

# TRAVEL HEALTH TRAINING WORKBOOK



HEALTH  
Academy



Clinical  
Standards  
Office

Approved Training  
Provider  
#356701

[illegible]

# 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

### 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
Tetanus					
Polio					
Hepatitis B					
Rabies					



# 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

Men  
ACWY

Yellow  
Fever

Japanese  
Encephalitis

Tick-Borne  
Encephalitis

### **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
Dengue Fever					
Chikungunya					
Tuberculosis					
Measles					



HEALTH  
Academy

# Travel Vaccine Traffic Light

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



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

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 and have no significant medical history. They travelled to Borneo around 4 years ago and had Hep A and Typhoid.*

This is how the table would be completed with them:

	Hep A	Typh	Dip, Tet, Pol	Cholera	Hep B	Rabies	Yellow Fever	Men ACWY	TBE	JBE	TB	MMR	DENG	CHIK
	✓	✓			✓	✓				✓				
				✓									✓	✓
			✓				✓	✓	✓		✓	✓		

Rationale which will come from the risk assessment:

- **Hep 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
- **Cholera** - Risk from food and water - consider for higher-risk travellers
- **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 a country with risk of disease. No cert required
- **Men ACWY** – Disease risk no more significant than home country. Had 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
- **Dengue Fever** – Endemic in India, consider for those who meet specific criteria
- **Chikungunya** – Endemic in India, consider for high-risk travellers
- **MMR** – Up to date with their UK immunisation schedule in childhood

# MALARIA

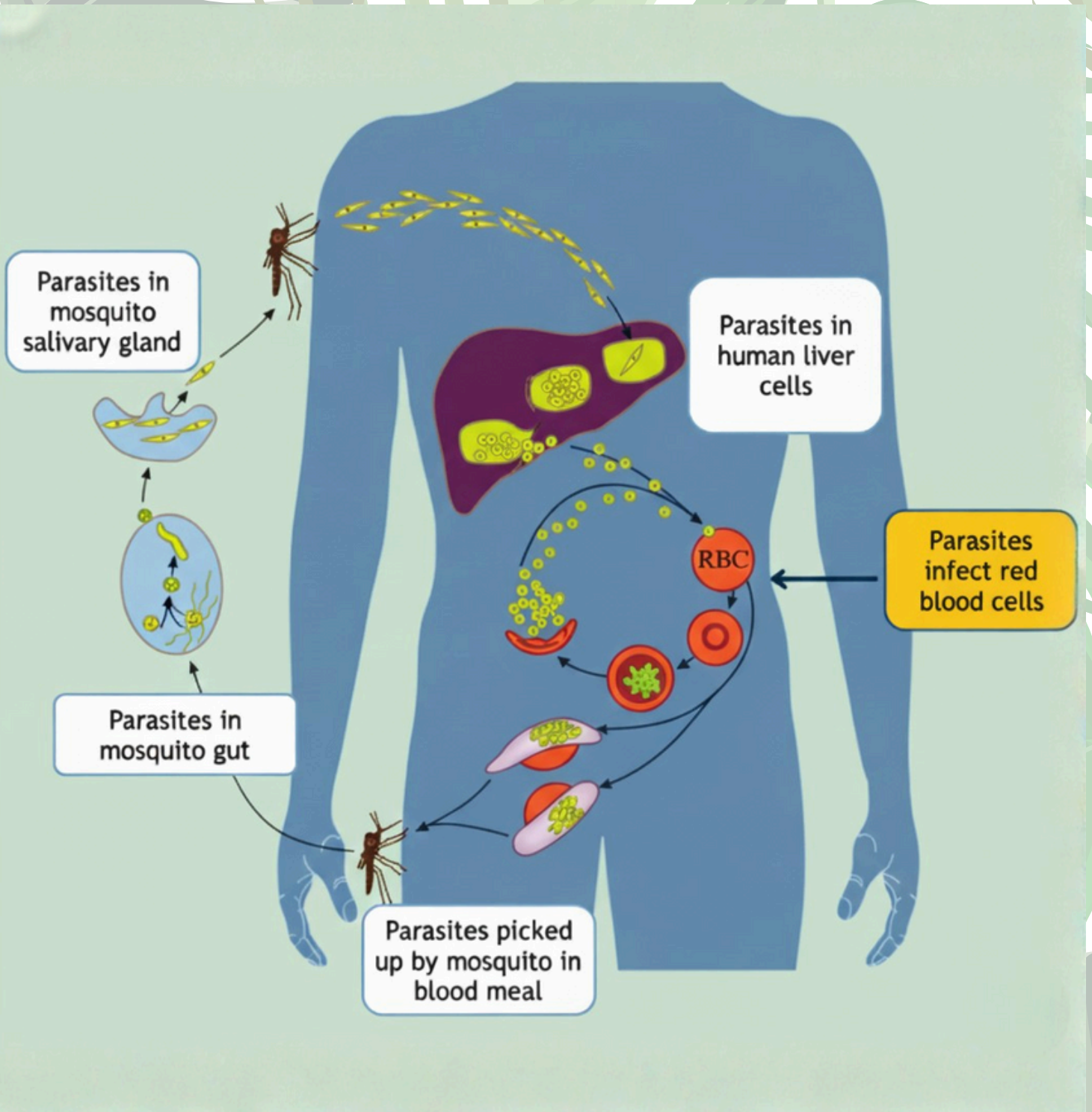
What does the ABCD of Malaria stand for?

A-

B-

C-

D-





## Doxycycline



Other considerations and recommendations:



## Atovaquone & Proguanil



Other considerations and recommendations:



## Mefloquine



Other considerations and recommendations:

### Key sources of data:

- **UK Malaria Expert Advisory Group: Malaria prevention guidelines for travellers from the UK** <https://www.gov.uk/government/publications/malaria-prevention-guidelines-for-travellers-from-the-uk>
- **NaTHNaC Travel Health Pro** <https://travelhealthpro.org.uk/>



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



# SCENARIOS

## Scenario:

Travel Vaccine Traffic Light	Red	Amber	Green	Malaria Advice:
Hepatitis A				
Typhoid				
Diphtheria, Tetanus, Polio				
Cholera				
Hepatitis B				
Rabies				
Yellow Fever				
Meningococcal ACWY				Other Advice or Consideration:
Tick Borne Encephalitis				
Japanese Encephalitis				
Tuberculosis				
MMR				
Dengue Fever				
Chikungunya				

## Scenario:

Travel Vaccine Traffic Light	Red	Amber	Green	Malaria Advice:
Hepatitis A				
Typhoid				
Diphtheria, Tetanus, Polio				
Cholera				
Hepatitis B				
Rabies				
Yellow Fever				
Meningococcal ACWY				Other Advice or Consideration:
Tick Borne Encephalitis				
Japanese Encephalitis				
Tuberculosis				
MMR				
Dengue Fever				
Chikungunya				



# RESOURCES

Resource	Useful for	Weblink
Health Academy	High quality clinical training and free tools	<a href="https://healthacademyonline.co.uk/">https://healthacademyonline.co.uk/</a>
Travel Health Pro	NaTHNaC - Current outbreaks & disease info	<a href="https://travelhealthpro.org.uk/">https://travelhealthpro.org.uk/</a>
World Health Organisation (WHO)	International regulations & current outbreaks	<a href="https://www.who.int/">https://www.who.int/</a>
The Green Book	Immunisation guidelines and schedules	<a href="https://www.gov.uk/government/collections/immunisation-against-infectious-disease-the-green-book">https://www.gov.uk/government/collections/immunisation-against-infectious-disease-the-green-book</a>
ISTM	International clinic directory & travel info	<a href="https://www.istm.org/">https://www.istm.org/</a>
ECDC	European disease outbreak info	<a href="https://www.ecdc.europa.eu/en">https://www.ecdc.europa.eu/en</a>
CDC	Disease outbreak info from USA	<a href="https://www.cdc.gov/">https://www.cdc.gov/</a>
Health Service Executive (Ireland)	General travel health advice (Ireland)	<a href="https://www.hse.ie/eng/">https://www.hse.ie/eng/</a>
UKMEAG	Malaria prevention guidelines in the UK	<a href="https://www.gov.uk/government/publications/malaria-prevention-guidelines-for-travellers-from-the-uk">https://www.gov.uk/government/publications/malaria-prevention-guidelines-for-travellers-from-the-uk</a>

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'