TRAVEL HEALTH TRAINING WORKBOOK



HEALTH Academy

NOTES

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 Encephaliitis					

Treatment & Prevention
Is there a treatment post exposure?

Any pre-exposure measures?

Travellers Risk

What factors increase the travellers risk of the disease?

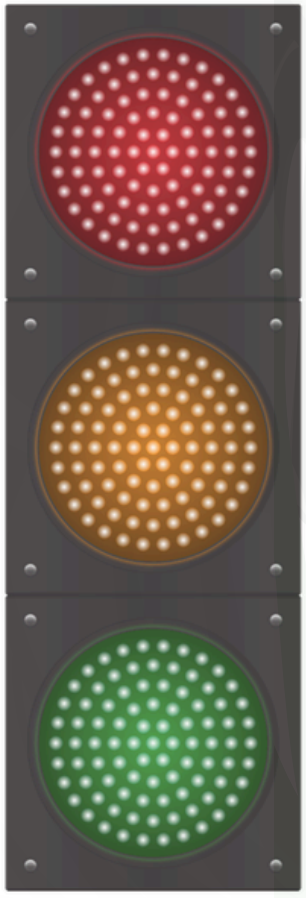
Take Home Message

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					

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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	Chikung unya	MMR
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: - 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: - 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: - 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 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 that 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

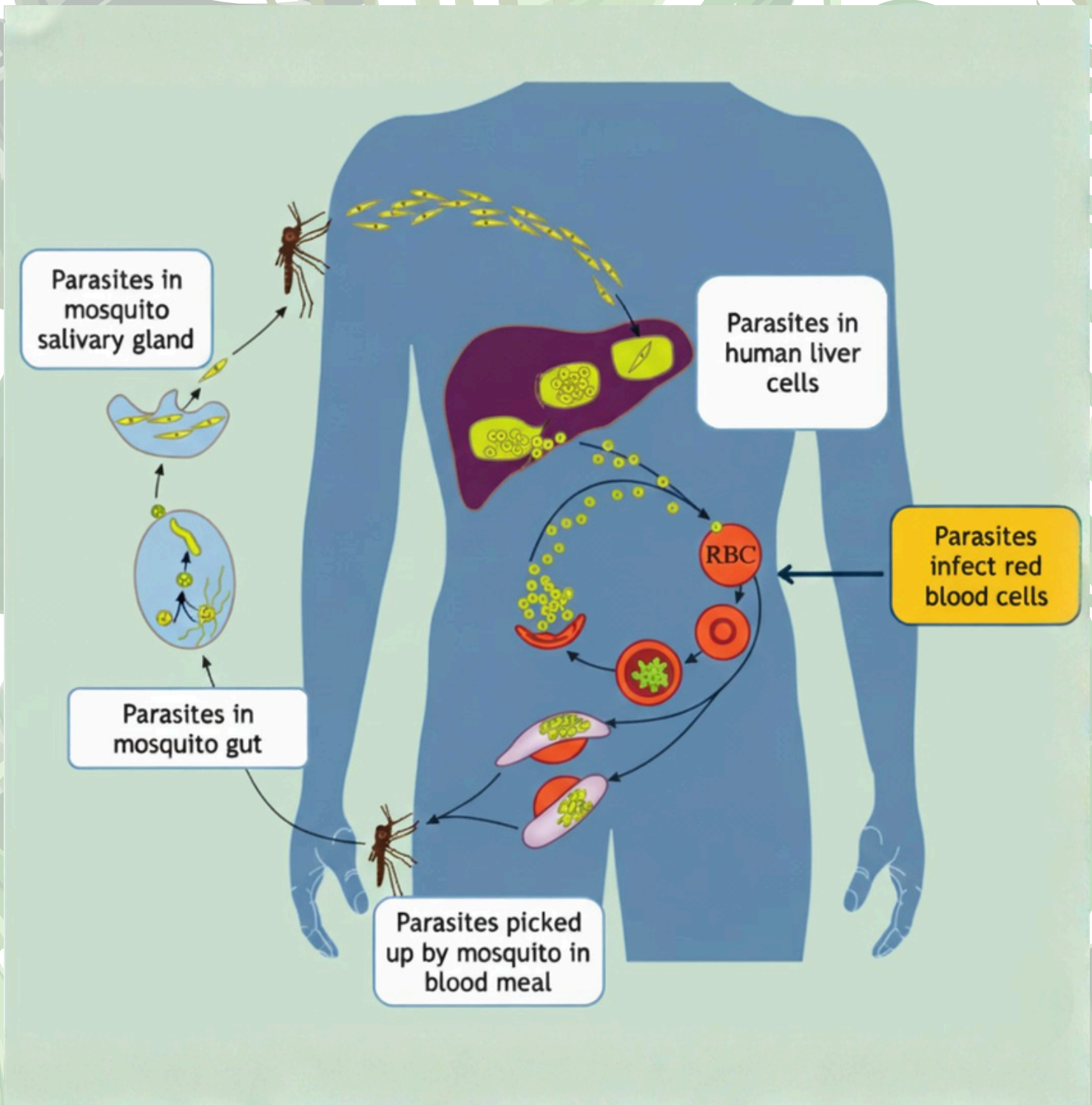
What does the ABCD of Malaria stand for?

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/

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 14	Day 21	Day 28 (1 mth)	2 mth	6 mth	12 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	Typhim (IM)									
	Hepatitis A									
	Diphtheria, Tetanus & Polio									
	Meningococcal ACWY									
	Seasonal Influenza									
	Chikungunya									

SCENARIOS

Scenario:

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

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/
World Health Organisation (WHO)	International regulations & current ouotbreaks	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/
ECDC	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/
UKMEAG	Malaria prevention guidelines in the UK	https://www.gov.uk/government/publications/malaria-prevention-guidelines-for-travellers-from-the-uk

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'