Hospital for Tropical Diseases: Travel Health
FAQs, Practical Tips and Tricky cases

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Practical tips

A number of useful resources for the consultation:

1. Check you have access to up to date information:
   - NaTHNaC
   - Travax (subscription)
Protecting the Health of British Travellers

The National Travel Health Network and Centre (NaTHNaC) promotes standards in travel medicine, providing travel health information for health professionals and the public.

NaTHNaC is commissioned by Public Health England.

Health Professionals enter

Travellers enter

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Health Professionals

Topical Updates
- Polio: WHO Declares Public Health Event of International Concern
- Ebola Virus Disease
- Ongoing outbreaks
- Hajj and Umrah 2014
- Natural disasters

Recent Clinical Updates
Regular reports on outbreaks of disease, vaccine supply issues, and recommended changes in advice and practice. The most recent Clinical Updates are listed below.

4 September 2014
Ebola virus disease: West Africa - update

1 September 2014
Locally acquired dengue fever: Japan (Tokyo)

1 September 2014
Locally acquired dengue fever in France

29 August 2014
Ebola virus disease: Democratic Republic of Congo

News and Announcements
18 July 2014
British Behaviour Abroad

8 July 2014

Connect with NaTHNaC

Country Information
Travel health information for each country of the world

Outbreak Surveillance
Search for recent disease outbreaks

Advice Line for Health Professionals
Country Information

Locate Country

» World Map
  • North & Central America
  • South America & Antarctica
  • Europe
  • North Africa & Middle East
  • Africa
  • Asia & Oceania

» Alphabetical list of countries
  A | B | C | D | E | F | G | H | I | J | K | L | M | N | O | P | Q | R | S | T | U | V | W | X | Y | Z

Guidance

Making the most of this resource

Rationale for risk assessment and risk management

Outbreak Surveillance

Search for recent disease outbreaks

World Map

Country

Please select a country

Go

The maps provided on these web pages are designed for navigation only and should not be considered an authority on the delimitation of boundaries, the spelling of place names or the geographical locations of countries and state entities. For the purpose of these web pages the term “country” covers countries, territories and areas. Areas within a country may be shown separately where it is felt necessary in order to provide travel health information.
Country Information

Locate Country

- World Map
- North & Central America
- South America & Antarctica
- Europe
- North Africa & Middle East
- Africa
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- Alphabetical list of countries
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Guidance

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Cambodia

Welcome to the NaTHNaC Country Information page.
The information on this page should be used as part of a comprehensive
pre-travel health consultation. Ideally this should be scheduled at least six
weeks prior to travel. All travellers should have adequate travel health
insurance.

Contents

On this page:
- Recent Clinical Updates
- General Health Risks
- Vaccine Preventable Risks
- Non-Vaccine Preventable Risks

Country Specific Links:
- NaTHNaC Outbreak Surveillance
- Foreign and Commonwealth Office
  (including information on security, safety and natural disasters)

View Disclaimer

Recent Clinical Updates

Clinical Updates | General Risks | Vaccine Preventable Risks | Non-Vaccine Preventable Risks

Clinical Updates provide information which may result in a change in travel health advice or practice.

Recent Clinical Updates for this country are listed below.

Back to Top
• Recently updated
• Very helpful information on special risk groups such as pregnant women, children, asplenic travellers.
Useful resources

Online versions for up to date info – see handout
## Appendix 2: Sample travel risk assessment and travel risk management forms

### Travel risk assessment (form A) – to be completed by traveller prior to appointment.

<table>
<thead>
<tr>
<th>Name:</th>
<th>Date of birth</th>
</tr>
</thead>
<tbody>
<tr>
<td>Address:</td>
<td>Male / Female</td>
</tr>
<tr>
<td>Email:</td>
<td>Mobile number:</td>
</tr>
</tbody>
</table>

**Please supply information about your trip in the sections below**

- **Date of departure:**
- **Total length of trip:**

<table>
<thead>
<tr>
<th>Country to be visited</th>
<th>Exact location or region</th>
<th>City or rural</th>
<th>Length of stay</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
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<td>3.</td>
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</tr>
</tbody>
</table>

- **Have you taken out travel insurance for this trip?**
- **Do you plan to travel abroad again in the future?**

**Type of travel and purpose of trip – please tick all that apply**

- Holiday
- Business trip
- Expatriate
- Volunteer work
- Healthcare worker
- Staying in hotel
- Cruise ship trip
- Safari
- Pilgrimage
- Medical tourism
- Backpacking
- Camping/hostels
- Adventure
- Diving
- Visiting friends/family

**Please supply details of previous and medical history:**
FAQs and tricky cases

- Young children
- Elderly travellers
- Travellers visiting friends and relatives (VFR)
- Pregnant / Breastfeeding women
- Hajj pilgrims
- Multi destinations
- Last minute travellers - is it ever too late ??
Infants

• It is 4.30pm on a Friday, you have been asked to fit in an extra patient:
• An 8 week old baby is going to Kumasi, Ghana tomorrow for 3 weeks (VFR)
What can we do to help protect the child?

- Malaria options?
From UK Malaria guidelines

Remember ABCD malaria prevention guide
Travel vaccines for an 8 week old going tomorrow?
What other travel health advice can we give for this infant?
Pregnant travellers

A 29 year old pregnant lady (11 weeks) has booked a trip to visit friends and family in Gambia in 4 weeks time. She plans to stay for 4 weeks.

She has lived in London for 10 years.

• What would your malaria advice be?
• A) Explain the risks and recommend that the trip is put on hold.

• B) Atovaquone/Proguanil

• C) Doxycycline

• D) Mefloquine

• E) Chloroquine and proguanil with a folic acid supplement 5mgs daily
Could she have the yellow fever vaccine?  
No records of previous vaccination

Ghana: a yellow fever vaccination certificate is required for travellers over 9 months of age arriving from countries with risk of yellow fever transmission and for travellers having transited more than 12 hours through the airport of a country with risk of yellow fever transmission.
Scenarios - Pregnancy

• Other advice?

Tips: See health information sheet on pregnancy and travel on the NaTHNaC website
Breastfeeding travellers

- Family going to Pattoki near Lahore, Pakistan for 2 months, in 2 weeks.

- Mother is breastfeeding a 6 month old baby

- Current UK malaria guidelines indicate this is a malaria risk area and Proguanil and Chloroquine (P+C) are recommended.

- Can she use P+C?
Breastfeeding travellers

Medical records show no records of travel vaccines:

• Can this lady have inactivated vaccines?

• Can she have live vaccines?
Hajj

• 75 year old man is attending for a meningitis ACWY vaccine for the Hajj
Ministry of Health KSA, 8 Aug 2014:

• In response to international outbreaks of disease, the MoH recommends that elderly people, pregnant women, children, and those with chronic diseases postpone the performance of the Hajj and Umrah rituals for this year for their own safety.
Other advice for the Hajj?

See health information sheet on Hajj and Umrah 2014 on the NaTHNaC website
Other advice for the Hajj?

• Along with standard vaccines consider seasonal flu and hepatitis B
• Accidents / injuries / animal bites
• Heat/cold
• Insurance
• Food/water and insect bites
Multi destinations

A traveller is going to:

• **Rural areas in Sumatra, Indonesia** – 2 weeks (recommended antimalarials P+C)
• **Thailand beaches** 1 week (none)
• **Vietnam risk areas** 2 weeks (doxy, atovaquone/proguanil)

What would you recommend?
Vaccine planning

• Lady had BCG vaccine last week in her left arm, she needs a range of vaccines for travel to the Amazon in Brazil in 4 weeks.

• What do we need to think about when planning the vaccines?
Revised recommendations for the administration of more than one live vaccine

Introduction
For many years, Immunisation against Infectious Disease (the Green Book) has contained a recommendation that when two live vaccines are required in the same individual, then the vaccines should either be given on the same day, or separated by an interval of at least four weeks. This was based on early studies with measles and smallpox vaccines,\(^1\) and supported by the theory that interferon production stimulated by the replication of first vaccine prevented replication of the second agent, thus leading to a poor response to the second vaccine.

Following the recent introduction into the routine schedule of two live vaccines not given by a parenteral route (live attenuated nasal influenza vaccine and oral rotavirus vaccine) the evidence to support this general recommendation was reviewed. Based upon the available evidence and on the different immune mechanisms used by the various vaccines, in February 2014 the JCVI\(^2\) agreed that the guidance to either administer the vaccines on the same day or at four week interval period was not...
Last minute traveller

• Journalist going to remote areas in Nigeria in 3 days for 1 month, he has not had vaccines recently but is in date for yellow fever

• He would like hep A, typhoid, diphtheria, tetanus, polio, rabies booster, hep B booster, cholera, meningitis ACWY

• Can we give all of these today?