



Dr Marc Shaw

Medical Director

Worldwise Travellers Health Centres
Auckland

Checklist for Travel Health Consults - Concurrent Breakout session repeated

Friday, 29 July 2011

Start 2:00pm

Duration: 60mins

Edinburgh Room

Start 4:00pm

Duration: 60mins

Edinburgh Room



NZMA
South GP CME 2011

General Practice Conference & Medical Exhibition

28-31 July 2011 | The Dunedin Town Hall | Dunedin

Developing a Checklist



Marc Shaw *DrPH, FRNZCGP, FACTM, FFTM (ACTM), MFTM RCPS (Glas)*

Associate Professor, James Cook University, Townsville, Australia

Medical Director, **WORLDWISE** Travellers Health Centres, NZ

— ■ — ■ — ■ — ■ — ■ — ■ —
WORLDWISE OnLINE (www.worldwise.co.nz), New Zealand
'Travel Health Information for Professionals'

Objectives

✦ In this session

- Look at the information that is needed for travellers' health and safety
- Develop a checklist of required information from the traveller
- Develop a checklist of information travel health professionals require to GIVE the traveller



Scope of Travel Medicine

✧ Travel medicine

- seeks to prevent illnesses and injuries occurring to travellers going abroad
- manages problems arising in travellers returning from abroad
- is concerned about the impact of tourism on health
- advocates for improved health and safety services for tourists



Why do we need to give correct advice to travellers?



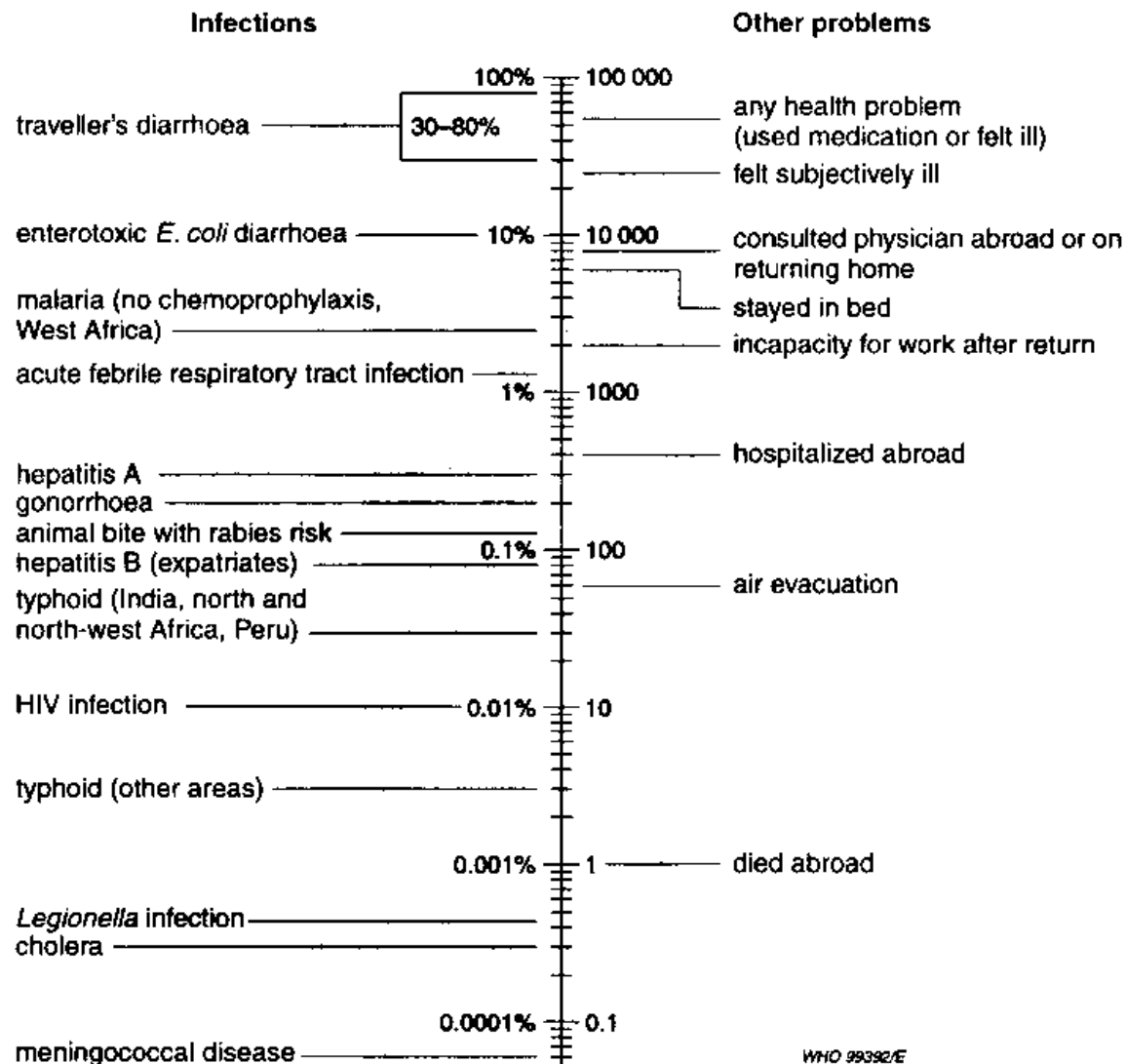
NZ Travellers – to May 2011



- ✧ Short-term departures of NZ residents in May 2011 yr = 2.073 million, up 127,500 (7%) from May 2010 year
- ✧ 50% trips were to Australia (990,000)
- ✧ Next United States, Fiji (each 99,000), the United Kingdom (93,900), China (67,000), the Cook Islands (62,800), and Samoa (44,100)
- ✧ Holiday = main purpose for 833,900
- ✧ 710,800 = VFRs
- ✧ 291,700 departed for business



Estimated monthly incidence of health problems per 100, 000 travellers to developing countries for 1 mth



WHO 99392/E

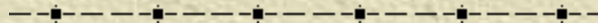


What do we need to do to give the correct advice to travellers?





Travel Health Advice needs:
Information
Training
Experience
Documentation
Travellers



Getting the correct advice from travellers



needs:

- Information about the traveller



What Information is required?

✦ From the audience ...



The Pre-Travel Assessment (i)

■ Itinerary

- detailed *itinerary of overseas trip*, including
 - *air-travel direction, places, duration* of travel
 - type of *accommodation, rural or urban*
- Season, climate, temperature and altitude of the trip
- General Practitioner *letter* RE dis-eases and medications



The Pre-Travel Assessment (ii)

✦ Personal Health

- *Immunizations, allergies*
- *Pregnancy, women's health ... O/C, hygiene*
- *Children and infants ... immunisations, medications*
- *Chronic disease ... diabetes, chest disease, HIV*
- *Lifestyle qualities of living*
- *Dental Check-up*
- *Personal problems of travel ... psychology of travel*
- *Holiday comfort*
- *Travel Health Insurance ... note any evacuation clause*



The Pre-Travel Assessment (iii)

✧ Type of Holiday

- *Adventure holiday*
- *Expedition-type holiday*
- *Scuba Diving* (? decompression)
- *Swimming* in fresh water ... Risk of Schistosomiasis

- *Risks*
 - Possible encountered health hazards
 - Problems of eating and drinking
 - JetLag
 - Personal security

- Risk assessment



Risk assessment

“the art of travel medicine is in selecting the necessary prevention strategy without unnecessary adverse events, cost or inconvenience”
(Steffen, 1994)

Need to determine:

- * What are the likely risks of a person travelling to particular destinations?*
- * What are the likely benefits of intervention?*



Risk assessment for Traveller

- ✦ **Risks** of the destination/activity
- ✦ **Risks** of the mode of travel
- ✦ **Risks** of the traveller's medical & dental history, including previous documented travel history
- ✦ **Risks** of the intervention
- ✦ **Risks** of the (preventative) Rx



Giving the correct advice to travellers



needs:

- Information for the traveller
- Sources of information to devise a discussion template



What Information is to be given?

✦ From the Audience...



Tools and Sources of Information

- ✦ Atlas
- ✦ Guidelines
- ✦ Policies
- ✦ Textbooks, including an World Atlas
- ✦ Journals
- ✦ Professional organisations
- ✦ Staff/colleagues
- ✦ Electronic Databases
- ✦ WWW



Information - www-sites

- ✦ US Centers for Disease Control
 - www.cdc.gov/travel
 - US Guidelines
 - Similar government sites for UK and Canada
- ✦ World Health Organization
 - www.who.int/ith
- ✦ New Zealand MFAT
 - www.safetravel.govt.nz
- ✦ US CIA
 - www.cia.gov
- ✦ Australian Travel Health Advisory Group
 - www.welltogo.com.au



SafeTravel.govt.nz - Mozilla

File Edit View Go Bookmarks Tools Window Help

Back Forward Reload Stop <http://www.safetravel.govt.nz/> Search Print

Home Bookmarks mozilla.org Melbourne Astrophysics Latest Builds Weatherbase: History

WWW.MFAT.GOV.TZ WWW.SAFETRAVEL.GOV.TZ

WWW.SAFETRAVEL.GOV.TZ

TRAVEL ADVISORIES BEFORE YOU GO PASSPORTS AND VISAS NZ EMBASSIES WHEN THINGS GO WRONG CHILDREN'S ISSUES OUR SERVICES

Welcome to WWW.SAFETRAVEL.GOV.TZ

The New Zealand Ministry of Foreign Affairs and Trade has designed this site to help make your overseas travel experience safe by providing guidance on how to prepare for your travel, and what to do if trouble strikes you overseas. The website contains general travel advice, as well as specific travel advisories for particular areas.

[More about the site](#)



ADVISORIES BY COUNTRY

Start writing a country name in the box. Select the country you want from the list to go to the travel advisory. Typing more letters narrows the search. When your country appears in the search box click go or hit "enter".



Thailand

The Thai Disaster Prevention and Mitigation Department has reported flooding in many provinces due to widespread thunderstorms with heavy rain. Flash flooding can be expected in eastern, southern and central Thailand, including in Bangkok. Those living or travelling in lowland or affected areas should exercise caution, monitor local news and weather reports and follow the advice of local authorities.

Thailand Demonstrations

Pro-Democracy demonstrations are planned to take place at the Democracy Monument in the centre of Bangkok on **11 and 23 October**.

We recommend that New Zealanders avoid this area of the city on the above dates. Please monitor the media and follow any instructions issued by the local authorities in relation to these demonstrations.

Travel to Viet Nam 25 October-25 November 2006

HOW DO I...?

How do I replace a passport that has been lost, stolen or damaged overseas?

[more](#)

TIP OF THE WEEK

Check for any health precautions you might need to take. Ask your health professional at least eight weeks before you go, for advice on any health precautions needed in the area you are visiting, eg anti-malaria medication, vaccinations.

COMING HOME?

Done

Information - multicountry travel medical advisory service

- ✦ Worldwide Online, specific NZ service -
www.worldwise.co.nz (*subscriber-based*)
- ✦ Travel-essentials, specific NZ service -
www.travel-essentials.co.nz (*public/lay-based*)
- ✦ Others:
 - CDC Travel Health, see
www.cdc.gov/travel/index.htm
 - TRAVAX, see www.travax.nhs.uk





Declared Interest

Pre-Travel Health Advice needs Training

- ✦ Helps give structure and consistency:
 - Provides a framework for practice
 - Discusses evidence for practice

- ✦ Courses:
 - WORLDWISE annual courses: Level 1 and Level 2
 - James Cook University courses in Public Health
 - Otago University course

- ✦ Policy and Procedures Manual Development:
 - Consistent approach to travel health
 - Yellow Fever Certification



Travel health advice needs to be documented

- ✦ Standardised forms/questionnaires
- ✦ Informed consent
- ✦ International Health Certificate/Vaccination record
- ✦ Doctor's letter/copy of prescription/medialert bracelet
- ✦ Written advice/videos/Books/Health advisory documents



Take home points

- ✦ More people are travelling to more destinations, becoming **exposed** to the health and safety of that destination and also having the potential to **impact** on the health and safety of that destination
- ✦ It is essential that the travel health practitioner develop a **checklist of questions** for the intending travellers to determine risk of travel
- ✦ It is essential that the travel health practitioner develop a **checklist of discussion points** for the intending traveller about their travel
- ✦ Travel health advice needs **information, training, experience, documentation** and **travellers**



'Till the World Ends' Tour

"I've never really wanted to go to Japan. Simply because I don't like eating fish; and I know that's popular out there in Africa."

- *Britney Spears*



One can see WHY the WORLD Tour ended – it never really started!



✦ THANK YOU

✦ **Worldwise Travellers Health**
online@worldwise.co.nz
09-520-5830 Auckland



I met a traveller from an antique land
PB Shelley

