



TRAVEL HEALTH TRAINING WORKBOOK



HEALTH
Academy



Clinical
Standards
Office

Approved Training
Provider
#356701

NOTES

A blank sheet of lined paper with a red margin line on the left side. The paper is white with light blue horizontal ruling. The background features a pattern of green tropical leaves, including Monstera and palm fronds.

RISK ASSESSMENT

Factor:

Why?

What?

Factor:

Why?

What?

Factor:

Why?

What?

Factor:

Why?

What?

Factor:

Why?

What?

Factor - Think of factors that might increase the traveller's risk

Why? - Why does this factor increase their risk?

What? - What diseases or incidents are they at an increased risk from?

THE 5 'T'S OF TROPICAL DISEASE

Type

What type of organism is it?

What symptoms does it cause?

Transmission Route

How is the disease transmitted?

	Type	Transmission Route	Treatment & Prevention	Travellers Risk	Take Home Message
Hepatitis A					
Typhoid					
Cholera					
Diphtheria					
Tetanus					
Polio					
Hepatitis B					

Treatment & Prevention

Is there a treatment post exposure?

Any pre-exposure measures?

Travellers Risk

What factors increase the travellers risk of the disease?

Take Home Message

What are the key messages that you want a traveller to retain?

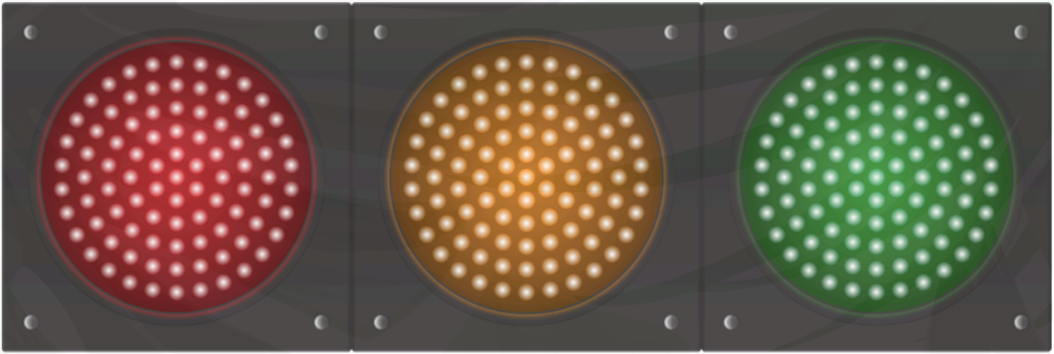
	Type	Transmission Route	Treatment & Prevention	Travellers Risk	Take Home Message
Rabies					
Men ACWY					
Yellow Fever					
Tuberculosis					
Tick borne Encephalitis					
Japanese Encephalitis					
Dengue Fever					



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Travel Vaccine Traffic Light

	Hepatitis A	Typhoid	Diphtheria Tetanus Polio	Cholera	Hepatitis B	Rabies	Yellow Fever	Men ACWY	Tick borne encephalitis	Japanese encephalitis	TB	Dengue Fever
Consider high risk factors: Disease risk in region Remoteness Activities Length of stay Medical conditions Certificate req Current outbreaks												
Some things to consider: Whether disease is risk in country Length of stay Medical history Vaccination status Activities Purpose of trip Accommodation												
Consider: Up to date with vaccination schedule No higher risk than in UK or Ireland Whether disease is a risk in the region or country												



Guide to using the Travel Vaccine Traffic Light

This tool can be used with a client/patient to help visually identify with them a level of consideration that should be given to each of the travel vaccines. It is a simple tool by which a tick can be put in the box relevant to each vaccine in relation to the individual's circumstances.

This is how to use the traffic light categories:

Green	Amber	Red
Vaccine not required	Vaccine can be considered	Vaccine is recommended, or a certificate required
This may be for a number of factors: <ul style="list-style-type: none"> - No disease risk at location - Up to date with vaccine schedule - Up to date with UK or Ireland schedule – no higher risk at location - Does not fit set criteria for vaccine. ie BCG 	The traveller may decide to consider vaccine based on: <ul style="list-style-type: none"> - Activities - Disease risk at location - Future travel plans - Completing a previous started vaccine schedule - Length of stay - Purpose of trip - Accommodation - Medical History 	The traveller falls in to a higher risk group or a certificate requirement. This may be due to: <ul style="list-style-type: none"> - Disease risk at location - Remote travel - Activities - Medical conditions - Country Cert requirement - Current outbreaks

Below is an example of its use in practice.

19yr old traveller is off to India for two-month summer trip and will be travelling across the whole country completing a range of long distance runs in regions that they will travel to. This includes Karnataka and Northern India. They will be staying in basic guesthouses around the country. They are up to date with their UK Immunisation Schedule, have never travelled before and have no significant medical history.

This is how the table would be completed with them:

	Hep A	Typhoid	Dip, Tet, Pol	Cholera	Hep B	Rabies	Yellow Fever	Men ACWY	TBE	JBE	TB
	✓	✓			✓	✓				✓	
				✓							
			✓				✓	✓	✓		✓

Rationale which will come from the risk assessment:

Hepatitis A – Risk from food and water – length of trip, region risk of disease and impact on trip.

Typhoid – Risk from food and water – length of trip, region risk of disease and impact on trip.

Diphtheria, Tetanus & Polio – Last dose at 14yrs – up to date.

Hepatitis B – Risk from contact with infected body fluids – nature of trip higher risk of accidents.

Rabies – Risk from infected animals, high rates in country, activities of running increase risk

Yellow Fever – No disease risk, not travelling from country with risk of disease. No cert required.

Men ACWY – Disease risk no more significant than home country. Had MEN ACWY vaccine at 18yrs.

Tick borne encephalitis – No disease risk.

Japanese Encephalitis – Increased risk from regions, season of travel and accommodation.

Tuberculosis – Does not meet set criteria for BCG vaccination.

MALARIA

What does the ABCD of Malaria stand for?

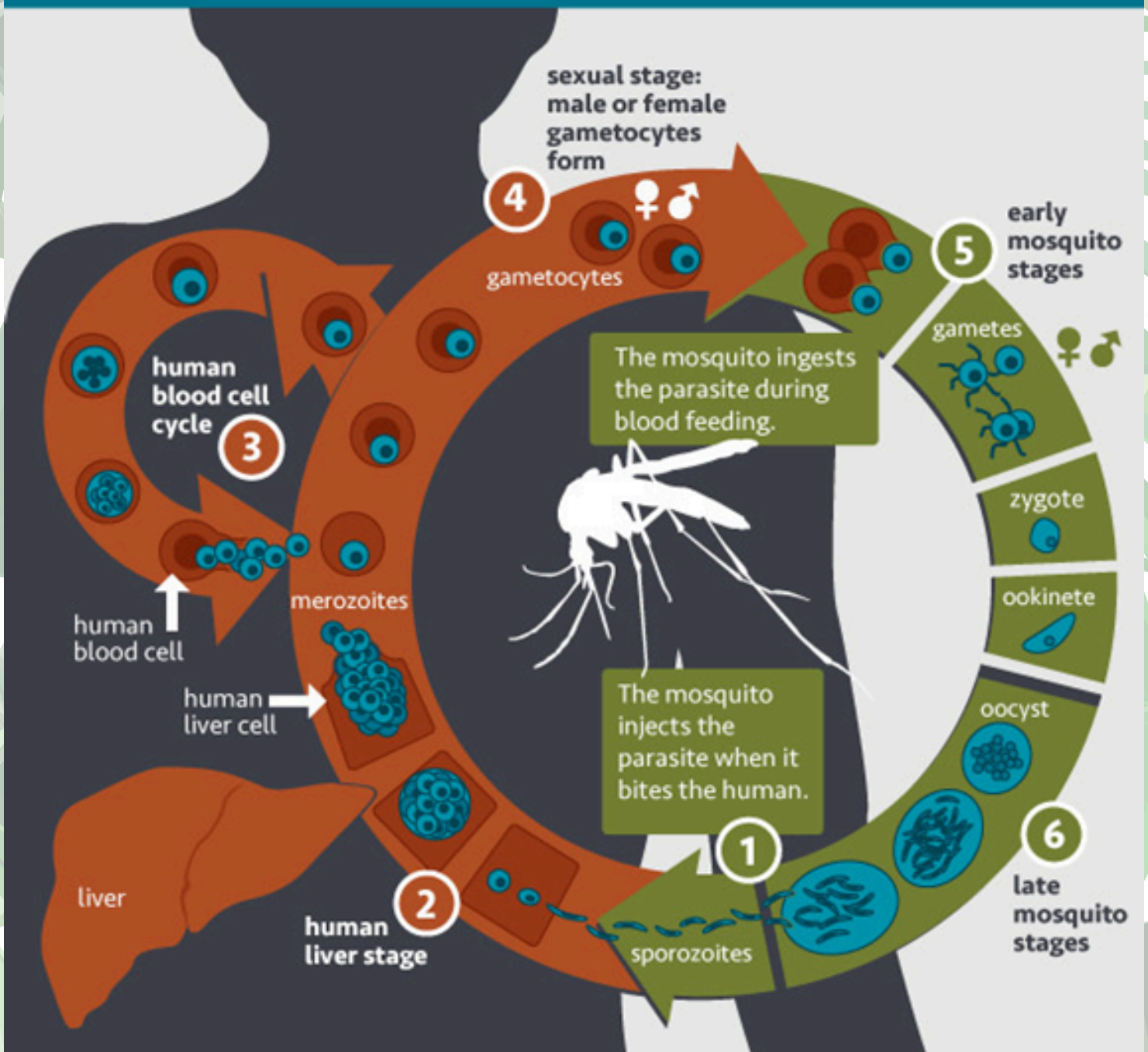
A-

B-

C-

D-

Life Cycle of the Malaria Parasite





Doxycycline



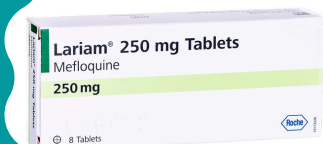
Other considerations and recommendations:



Atovaquone & Proguanil



Other considerations and recommendations:



Mefloquine



Other considerations and recommendations:

Key sources of data based on where you practice:

England, Wales & Northern Ireland

Guidelines for Malaria Prevention in travellers from the UK (UK Health & Security Agency) and NaTHNaC via Travel Health Pro website.

Scotland

Travax (Professionals) or Fit for Travel (Public) websites - Public Health Scotland

VACCINE SCHEDULER

1. Determine final vaccine choices using the red and amber options on the TVT tool
2. Eliminate all vaccines that are green on the TVT tool
3. First, plot multiple dose vaccines
4. Next, plot LIVE vaccines (as there are more considerations with intervals to consider)
5. Then plot the remaining single dose vaccines

	Vaccine	Day 0	Day 3	Day 7	Day 21	Day 28 (1 mth)	2 Mth	6 Mth
Multi-dose vaccines	Rabies							
	Hepatitis B							
	Hepatitis A & B Combined							
	Japanese Encephalitis							
	Tick Borne Encephalitis							
	Cholera							
Live vaccines	Yellow Fever							
	MMR							
	Tuberculosis							
	Dengue Fever							
Single dose vaccines	Typhoid (IM)							
	Hepatitis A							
	Hepatitis A & Typhoid Combined							
	Diphtheria, Tetanus & Polio							
	Meningococcal ACWY							
	Seasonal Influenza							

Scenario:

Travel Vaccine Traffic Light	Red	Amber	Green	Malaria advice:	
Hepatitis A					
Typhoid					
Diphtheria, Tetanus & Polio					
Cholera					
Hepatitis B					
Rabies					Other advice or consideration:
Yellow Fever					
Meningococcal ACWY					
Tick borne Encephalitis					
Japanese Encephalitis					
Tuberculosis					

Scenario:

Travel Vaccine Traffic Light	Red	Amber	Green	Malaria advice:	
Hepatitis A					
Typhoid					
Diphtheria, Tetanus & Polio					
Cholera					
Hepatitis B					
Rabies					Other advice or consideration:
Yellow Fever					
Meningococcal ACWY					
Tick borne Encephalitis					
Japanese Encephalitis					
Tuberculosis					

RESOURCES

Resource	Useful for	Weblink
Health Academy	High quality clinical training and free tools	https://healthacademyonline.co.uk/
Travel Health Pro	NaTHNaC - Current outbreaks & disease info	https://travelhealthpro.org.uk/
TRAVAX	Scotland - Current outbreak & disease info	https://www.travax.nhs.uk/
Fit for Travel	Scotland - Current outbreak & disease info	https://www.fitfortravel.nhs.uk/home
World Health Organisation (WHO)	International regulations & current outbreaks	https://www.who.int/
The Green Book	Immunisation guidelines and schedules	https://www.gov.uk/government/collections/immunisation-against-infectious-disease-the-green-book
ISTM	International clinic directory & travel info	https://www.istm.org/
ECDPC	European disease outbreak info	https://www.ecdc.europa.eu/en
CDC	Disease outbreak info from USA	https://www.cdc.gov/
Health Service Executive (Ireland)	General travel health advice (Ireland)	https://www.hse.ie/eng/

Check out our short 5 'T's animations on the Health Academy YouTube Channel



Join our Facebook Community in our Group 'Travel Health Professionals UK & Ireland'