Name

DOB

For us to get the best idea of what you need to travel, please complete the questions below.

Please allow 6 weeks notice if possible, in case certain vaccines or vaccine courses are required.

Date of departure:

Destination: please list all countries/cities you plan to visit and the length of time to be spent in each

Duration of time away:

Will you be travelling to remote/rural areas?

Accommodation types: e.g. Hotels, hostels, camping

Will you be drinking local water?:

Planned activities: adventure/leisure/safari/healthcare or animal work

Past vaccines (if known):

Are you currently pregnant or planning pregnancy in the near future?

Allergies:

Regular Medication:

Anti-malarial preference if needed (please read separate sheet):

Please provide any further information you think could be relevant to your trip.

Include any questions for your practice nurse or GP.

Antimalarial Medications

If you are travelling to an area with a high risk of malaria it would be advised that you

take anti-malarial medication alongside the usual precautions to prevent getting bitten.

The most commonly used medications are listed below. Please read and decide preference

if it is likely you will need anti-malarial medication.

Doxycycline:

This is an antibiotic used in the treatment of many different infections and also sometimes

used for long periods in acne treatment

Started: 1 or 2 days prior to travel

One tablet is taken every day during travel.

One tablet daily is continued for 1 month after return from travel.

Main Side Effects:

* increased sensitivity to the sun and therefore can lead to sunburn
* heartburn and acid reflux in some people

Cost: subsidised therefore $5 per prescription.

Malarone:

This is a newer medication used specifically for malarial protection. It is generally

licensed for travel up to 28 days.

Started: 1 or 2 days prior to travel

One tablet is taken every day during travel.

One tablet daily is continue for 7 days after return from travel.

Main Side Effects:

 - minimal side effects have been reported.

Cost: Not subsidised - $10 per tablet

It is extremely important to take your anti-malarial tablets regularly as prescribed in order

to prevent the possibility of malaria. It is also important to continue to take them for the

prescribed time following return from travel to cover the incubation period of malaria.

Bite avoidance:

Bite avoidance should be practised all day.

The higher risk times are usually around sunset.

Cover up - wear long sleeved light tops and long trousers.

Use insect repellants, ideally containing DEET in certain areas.

Use a mosquito net impregnated with insecticide if sleeping in an onscreen room or sleeping outdoors.

NURSE PLAN

Travel Vaccines needed:

**Vaccines Cost**

* Tetanus/Diphtheria
* Hepatitis B
* Hepatitis A
* Typhoid
* Cholera
* Rabies
* Yellow fever

Nurse consult fee: $20

Malaria risk:

Anti-malarial required? Yes/No

Options:

Length of time in malaria zone:

Patient preference:

Plan discussed and reviewed by doctor

GP:

Signed:

Foreign Travel Protocol

1. Patient requests travel vaccines/medications - ideally 6 weeks prior to travel if possible.

2. Given travel questionnaire & sheet on anti-malarials, or downloads from Huapai Family

 Medical website.

3. Hands in questionnaire which is then reviewed by nursing team.

4. Locations checked [fitfortravel.nhs.uk](http://fitfortravel.nhs.uk) or wwwnc.cdc.gov/travel/

5. Checks which vaccines are outstanding and ticks which vaccines are needed and which ones could be considered depending on itinerary and planned activities.

Malaria risk zones identified and amount of planned time to be spent in malaria to be clearly documented.

6. Plan discussed with GP and form signed to verify.

7. Vaccines arranged with nursing team & script done by GP for anti malarial medication if needed via task or prepping on the day.