**TRAVEL RISK ASSESSMENT FORM** – to be completed by traveller prior to appointment.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Name: | | Date of birth | | | | | |
| Male □ Female □ | | | | | |
| E mail: | | Telephone number:  Mobile number: | | | | | |
| **PLEASE SUPPLY INFORMATION ABOUT YOUR TRIP IN THE SECTIONS BELOW** | | | | | | | |
| Date of departure: | | Total length of trip: | | | | | |
| **COUNTRY TO BE VISITED** | **EXACT LOCATION OR REGION** | | | | **CITY OR RURAL** | | **LENGTH OF STAY** |
| 1. |  | | | |  | |  |
| 2. |  | | | |  | |  |
| 3. |  | | | |  | |  |
| Will you have access to safe, clean water?  Will you be staying in close contact with the local population or in small villages?  How far away is medical help? Less than 24 hrs / More than 24hrs (please circle)  Have you taken out travel insurance for this trip?  Do you plan to travel abroad again in the future?  Have you received and read the attached “Travel Advice Leaflet”?  \*\* **If you are travelling to multiple areas please supply your itinerary\*\*** | | | | | | | |
| 1. **PURPOSE OF TRIP 2. TYPE OF TRAVEL** | | | | | | | |
| □ Holiday □ Staying in hotel □ Backpacking  □ Business trip □ Cruise ship trip □ Camping/hostels  □ Expatriate □ Safari □ Adventure  □ Volunteer work □ Pilgrimage □ Diving  □ Healthcare worker □ Medical tourism □ Visiting friends/family | | | | | | | |
| **PLEASE SUPPLY DETAILS OF YOUR PERSONAL MEDICAL HISTORY** | | | | | | | |
|  | | | **YES** | **NO** | | **DETAILS** | |
| Are you fit and well | | |  |  | |  | |
| Are you currently under the care of a consultant | | |  |  | |  | |
| Any allergies including food, latex, medication | | |  |  | |  | |
| Severe reaction to a vaccine before | | |  |  | |  | |
| Tendency to faint with injections | | |  |  | |  | |
| Any surgical operations in the past, including e.g. your  spleen or thymus gland removed | | |  |  | |  | |
| Recent chemotherapy/radiotherapy/organ transplant | | |  |  | |  | |
| Anaemia | | |  |  | |  | |
| Bleeding /clotting disorders (including history of DVT) | | |  |  | |  | |
| Heart disease (e.g. angina, high blood pressure) | | |  |  | |  | |
| Diabetes | | |  |  | |  | |
| Disability | | |  |  | |  | |
| Epilepsy/seizures | | |  |  | |  | |
| Gastrointestinal (stomach) complaints | | |  |  | |  | |
| Liver and or kidney problems | | |  |  | |  | |
| HIV/AIDS | | |  |  | |  | |

|  |  |  |  |
| --- | --- | --- | --- |
| Immune system condition | **YES** | **NO** | **DETAILS** |
| Mental health issues (including anxiety, depression) |  |  |  |
| Neurological (nervous system) illness |  |  |  |
| Respiratory (lung) disease |  |  |  |
| Rheumatology (joint) conditions |  |  |  |
| Spleen problems |  |  |  |
| Any other conditions? |  |  |  |
| **Women only** | | | |
| Are you pregnant? |  |  |  |
| Are you breast feeding? |  |  |  |
| Are you planning pregnancy while away/soon after future FUTURE |  |  |  |
| Have you undergone FGM / been cut / circumcised |  |  |  |

**Are you currently taking any over the counter medication**

Any additional information

SIGNATURE…………………………………………………………………………………………………………………..

DATE…………………………………………………………………………………………………………………………….

Nurse Completion only

Outcome

SIGNATURE…………………………………………………………………………………………………………………..

DATE…………………………………………………………………………………………………………………………….

FOREST HOUSE MEDICAL CENTRE AND WARREN LANE SURGERY

IMPORTANT TRAVEL INFORMATION

**PATIENT REQUEST FOR FOREIGN TRAVEL ADVICE AND VACCINATIONS**

**PRE-TRAVEL RISK FORM AVAILABLE FROM RECEPTION**

**Pre-Travel Risk Assessment form**

* **PLEASE NOTE: You will not be seen without having first submitted a completed pre-travel   
  risk assessment form.**
* An individual form to be completed by each traveller.
* To help us offer the appropriate advice, please complete the pre-travel risk assessment form with   
  as much information as possible, particularly if you have a complex itinerary.
* Please hand in your completed form to Reception at least **10 weeks prior to travel**.
* **FAILURE TO FULLY COMPLETE YOUR FORM, MAY LEAD TO A DELAY WITH YOUR APPOINTMENT.**

**Travel Health Advice Leaflet**

* This information will help **YOU** to stay healthy during your trip. Often by following some very   
  simple advice you can reduce risks and enjoy your holiday. **Please read it prior to your appointment.**
* It is **IMPORTANT** that you read this prior to your appointment AND NOT HAND IT IN WITH YOUR COMPLETED PRE-TRAVEL RISK FORM.

FOREST HOUSE MEDICAL CENTRE DOES NOT PROVIDE PRIVATE TRAVEL SERVICES, WE ONLY OFFER TRAVEL ADVICE AND VACCINATIONS AVAILABLE ON THE NHS.

All other private travel vaccines are available from private travel clinics where you will need to make  
enquiries. Please see information sheet overleaf.

WE MAY NOT HAVE LAST MINUTE TRAVEL VACCINATION APPOINTMENTS, SO PLEASE **REMEMBER** TO   
PLAN AHEAD, PARTICULARY IF YOU HAVE A COMPLEX ITINERARY.

**Private Travel Clinic Options in Leicester**

**Travel doc**

108 Regent Road

Leicester

LE1 7LT

T: 0116 2541282

**Boots store**

Fosse Shopping Park/Highcross Leicester

0116 2892382

**City Doc**

#### Leicester (Hinckley) Clinic Leicester (Evington Road) Clinic

Southfield Road, 132 Evington Road,  
Hinckley, Leicester  
LE10 1UA LE2 1HL

Telephone – 03330069976

Website - <https://www.citydoc.org.uk/travel-services/travel-clinics/leicester/>

**Yellow Fever Centres**

Any of the above private clinics.

**MALARONE MALARIA TABLETS** can be obtained in some circumstances from the Pharmacy at ASDA or BOOTS without the need for prescription. Place call the store first to see if you are able to access this service.

**IMPORTANT NOTE: The above is only a guide and we cannot be held responsible for any changes in the services provided by these travel clinics. All enquiries should be made directly by you to the travel clinic of your choice.**

**FOREST HOUSE MEDICAL CENTRE AND WARREN LANE**

**IMPORTANT TRAVEL INFORMATION**

**TO BE RETAINED BY THE TRAVELLER**

The following information will help you to stay healthy on your trip.

Please make sure you read it before your appointment with us.



**WATER**

Diseases can be caught from drinking contaminated water, or swimming in it.

Unless you know the water supply is safe where you are staying,

ONLY USE (in order of preference)

1. Boiled water

2. Bottled water or canned drinks

3. Water treated by a sterilising agent.

This includes water used to make ice cubes in drinks and water for cleaning your teeth

**SWIMMING**

It is safer to swim in water that is well chlorinated. If you are travelling to Africa, South America or some parts of the Caribbean, avoid swimming in fresh water lakes and streams. You can catch a parasitic disease called schistosomiasis from such places. This disease is also known as Bilharzia. It is also wise never to go barefoot, but to wear protective footwear when out, even on the beach. Other diseases can be caught from sand and soil, particularly wet soil.

**FOOD**

Contaminated food is the commonest source of many diseases abroad. You can help prevent illness by following these guidelines for advice on consuming food and beverages:

|  |  |  |  |
| --- | --- | --- | --- |
| **Category** | **SAFE** | **PROBABLY SAFE** | **UNSAFE** |
| **Beverages** | * Carbonated soft drinks * Carbonated water * Boiled water * Purified water (iodine or chlorine) | * Fresh citrus juices * Bottled water * Packaged (machine -made ice) | * Tap water * Chipped ice * Unpasteurized milk |
| **Food** | * Hot thoroughly grilled, boiled * Processed and packaged * Cooked vegetables and peeled\* fruits | * Dry items * Hyperosmolar items (such as jam and syrup) * Washed vegetables and fruit | * Salads * Sauces and ‘salsa’ * Uncooked seafood * Raw or poorly cooked meats * Unpeeled\* fruits * Unpasteurized dairy products * Cold desserts |
| **Setting** | Recommended restaurants | Local homes | Street vendors |
| **Reference**: Ericsson CD. Prevention of Travelers Diarrhea in: Keystone J, Freedman D, Kozarsky P, Connor B and Nothdurft H. Eds. Travel Medicine 3rd Edition. Saunders, an imprint of Elsevier Inc; 2013. p. 191 -196 | | | |

\***Peeled** fruits for example bananas: **Unpeeled** fruits for example, raspberries, strawberries.

Another source of calories is alcohol! If you drink to excess, alcohol could lead you to become carefree and ignore these precautions.

**PERSONAL HYGIENE**

Many diseases are transmitted by what is known as the ‘faecal-oral’ route. To help prevent this, always wash your hands with soap and clean water after going to the toilet, before eating and before handling food. Using hand gel is another sensible option.

**TRAVELLERS’ DIARRHOEA**

This the **most common illness** that you will be exposed to abroad and there is

**NO vaccine against it.**  Diarrhoea is caused by eating and/or drinking food

and water contaminated by bacteria, viruses or parasites. Risk of illness is higher in some countries than others.

**High risk areas** include North Africa, sub-Saharan Africa, the Indian Subcontinent, S.E. Asia, South America, Mexico and the Middle East.

**Medium risk areas** include the northern Mediterranean, Canary Islands and the Caribbean Islands.

**Low risk areas** include North America, Western Europe and Australia

You can certainly help **prevent** travellers’ diarrhoea in the way you **behave** - make sure you follow the food, water and personal hygiene guidelines already given.

**What is travellers’ diarrhoea?**

Travellers’ diarrhoea is 3 or more loose stools in a 24 hour period often accompanied by stomach pain, cramps and vomiting. It usually lasts 2-4 days and whilst it is not a life threatening illness, it can disrupt your trip for several days. The main danger of the illness is **dehydration**, and this, if very severe, can kill if it is not treated. **Treatment** is therefore **rehydration**. In severe cases and particularly in young children and the elderly, commercially prepared rehydration solution is extremely useful.

**Travel well prepared**

A good tip is to take oral rehydration solutions with you. These can be bought over the counter in a chemist shop, available in tablet or sachet form — for example:

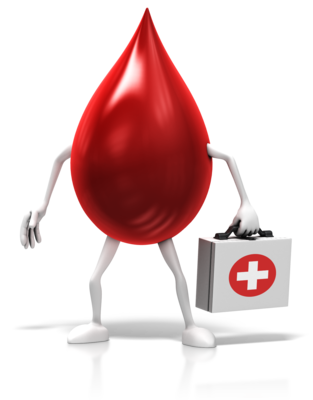
**DIORALYTE or ELECTROLADE or DIORALYTE RELIEF.** (The latter is a formula containing rice powder which also helps to relieve the diarrhoea, particularly useful in children). Prepare according to instructions. Take care regarding their use in very small children and seek medical advice where necessary.

**Anti-diarrhoeal tablets** can be used for adults but should NEVER be USED in children under 4 years of age, and only on prescription for children aged 4 to 12 years. Commonly used tablets are loperamide and bismuth subsalicylate - ask you pharmacist for advice about them.

**None of these tablets should ever be used if the person has a temperature or blood in the stool.**

**Do contact medical help if the affected person has:-**

* A temperature
* Blood in the diarrhoea
* Diarrhoea for more than 48 hours (or 24 hours in children)
* Becomes confused

In some circumstances, antibiotics are used as a standby treatment for travellers’ diarrhoea. Such medication is not usually available on the NHS in anticipation of you being ill when away and needs to be prescribed. A woman taking the oral contraceptive pill may not have full contraceptive protection if she has had diarrhoea and vomiting. Extra precautions must be used - refer to your ‘pill’ information leaflet. If using condoms, take a supply of good quality ones with you which are CE approved.

**HEPATITIS B and HIV INFECTION - these diseases can be transmitted by**

* Blood transfusion
* Medical procedures with non-sterile equipment
* Sharing of needles (e.g. tattooing, body piercing, acupuncture and drug abuse)
* Sexual contact — Sexually transmitted infections or STIs are also transmitted this way

**Ways to protect yourself**

* Only accept a blood transfusion when essential
* If travelling to a resource poor country, take a sterile medical kit
* Avoid procedures e.g. ear and body piercing, tattooing & acupuncture
* Avoid casual sex, especially without using condoms

**Remember!** Excessive alcohol can make you carefree and lead you to take risks you otherwise would not consider.

**INSECT BITES**

Mosquitoes, certain types of flies, ticks and bugs can cause many different diseases. e.g. malaria, dengue fever, yellow fever. Some bite at night, but some during daytime so protection is needed at all times.

A picture containing text

Description automatically generated**Avoid being bitten by:**

* Covering up skin as much as possible if going out at night, (mosquitoes that transmit malaria bite from dusk until dawn). Wear loose fitting clothes, long sleeves, trousers or long skirts.
* Use insect repellents on exposed skin. (DEET containing products are the most effective. A content of up to 50% DEET is recommended for tropical destinations). Clothes can be sprayed with repellents too or clothing specific sprays .g. permethrin. Check suitability for children on the individual products. If using sunscreen always apply first, followed by an insect repellent spray on top.
* If room is not air conditioned, but is screened, close shutters early evening and spray room with knockdown insecticide spray. In malarious regions, if camping, or sleeping in unprotected accommodation, always sleep under a mosquito net (impregnated with permethrin). Avoid camping near areas of stagnant water, these are common breeding areas for mosquitoes etc.
* Electric insecticide vaporisers are very effective as long as there are no power failures!
* There is **no scientific evidence** that electric buzzers, savoury yeast extract, tea tree oil, bath oils, garlic and vitamin B are effective.
* Homeopathic and herbal medications should NEVER be used as an alternative to conventional measures for malaria prevention.

**MALARIA**

Malaria is a disease spread by mosquitoes, there is no vaccine yet available. If you are travelling to a malarious country, the travel adviser will have given you a separate leaflet with more details, please read it. Remember malaria is a serious and sometimes fatal disease. If you develop flu like symptoms, including fever, sweats, chills, feeling unwell, headaches, muscle pains, cough, diarrhoea – then seek medical help immediately for advice and say you’ve been abroad. This is VITAL, don’t delay.

Remember the ABCD of malaria prevention advice:

**A**wareness of the risk

**B**ite prevention

**C**hemoprophylaxis (taking the correct tablets)

**D**iagnosis (knowing the symptoms and acting quickly)

**ANIMAL BITES**

Rabies is present in many parts of the world. If a person develops rabies, death is 100% certain.

**THERE ARE 3 RULES REGARDING RABIES**

1. Do not touch any animal, even dogs and cats
2. If you are licked on broken skin, scratched or bitten by an animal in a country which has rabies, wash the wound thoroughly with soap and running water for 10 - 15 minutes, then apply an antiseptic solution if possible e.g. iodine or alcohol. Such precautions also apply if you are licked by the animal with their saliva coming into contact with your eyes or inside your mouth
3. Seek medical advice **IMMEDIATELY**, even if you have been previously immunised, **this is absolutely essential**

**ACCIDENTS**

Major leading causes of death in travellers abroad are due to **accidents**, predominantly road traffic accidents and swimming/water accidents. You can help prevent them by following sensible precautions



**PRECAUTIONARY GUIDELINES**

* Avoid alcohol and food before swimming
* Never dive into water where the depth is uncertain
* Only swim in safe water, check currents, sharks, jellyfish etc.
* Avoid alcohol when driving, especially at night
* Avoid hiring motorcycles and mopeds
* If hiring a car, rent a large one if possible, ensure the tyres, brakes and seat belts are in good condition
* Use reliable taxi firms, know where emergency facilities are

**PERSONAL SAFETY AND SECURITY**

The Foreign and Commonwealth Office (FCO) provide excellent information about this. They have information for many different types of travel and also advise on travel to specific destinations in times of political unrest and natural disasters. Please go to their website for more information at <https://www.gov.uk/government/organisations/foreign-commonwealth-office>

**INSURANCE COVER**

* Take out adequate insurance cover for your trip. This should possibly include medical repatriation as without it, this service is extremely expensive if needed.
* If you have any pre existing medical conditions, make sure you inform the insurance

company of these details and check the small print of the policy thoroughly.

* If you travel to a European Union country, make sure you have obtained an EHIC card before you travel which takes some time to obtain. Further information about the EHIC is found at <http://www.nhs.uk/NHSEngland/Healthcareabroad/EHIC/Pages/Applyingandrenewing.aspx>
* Please note, additional travel insurance is still advised even if you have an EHIC card.

**AIR TRAVEL**

It is sensible on any long haul flight to be comfortable in your seat. Exercise your legs, feet and toes while

sitting every half an hour or so and take short walks whenever feasible. Upper body and breathing

exercises can further improve circulation. Drink plenty of water and be sensible about alcohol intake

which in excess leads to dehydration. Further information can be obtained from the websites detailed at

the end of this leaflet with more specific advice and information on travel-related deep vein thrombosis.

**SUN AND HEAT**

Sunburn and heat-stroke cause serious problems in travellers but in the long term can be a serious cause of skin cancer. There is no such thing as a safe suntan, but the following advice should be taken:

Diagram

Description automatically generated with low confidence

PRECAUTIONARY GUIDELINES

* Increase sun exposure gradually, with a 20 minute limit initially.
* Use sun blocks which contain both UVA and UVB protection and sufficient sun protection factor (SPF) and a minimum of SPF 15. Children under 3 years should have a minimum of SPF 25 and babies under 6 months should be kept out of the sun at all times. Reapply often and always after swimming and washing. Read manufacturer instructions
* Always apply sunscreen first followed by an insect repellent spray on top
* Wear protective clothing – sunhats, T shirts and sunglasses etc.
* Avoid going out between 11am - 3pm, when the sun’s rays are strongest
* Take special care of children and those with pale skin/red hair
* Drink extra fluids in a hot climate – be aware alcohol can make you dehydrated

**Here are some examples of interesting website addresses for more information:**

|  |  |
| --- | --- |
| **Name/description** | **Web address** |
| * **Easy to access resources in one place from Jane Chiodini** (author of this leaflet) | [www.janechiodini.co.uk/news/help/tar](http://www.janechiodini.co.uk/news/help/tar) |
| * **Fit for Travel** - Scottish NHS public travel site for general advice on all aspects of travel and country specific information, including malaria maps | [www.fitfortravel.nhs.uk](http://www.fitfortravel.nhs.uk) |
| * **NaTHNaC** - National Travel Health Network and Centre England based, with similar information to above | <http://travelhealthpro.org.uk/> |
| * **NHS Choices** – look at travel health in the ‘A-Z’ section and also travel health in the ‘Live Well’ section (these are both different). Excellent general website also. | [www.nhs.uk](http://www.nhs.uk) |
| * **FCO** - Foreign & Commonwealth Office, especially useful for safety and security and specific pages for types of travellers, e.g. gap year, responsible tourism. Also look at ‘Our Publications’ | www.gov.uk/government/  organisations/foreign-commonwealth-office |
| * **Sunsmart** - is the Cancer research website providing information about skin cancer and sun protection advice | [www.sunsmart.org.uk](http://www.sunsmart.org.uk) |
| * **Travel health products** to take away with you – these are just a small selection of many resources available. Please note the Village Medical Centre is not endorsing such items, merely providing information. | [www.lifesystems.co.uk](http://www.lifesystems.co.uk)  [www.nomadtravel.co.uk](http://www.nomadtravel.co.uk)  [www.safariquip.co.uk](http://www.safariquip.co.uk)  [www.travelpharm.com](http://www.travelpharm.com) |
| * **Medex** – Useful advice booklet on ‘travelling at high altitude’ | [www.medex.org.uk](http://www.medex.org.uk) |
| * **Medic Alert®** - life-saving identification system for individuals with hidden medical conditions and allergies | [www.medicalert.org.uk](http://www.medicalert.org.uk) |
| * **Kids Travel Doc™** - a paediatrician’s guide to travel and outdoor recreational activities | [www.kidstraveldoc.com](http://www.kidstraveldoc.com) |
| * **Diabetes UK** – information specific for those with diabetes who wish to travel – go to ‘Guide to diabetes’ then to the ‘living with diabetes’ section then go to ‘travel’ | [www.diabetes.org.uk](http://www.diabetes.org.uk) |
| * **Global travel clinic locator** from the International Society of Travel Medicine | [www.istm.org](http://www.istm.org) |
| * **IAMAT** – International Association for Medical Assistance to Travellers (IAMAT) | [www.iamat.org/doctors\_clinics.cfm](http://www.iamat.org/doctors_clinics.cfm) |
| * **Google translate** – Free online translation service | <http://translate.google.com> |

**Have a good, but safe and healthy trip!**