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Preparation of the Last Minute Traveller - Concurrent Workshop Repeated
Saturday, 22 June 2013
Start 8:30am
Start 9:35am
Duration: 55mins
Duration: 55mins
Sovereign
Sovereign
PREPARATION OF THE LAST MINUTE TRAVELLER

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WORLDWISE OnLINE (worldwise.co.nz)
‘Academic Travel Health Information for Professionals’
‘A wise traveller never despises his own country’
William Hazlitt
There are many stories of travellers travelling without appropriate advice.

The Role of the Travel Health Professional is to convert a pre-contemplator into a contemplator.
CHANGING TIMES … THEN

5 years ago the Travellers Health ISSUES of the day were:

1. Emerging infections
   - Hepatitidies
   - Dengue Fever
   - Haemorrhagic Diseases
2. Malarial management
   - Therapies, now and in the future
   - Combination therapies
3. Vaccines: present/developing
4. Traveller: types and mobility
   - Where do travellers go and what do they do?
5. Pre and post travel management guidelines
   - Responsible and systematic consultation
YEAR 2013 … NOW

Now, the travel health issues of the day are:

– **1. The Traveller**
  - Demographic change: ‘BRIC travellers’ Brazilian, Russian, Indian, Chinese
  - Appropriateness of advice for type of travel: holiday, expedition etc
  - Affect of the traveller on the host nations and vice versa
  - The effect of Migrants and their travel to new regions

– **2. Environmental Travel**
  - Eco-economy
  - Remote sports events
  - Media awareness of the Globe
  - Expeditions and adventure
  - Religious travellers

  - Personal Security
  - Country-focused / Social security
  - Biosecurity
Now, the travel health issues of the day are:

4. Development of strategic alliances
   - Working with Governments
   - Crisis management and emergency responders
     - Humanitarian aid – Queensland, Christchurch, Japan
   - Destination image and reputation promoters
   - Health tourism marketers – medical travel
   - Working with corporate and travel comps.
   - Global ‘linkups’

5. Disease Surveillance:
   - Is either Globally and Regionally focused
   - Surveys by Tracking Disease
     - WHO, CDC
     - Satellite imagery
   - Inter-Government Public Health Response
     - dealing w. Outbreaks
       - 2013 Saudi (Corona), 2002 Singapore (SARS)
T.R.A.V.E.L. – AN APPROPRIATE ACRONYM

- **T** - TRANSMISSION of Infections and Dis-ease
- **R** - REMEDIES
  - Prescriptions x 2 CACHES
  - G.P. letter re meds & med. conditions
  - Medic Alert Bracelet
  - Antimalarial Medication + SEs
  - Treatments: *self-treatment*
- **A** - ACCIDENTS
  - Accidents/Injury Prevention
- **A** - AIR TRAVEL
  - Jet Lag
- **D** - ADVENTURE
  - Scuba Diving
  - Trekking Backpacking
  - Overland Remote
- **A** - ANIMALS
  - Bites

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T.R.A.V.E.L. – AN APPROPRIATE ACRONYM

- V VIOLENCE
  VACCINATIONS and adverse reactions

- E EATING / DRINKING
  Ingestion
  EXAMINATION Pre- and Post- travel
  ENVIRONMENT Expedition Medicine
  Altitude
  EMERGENCIES Insurance/evacuation
  EMERGING infectious diseases
  Insect Avoidance

- L LIFESTYLE ‘Sex Drugs Rock and Roll’
• Holiday Workout Plan

...and repeat
LAST MINUTE TRAVELLER (LMT)

- European study on Knowledge, Attitude, Practice [KAP] in passengers travelling to developing countries 2003. Revealed:
  - Reluctance amongst travellers to seek/adhere to advice
  - Lack of awareness to protect themselves against disease
  - Inadequate timing of seeking advice
  - Poor compliance with recommendations

- LMT are a rapidly expanding group
  - Thus, need to be targetted for travel health advice
LAST MINUTE TRAVELLER (LMT)

• 5 Point Check for LMT
  • Why are they travelling?
  • What advice do they need for their travel?
  • What can they have to maximally protect them?
  • How much time does the travel-health-provider have to give the advice?
  • What additional advice can be given?

IS THE INTENDING TRAVELLER OPEN TO THE ADVICE!
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...ONE SECOND BEFORE...!
1. WHY ARE THEY TRAVELLING

- What ‘sort’ of folk travel at the last minute?

IS THE INTENDING TRAVELLER OPEN TO THE ADVICE!
BEFORE THE TRIP...

- **Pre-travel advice** is based on 3 main strategies:
  - Altering behaviour
  - Providing *prophylaxis* by drugs and vaccines
  - Providing *medication for self-therapy*
THE PRE-TRAVEL ASSESSMENT

Mortality and morbidity are incr. in those travelling, esp. when their destination is in developing countries

Travel health risks vary according to –

WHERE – Industrialised vs developing countries
  - City or resort or … off the tourist trail

WHEN – season of travel

HOW LONG – Duration of stay abroad

PURPOSE – tourism vs business vs rural work vs VFR

HOW – Hygiene standard expected
  - Special activities – high altitude, diving, trekking etc

HOST CHARACTERISTICS – Healthy vs pre-existing cond, immune vs non-immune, age of traveller
THE PRE-TRAVEL ASSESSMENT

- Personal Health
  - Immunisations, 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
    - note any exclusion clause
GENDER SEX AND TRAVEL ASSOCIATED DISEASE

Women and men travellers tend to get different illnesses

- World travel can make anyone sick but men and women tend to suffer different illnesses with:
  - women - more prone to stomach problems and
  - less likely to develop fevers
  - less likely to get sexually transmitted diseases

- A study of almost 59,000 international travellers by GeoSentinel found women were more likely than men to come down with:
  - bouts of diarrhoea or other gastrointestinal problems,
  - colds
  - urinary tract infections and
  - adverse reactions to medications, such as those taken to prevent malaria.

CID 2010; 50:826 - 832
GENDER SEX AND TRAVEL ASSOCIATED DISEASE

- Men had higher risks of:
  - fever, including from infections transmitted by mosquitoes, ticks or other such "vectors," such as malaria, dengue and rickettsia
  - Acute mountain sickness
  - Frostbite
  - sexually transmitted diseases

- Practically advice needs to centre upon:
  - female travellers to bring anti-diarrhoeal medication.
  - men needing to pay particular attention to preventive measures, like frequently reapplying insect repellent.

- The findings were based on data from 57 travel-medicine clinics throughout the world, part of a surveillance network designed to track travel-related ills and injuries

CID 2010; 50:826 - 832
TRAVEL HEALTH ADVICE CLINIC

- Must focus on important information for the LMT.
- Looks at global travel concept as it affects the LMT
- Infectious diseases account for up to 40-50% of travel advice
- Considers relative risks of diseases
- Protects ag. community diseases

- Find out from all travellers
  - current vaccination status
  - 70% of 70 yr olds NOT protect. ag TET
  - Resp infections common thus = flu!
...ONE SECOND BEFORE...!
2. WHAT ADVICE DO THEY NEED FOR THEIR TRAVEL?

- What is the **primary advice** do they need for their travel?
  - What do they think they need
  - What does the Travel-Health-Professional think that they need

*IS THE INTENDING TRAVELLER OPEN TO THE ADVICE!*
VACCINATIONS

- How can we assess the need for appropriate vaccines

- This is where a consideration of Epidemiology comes into pre-travel planning
VACCINATIONS

- Immunity usually takes approximately 2 weeks to develop after vaccination
- Assess the traveller’s itinerary
- Assess the traveller’s planned activities
- Advice on preventative behaviours
  - Sex [Hep B, AIDS – look at preventative discussion]
  - Food and water
IMPACT & INCIDENCE OF VACCINE-PREVENTABLE DISEASES IN TRAVELLERS TO DEVELOPED COUNTRIES

CFR = case-fatality rate

Steffen and Connor


Marc Shaw, WORLDWISE Travellers Health Centres, NZ – ‘The Last Minute Traveller’
3. WHAT TO DO TO MAXIMALLY PROTECT THEM

• What can the LMT have to maximally protect their health?

• Why have they come to you at this time…?

For vaccinations [or not!] and anti-malarials [or not]

IS THE INTENDING TRAVELLER OPEN TO THE ADVICE!
VACCINATIONS

• Routine Vaccinations
  • Check status and past history of vaccinations
  • Start, or complete, vaccination series if this is required
    • Administer first / additional doses of :
      • MMR
      • Polio
      • Tet/Dip/Pertussis
      • Seasonal flu vaccine
  • Hep A and Hep B and Typhoid are the three most freq vaccine-prev diseases in travellers
VACCINATIONS

• Recommended Vaccinations:
  
  • Single-dose protection – even when a traveller has limited time before departure, research supports the use of certain single-dose vaccines to initiate protection:
    
    • Hep A
    • Typhoid (immunity in 70% following vaccination one week before travel)
    • Polio
    • Meningococcal meningitis (conjugate if traveller is 2-55 years)
  
  • Yellow Fever
  • Meningitis
VACCINATIONS

• Recommended Vaccinations:
  • Multiple-dose vaccines
    • Hep B – accelerated schedule 0, 7, 21 and one year
    • Hep A/B – accelerated schedule 0, 7, 21 and one year
    • Japanese encephalitis – no accelerated schedule
    • Rabies – no accelerated schedule
      • A person who starts but does not complete a primary series, and is potentially exposed should receive the same post-exposure proph as a completely unimmunised person
  • Cholera
MALARIA

• Last-minute anti-malarial medication is possible for the last-minute traveller
• Choice of the anti-malarial depends upon:
  • Itinerary
  • Drug resistance at the destination
  • Medication contra-indications and precautions
  • Cost of meds
  • Patient preference
  • Last minute traveller prefer DOXY or MALARONE
4. HOW MUCH TIME IS AVAILABLE

- How much time does the travel-health-provider have to give the advice?

IS THE INTENDING TRAVELLER OPEN TO THE ADVICE!
...ONE SECOND BEFORE...!
TRAVEL HEALTH CONSULTATION

• Travellers need to plan to have medical advice 4-6 weeks before travel
• Last minute travellers:
  • Business men and women
  • Travellers attending an overseas emergency
  • Humanitarian Aid Workers
  • ‘poorly organised’ traveller!
• Advice needs to concern
  • Vaccinations
  • Health counselling and appropriate Medications
  • Anti-malarials
  • Insurances
  • Overseas health resources
5. WHAT ADDITIONAL ADVICE

• What additional advice can be given?

• IS THE INTENDING TRAVELLER OPEN TO THE ADVICE!
TRAVEL HEALTH CONSULTATION

- Safety and Security issues
- The need for a valid Travel Health Insurance
  - Check evacuation clause
  - ? Any exclusions
- Food and Water Care
- Insect avoidance
- Animal bite avoidance
- Issues related to long flights
- Medical kit
- Lifestyle and Sexually transmitted diseases
Lifestyle – the issues!

- Alcohol and Drugs
- Needs of corporate travellers
- Loneliness and familiars: relationships/sex, taboos
- Temptations: drugs and alcohol, penalties, additives to drugs etc…
- Travel distress…air, sea, phobias, fatigue, timetables, waiting
- Dealing with moral and cultural issues:
  - poverty, beggars
  - religions
  - women in society
- Violence and theft: dealing with ‘bad’ company
- Illness and brainwashing

All travellers need to have humour…Whatever turns your crank!

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AUSTRALIAN FIT2TRAVEL

- National *Fit2Travel* survey, asked 1000 Australians about their travel destinations and vaccination decisions, showed 73% of people were not getting vaccinated before they travelled.

- Only 13% were advised by their doctor that vaccinations were not required.
- Of those NOT get vaccinated, 52% didn’t think any vaccination was required for the country they were visiting, despite many of those surveyed going to Asian countries where vaccines are frequently required.

DESTINATIONS:
- Asian destinations were most popular, with 33% of people going to this region.
- 5% went to New Zealand,
- 14% visited countries in Europe,
- 12% went to the United States of America and
- 12% headed for the United Kingdom

- Travellers leaving from South Australia = most likely to be protected
  - 30% of travellers from this state opting for vaccination.

STUDY: 16.08.2011

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DISEASE PREVENTION … ADVISING ON …

- **S.T.D.s/H.I.V. The need for ‘sexual health and safety’**
  - Estimated - “Weighing the risk”. In Thailand there are est. 2 mill. prostitutes, most have had 5000 partners by age 19. Approx 1/3 of male visitors have sex with prostitutes. 70% of them get S.T.D.s

- **Travellers’ diarrhoea and related conditions**
  - *ETEC /Cholera*                  *viral*                  *environmental*
  - *Giardiasis*                     *amoebiasis*               *campylobacter*
  - *Worm infestations*

- *Post-Travel diarrhoea and the relationship to IBS*
…ONE SECOND BEFORE…!
Illnesses of travellers

- Travellers diseases and dis-eases centre around the systems:
  - Gastro-intestinal Tract
  - Respiratory Tract
  - Locomotor
  - Neurological
  - Psychological
  - Soft tissue
ROLE OF THE DOC/ NURSE in advising those who travel:

In the provision of preventative advice for travellers:

... we need to teach

- What to take
- How to use what is taken
- When to treat
- What to self treat with
- When to seek advice
FIRST AID – how can travel health advisers help

What to treat whilst travelling…
- Assistance in diagnosis of simple disorders:
  - Skin conditions
  - Respiratory tract infections
  - Bowel infections

How to treat it…
- Self treatment of various diseases
  - Guide to recognition and management
  - Simple, practical management protocols
- Self treatment of diseases like malaria
  - Depending on location + duration of travel

Marc Shaw, Worldwise Travellers Health Centres, NZ – MEDICAL KITS FOR TRAVELLERS
Pharmaceutical Medical Kit - suggestions:

- Medication for: allergies, insect bites, colds and ‘flu, and diarrhoea
- Antibiotics for: ear, eye, respiratory, stomach and skin infections
- Fever therapy (aspirin / paracetamol), and water treatments
- Medication for anti-fungal infections
- Medication for motion sickness, nausea and vomiting
- Anti-malaria medicines (where appropriate)
- A sufficient supply of any regular medication
There is a wisdom that needs to be learned with travel

Common sense guides that wisdom!

...ONE SECOND BEFORE...!
‘It is the job of a Travel Health Professional to guide the knowledge that contributes to the wisdom acquired by our travellers’

THANK YOU!

Worldwise Travellers Health NZ
‘NZ’s Travel Health Specialists’

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