
Please tick as appropriate below to best describe your trip						
1. Type of trip	Business		Pleasure		Other	
2. Holiday type	Package		Self organised		Backpacking	
	Camping		Cruise ship		Trekking	
3. Accommodation	Hotel		Relatives / family home		Other	
4. Travelling	Alone		With family / friend		In a group	
5. Staying in area which is	Urban		Rural		Altitude	
6. Planned activities	Safari		Adventure/sporting		Planned medical procedures?	

**ANY OTHER ACTIVITY NOT LISTED ABOVE:**

Past Medical history. Please answer yes / no to following questions & give further information at end if appropriate	Yes/No
Do you have any recent or past medical history of note? (including diabetes, heart or lung conditions)	
Do you take any medication, if yes please list below.	
Do you have any allergies? Especially. eggs, antibiotics, nuts, latex, mercury or thimerosal or anything else If yes please list them below.	
Have you ever had a serious reaction to a vaccine given to you before?	
Does having an injection make you feel faint?	
Do you or any close family members have epilepsy?	
Do you have any history or mental illness including depression or anxiety?	
Have you recently undergone radiotherapy, chemotherapy or steroid treatment?	
<b>Name</b> _____ <b>D.O.B.</b> _____	
Women only: Are you pregnant or planning pregnancy in next 3 months or breast feeding?	
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.	

**PLEASE BRING ANY INFORMATION REGARDING PREVIOUS VACCINATIONS WITH YOU.**

For discussion when risk assessment is performed within your appointment:

I have no reason to think that I might be pregnant. 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. I am aware there may be a charge for some vaccinations and realise that I have to pay in advance for these.

Signed \_\_\_\_\_ Date \_\_\_\_\_

PATIENT NAME:

D.O.B

**FOLLOWING TO BE COMPLETED BY NURSING STAFF ONLY**

Travel risk assessment performed Yes [ ] No [ ]

Primary Immunisation Complete Yes [ ] No [ ]

Future Travel discussed Yes [ ] No [ ]

<b>Disease protection</b>	<b>Yes</b>	<b>No</b>	<b>Advised for trip?</b>	<b>Details vaccinations given And boosters needed</b>
Hepatitis A				
Hepatitis B				
Typhoid				
Cholera				
Tetanus				
Diphtheria				
Polio				
Meningitis ACWY				
Yellow Fever				
Rabies				
Japanese B Encephalitis				
Tick Bourne Encephalitis				

**TRAVEL ADVICE AND LEAFLETS GIVEN AS PER TRAVEL PROTOCOL**

Food water and personal hygiene advice		Travellers' diarrhoea		Hepatitis B and HIV		Safe sex	
Insect bite prevention		Animal bites		Accidents			
Insurance		Air travel		Sun and heat protection			
Websites		Travel Record card supplied					

EXTRA INFORMATION SUPPLIED.

**MALARIA PREVENTION ADVICE and MALARIA CHEMOPROPHYLAXIS**

Chloroquine and proguanil		Atovaquone + proguanil (Malarone)	
Chloroquine		Mefloquine	
Doxycycline		Malaria advice leaflet given	

**Doctors authorisation for PSD**

I authorise the practice nurse to administer the above regime of vaccinations as per the green book guidelines, travax advice & patients consent.

Signature

Print

Date

**Any additional info**

**FUTHER INFORMATION**

Signed by:

Position:

Date:

**Patient Name**


**D.O.B.**

Date of preparation: 01 MARCH 2010 : Prices may be subject to change.

## **ELBURY MOOR MEDICAL CENTRE**

### **CHARGES FOR TRAVEL VACCINATIONS**

If you are required to have any vaccinations prior to travelling abroad, the following charges will apply:

<b>Vaccination</b>	<b>Cost</b>
Diphtheria	 No Charge
Tetanus	
Combined Diphtheria and Tetanus	
Poliomyelitis	
Typhoid	
Hepatitis A	
Combined Hepatitis A and Typhoid	
BCG (Tuberculosis)	
Meningococcal A, C, W135 and Y Vaccine	£35.00
Hepatitis B vaccine	£35.00 per dose Initial course is 3 doses = £105.00
Rabies Vaccine	£40.00 per dose Initial course is 3 doses = £120.00
Japanese Encephalitis Vaccine	150.00 for course of x2 doses.
Tick-borne Encephalitis Vaccine	£60.00 per dose Initial course is 2 doses = £120.00 A further booster dose is given 9 to 12 months after the 2 <sup>nd</sup> dose if further travel is planned.
Yellow Fever	£50.00 (certificate included)
Cholera	£40.00

## ELBURY MOOR MEDICAL CENTRE



This leaflet is designed to remind you of some of the information the nurse gave you when you visited for your travel appointment. **PLEASE READ IT!** The information will help you to stay healthy on your trip.

### **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 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 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 and SHELLFISH
- AVOID BUYING FOOD FROM STREET VENDOR'S STALLS

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

Two phrases to help you remember

1. COOK IT, PEEL IT, OR LEAVE IT!
2. WHEN IN DOUBT, LEAVE IT OUT!

### **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.

### **TRAVELLERS' DIARRHOEA**

This the **MOST COMMON ILLNESS** that you will be exposed to abroad and there is **NO VACCINE AGAINST IT** ! Travellers' 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. Travellers' diarrhoea is 4 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 if 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. This can be bought in tablet or sachet form at a chemist shop e.g. **DIORALYTE®** or **ELECTROLADE®**. (**Dioralyte Relief®** is a new formula containing rice powder which also helps to relieve the diarrhoea, particularly useful in children). Prepare according to instructions.

**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®**.

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 very special circumstances, antibiotics are used for diarrhoea, but this decision should only be made by a doctor.

(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, use products with the British Kite Mark.)

### **HEPATITIS B and HIV INFECTION**

These diseases can be transmitted by

1. Blood transfusion
2. Medical procedures with non sterile equipment
3. Sharing of needles (e.g. tattooing, body piercing, acupuncture and drug abuse)

4. Sexual contact. Sexually transmitted diseases are also transmitted by no. 4)

#### WAYS TO PROTECT YOURSELF

- Only accept a blood transfusion when essential. Refer to [www.Bloodcarefoundation.org.uk](http://www.Bloodcarefoundation.org.uk) for further information.
- If travelling to a developing country, take a sterile medical kit
- Avoid procedures e.g. ear, body piercing, tattooing and 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.

#### 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 light coloured clothes, long sleeves, trousers or long skirts.
- Use insect repellents on exposed skin. (Choose those containing DEET or eucalyptus oil base. A content of approximately 40% DEET is recommended for tropical destinations.) Clothes can be sprayed with repellents too. Impregnated wrist and ankle bands are also available. Check suitability for children on the individual products.
- If room is not air conditioned, but 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!
- Electric buzzers, garlic and vitamin B are ineffective.

#### **MALARIA**

If you are travelling to a malarious country, the travel nurse will have given you a separate leaflet with more details, please read it.

REMEMBER, malaria is a serious and sometimes fatal disease.

**A** = Awareness- be aware of risks in your destination.

**B** = Bite prevention

**C** = Chemoprophylaxis- use the correct tablets and complete the course.

**D** = Diagnosis and prompt treatment . Take action if experience any symptoms on return.

#### **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 or bitten in a country which has rabies, wash the wound thoroughly with soap and running water for 5 minutes and apply antiseptic solution.
3. Seek medical advice IMMEDIATELY, even if you have been previously immunised. Essential if you have not had a previous immunisation. The post exposure vaccine must be given within 24 hours.

### **ACCIDENTS**

Major leading causes of death in travellers are due to swimming and traffic accidents. You can help prevent them by taking the following

#### **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.
- Wear Protective gear on activities.

### **INSURANCE COVER**

- Take out adequate insurance cover for your trip. This should possibly include medical repatriation as without it, this service if needed is extremely expensive.
- 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 E111 form before you travel (including a photocopy of the original form). The E111 form is in the T6 leaflet, and after completion, should be stamped at the Post Office. Additional travel insurance is still advised.
- [www.fco.gov.uk/travel](http://www.fco.gov.uk/travel)

### **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
- Flex and extend ankles regularly.
- Avoid storing anything under your seat that restricts the leg room.
- Drink plenty of water and be sensible about alcohol intake which in excess leads to dehydration

Further information on increased risks DVT can be obtained from the Department of Health website detailed below with more specific advice and information on travel-related deep vein thrombosis. [www.dh.gov.uk](http://www.dh.gov.uk)

## **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. Long term damage to the skin due to sun exposure can lead to skin cancer. There is no such thing as a safe suntan but the following advice should be taken

### **PRECAUTIONARY GUIDELINES.**

- Increase sun exposure gradually, 20 minutes limit initially.
- Use sun blocks of appropriate adequate 'SPF' strength but a minimum of SPF 15. Children under 3 years should have a minimum 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
- 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
- Also visit [www.cancerresearchuk.org/healthyliving/sunsmart](http://www.cancerresearchuk.org/healthyliving/sunsmart)

### **Interesting web site addresses and further information:**

Scottish NHS public travel site - [www.fitfortravel.scot.nhs.uk](http://www.fitfortravel.scot.nhs.uk)

National Travel Health Network and Centre – [www.nathnac.org](http://www.nathnac.org)

Department of Health - [www.dh.gov.uk](http://www.dh.gov.uk)

Foreign and Commonwealth Office – [www.fco.gov.uk/knowbeforeyougo](http://www.fco.gov.uk/knowbeforeyougo)

Immunisation issues – [www.immunisation.nhs.uk](http://www.immunisation.nhs.uk)

Malaria for the general public – [www.malariahotspots.co.uk](http://www.malariahotspots.co.uk)

Medical information for & in 300+ countries around the world, with English speaking doctors - [www.iamat.org.uk](http://www.iamat.org.uk)

The Foreign Office provides a travel advice information service on CEEFAX page 470 (BBC 2).

## **HAVE A VERY HAPPY AND HEALTHY TRIP !**

Information provided by:

Travax (GSK)

Nathnac

CDC Travellers Health- Yellow Book

DOH Immunisation against Infective Disease -Green Book