



Consultation:

Pre-travel consultation form

Complete all parts and bring to consultation with Doctor

PATIENT DETAILS

Surname: _____ Given name: _____

Date of birth: ____/____/____ Age: _____ Sex: M: ____ F: ____

Country of birth: _____ Occupation: _____ Employer: _____

Address: _____ Suburb: _____ Postcode: _____

Phone: _____ Email Address: _____

Medicare Number: _____ Reference no: _____ Expiry: ____/____/____

Private Health Insurance Name: _____

HEALTH DETAILS

Do you have any medical problems?

(e.g. asthma, diabetes, mental health illness, impaired immune system, thymus disorder, blot clots) Yes / No

If yes, please elaborate: _____

Are you taking any regular medications

(e.g. antibiotics, non prescribed medications, such as stomach or acid suppression medications, etc.) Yes / No

If yes, please elaborate: _____

Have you been hospitalised in the past 6 weeks for any reason? Yes / No

Have you been treated with chemotherapy or radiotherapy within the last 12 months? Yes / No

Are you allergic to anything?

(e.g. eggs, drugs, bee stings, bandaids, latex, severe reaction following any vaccine) Yes / No

If yes, please elaborate: _____

Have you ever felt faint or fainted after an injection or a blood test? Yes / No

Have you ever been diagnosed with Guillain-Barre syndrome? Yes / No

Women only

Are you pregnant or planning to become so within 3 months of your return Yes / No

Are you breastfeeding? Yes / No

Are you taking any birth control pills, using a birth control patch, ring or shot/injection? Yes / No

TRAVEL DETAILS

Do you have any particular health concerns regarding this trip? Yes / No

If yes, please elaborate: _____

Have you been vaccinated with any vaccine in the last three months? Yes / No

What is the main purpose of your trip? Holiday: _____ Business: _____ Visit friends/family: _____ Other: _____

Date departing Australia: ____/____/____ Date returning to Australia: ____/____/____

Are you travelling with children? Yes / No

PLEASE LIST IN CHRONOLOGICAL ORDER THE COUNTRIES YOU INTEND VISITING

Destination (Country)	Date of Arrival	Duration (days)	Accommodation/activities
1.			A B C D
2.			A B C D
3.			A B C D
4.			A B C D
5.			A B C D
6.			A B C D
7.			A B C D
8.			A B C D
9.			A B C D
10.			A B C D

A = In transit. Not leaving the airport.

B = Hotel in major city/resort.

C = Budget accommodation in town/city.

D = Trekking and/or rural travel.



VACCINATION DETAILS

Did you miss any of the usual childhood vaccinations?

Yes / No / Unsure

Have you ever had the following vaccinations?

Vaccine	Year	Never	Do not know
Cholera			
Hepatitis A			
Hepatitis B			
Influenza			
Japanese Encephalitis			
Meningococcal meningitis			
Pneumococcal			
Polio			
Rabies			
Tetanus			
Tuberculosis			
Typhoid			
Yellow Fever			
Other			



Consultation:

Travel health guide

GPs ARE BEST PLACED TO ADVISE PATIENTS OF TRAVEL HEALTH NEEDS¹

- GPs are one of the most respected professionals²
- Patients don't always know they require travel health advice¹

Look for clues that patients might be travelling:

- Repeat prescriptions
- Requests for hypnotics or other medications
- Casual remarks

Ask questions to assess their travel health needs:

- Are you planning on travelling in the next 12 months?
- How long do you plan on staying at your destinations?
- What types of activities do you have planned?
- Are your vaccinations up to date?

Key principles of pre-travel healthcare³

Provision of up to date information and advice¹



You need access to routinely updated, reliable travel health information

Personalised recommendations¹



Allow sufficient time for the consultation, possibly over several consults

Patients empowered to take responsibility for safe behaviour¹



- Educate patients on the relevance of risk.
- Provide written information for them to refer to.
- Consider costs associated with recommendations.
- Recommend health insurance and a medical kit appropriate for their destination.

FOLLOW AN EASY 4-STEP PROCESS FOR TRAVEL HEALTH CONSULTATIONS^{3,4}

1. Assess health
2. Analyse itinerary
3. Recommend vaccines and medications for prophylaxis
4. Provide education

1. Assess traveller health³



MEDICAL HISTORY

Consider:

- Age
- Gender
- Allergies
- Medications
- Pre-existing conditions



SPECIAL CONDITIONS

Consider:

- Pregnancy
- Breastfeeding
- Disability
- Immunocompromised
- Young children
- Elderly
- Recent surgery



IMMUNISATION HISTORY

Including routine and travel vaccines



TRAVEL HISTORY

Consider:

- Prior malaria chemoprophylaxis
- Altitude
- Illnesses related to prior travel

CHECK FOR RISK FACTORS FOR TRAVEL-RELATED DISEASE AND ACCESS TO HEALTHCARE WHILE TRAVELLING.

2. Analyse patient travel itinerary³



TIMING OF TRAVEL

Consider:

- Countries and specific regions
- Rural or urban
- Duration of trip
- Season of travel
- Time to departure



SPECIAL ACTIVITIES

Consider:

- Schoolies
- Disaster relief
- High altitude or climbing
- Diving
- Rafting
- Cycling
- Extreme sports
- Medical care



TRAVEL STYLE

- Consider independent or group tours
- General hygiene standards at destination
- Modes of transportation
- Accommodation style



REASON FOR TRAVEL

Consider:

- Tourism
- Business
- Expat
- Visiting friends and relatives (VFR)
- Volunteer
- Missionary or aid work
- Research or education
- Adventure
- Pilgrimage
- Healthcare (medical tourism)

Migrants returning home to visit friends and relatives are at an increased risk of travel-related diseases because they tend to:⁵

- Travel to remote areas
- Have prolonged stays
- Have more contact with local food, animals and poor sanitation
- Be last-minute travellers that do not consider travel health
- Not always have completed childhood vaccinations
- Have waned immunity to conditions they may have caught in childhood (e.g. malaria)
- Have language, cultural and financial barriers that prevent them from seeking pre-travel advice

TAILOR EDUCATION AND STRATEGIES TO THE LIKELIHOOD OF TRAVEL-RELATED DISEASE.

3. Vaccines & medications for prophylaxis and self-treatment³



ROUTINE IMMUNISATIONS

Ensure the patient is up-to-date with all routine vaccinations, including:

- Influenza
- Pneumococcal disease
- dTpa
- MMR + varicella
- Hepatitis B
- Polio
- Zoster



TRAVEL IMMUNISATIONS

The following are available in Australia:

- Hepatitis A
- Hepatitis B
- Typhoid
- Cholera
- Meningococcal disease
- Rabies
- Japanese encephalitis
- Polio
- Yellow fever
- Influenza

For patients travelling to areas where malaria is prevalent, discuss personal protective measures and consider chemoprophylaxis.³

PROVIDE PATIENTS WITH A VACCINATION RECORD, PARTICULARLY AS SOME DESTINATIONS REQUIRE PROOF OF IMMUNISATION BEFORE ENTRY.

Some countries require evidence of vaccination

Many countries will deny entry if travellers have visited a **yellow fever** risk country in the past 6 days and do not have a record of immunisation by an approved yellow fever vaccination clinic.⁶ Australia requires this record.

Ministry of Health Saudi Arabia require evidence of quadrivalent **meningococcal** vaccination for entry during Hajj/Umrah.⁷

A small number of other countries may also require documentation of polio vaccination.⁸



Remind patients of the risk of other vector-borne diseases including:⁹

- Dengue fever
- Chikungunya
- Japanese encephalitis (vaccine-preventable)
- Tick-borne disease
- Yellow fever (vaccine-preventable)
- Zika virus
- Leishmaniasis



Encourage patients to take a first aid kit stocked with treatments they can self-administer like:³

- Diarrhoea
- Pain/fever
- Jet lag
- Motion sickness
- Respiratory conditions
- Skin conditions
- Urinary tract/vaginal yeast infections
- Altitude sickness

REMINDE PATIENTS TO CHECK ON THE LEGALITY OF ANY OVER-THE-COUNTER OR PRESCRIPTION MEDICATIONS THEY PLAN TO TAKE TO THE DESTINATIONS THEY ARE TRANSITING AND TRAVELLING TO.

4. Provide education³

VACCINATIONS



VECTOR-BORNE DISEASES



FOOD & WATER PRECAUTIONS

- Good hygiene and practices to avoid traveller's diarrhoea and other food/waterborne diseases
- Appropriate use of prescribed antibiotics
- Gastro kit medications

SEXUAL HEALTH

- Safe sex
- ARV in areas with high endemicity of HIV

ALTITUDE SICKNESS



ENVIRONMENTAL HAZARDS

- Animal bites
- Respiratory illness (e.g. Avian influenza)
- Heat/sun exposure
- Fitness to fly (e.g. jet lag/DVT)
- Motion sickness
- Parasitic infections

PERSONAL SAFETY

- Travel insurance
- Traffic accidents
- Water safety
- Substance abuse
- Robbery
- Scams

BLOODBORNE PATHOGENS

- Medical / dental procedures
- Piercings / tattoos

CONSULT REGULARLY UPDATED AND CREDIBLE SOURCES OF TRAVEL INFORMATION TO GUIDE RISK ASSESSMENT AND PATIENT EDUCATION. EXAMPLES INCLUDE:

Websites

- VaxiPlace
- CDC Yellow Book
- WHO
- AIH
- ISTM
- Smartraveller

Conferences

- ISTM
- APTHC
- Southern Cross Travel Medicine

AIH: Australian Immunisation Handbook; APTHC: Asia Pacific Travel Health Conference; ARV: antiretroviral therapy; CDC: Centers for Disease Control and Prevention; DVT: deep vein thrombosis; HIV: human immunodeficiency virus; ISTM: International Society of Travel Medicine; WHO: World Health Organization.

Summary

- Healthcare professionals, particularly GPs, are ideally placed to provide travel health management^{1,2}
- Taking the time to understand the nature of the travel and the underlying risk of the patient will help you to provide the most relevant risk assessment and advice
- Implementing a 4-step process creates an easy routine to integrate travel health consultations in your practice
- Regularly consult guidelines and travel health websites to ensure you are guided by the most up to date travel health advice

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3. Centers for Disease Control and Prevention. Chapter 2: The pretravel consultation. Available from: <https://wwwnc.cdc.gov/travel/yellowbook/2020/preparing-international-travelers/the-pretravel-consultation> (accessed May 2020).
4. Freedman DO et al. New Engl J Med 2016;374:247–60.
5. Mangalore RP et al. Internal Medicine J 2018;48:759–62.
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