

The Green House Surgery Travel Questionnaire

Personal details						
Name:		Date of birth: Male () Female () Please Tick				
Contact telephone number(s):		Consent to contact you by SMS (text) message or email				
E-mail:		Yes () No () Please Tick				
Dates of trip						
Date of departure						
Return date or overall length of trip						
Itinerary and purpose of visit						
Destination (Please state exact location)	Length of stay	Will you be away from medical help at your destination or visiting remote areas?				
1						
2						
Future travel plans						
Please tick as appropriate below to best describe your trip						
1. Type of trip	Business		Pleasure		Other	
2. Holiday type	Package		Self organised		Backpacking	
	Camping		Cruise ship		Trekking	
3. Accommodation	Hotel		Relatives/family home		Other	
4. Travelling	Alone		With family/friend		In a group	
5. Staying in area which is	Urban		Rural		Altitude	
6. Planned activities	Safari		Adventure		Other	
Personal medical history						
Do you have any recent or past medical history of note? (including diabetes, heart or lung conditions)						
List any current or repeat medications						
Do you have any allergies for example to eggs, antibiotics, nuts?						
Have you ever had a serious reaction to a vaccine given to you before?						
Does having an injection make you feel faint?						
Do you or any close family members have epilepsy?						
Do you have any history or mental illness including depression or anxiety?						
Have you recently undergone radiotherapy, chemotherapy or steroid treatment?						
Women Only: Are you pregnant or planning pregnancy or breastfeeding?						
Have you taken out travel insurance and, if you have a medical condition, informed the insurance company						

about this?
Please write below any further information which may be relevant

Vaccination history				
Have you ever had any of the following vaccinations/malaria tablets and if so when?				
Tetanus		Polio		Diphtheria
Typhoid		Hepatitis A		Hepatitis B
Meningitis		Yellow Fever		Influenza
Rabies		Jap B Enceph		Tick Borne
Other				
Malaria Tablets				

For discussion when risk assessment is performed within your appointment:

I have no reason to think that I might be pregnant. I have received information on the risks and benefits of the vaccines recommended and have had the opportunity to ask questions. I consent to the vaccines being given. **(Please note: Some travel vaccinations are not available on the NHS. There is therefore a charge. You will be informed in advance if you require a travel vaccination where a fee applies).**

Signed: _____ Date: _____

FOR OFFICIAL USE				
Patient Name:				
Travel risk assessment performed Yes () No ()				
Travel vaccines recommended for this trip				
Disease protection	Yes	No	Further information	
Hepatitis A				
Hepatitis B				
Typhoid				
Cholera				
Tetanus				
Diphtheria				
Polio				
Meningitis ACWY				
Yellow Fever				
Rabies				
Japanese B Encephalitis				
Other				

Travel advice and leaflets given as per travel protocol				
Food water and personal hygiene advice		Travellers' diarrhoea		Hepatitis B and HIV
Insect bite prevention		Animal bites		Accidents
Insurance		Air travel		Sun and heat protection
Websites	Travel record supplied			
	Other			

Malaria prevention advice and malaria chemoprophylaxis			
Chloroquine and proguanil		Atovaquone + proguanil (Malarone)	
Chloroquine		Mefloquine	
Doxycycline		Malaria advice leaflet given	

Further information

e.g. weight of child

Signed by:

Position:

Date:



General Information for Travellers

The remit of NaTHNaC is 'to protect the health of British travellers'. That is why we strongly encourage travellers to discuss their travel plans with their GP, practice nurse or private travel clinic.

It is during this discussion that hazards specific to your destination can be identified, and advice on avoiding them can be given.

Why do I need to go for pre travel health advice?

A pre travel consultation does not just involve injections. In fact the majority of hazards faced by travellers abroad are not prevented by vaccines. The pre travel consultation will identify these hazards and provide you with the opportunity to discuss how these risks can be reduced. Examples include

- Traveller's diarrhoea
- Food and water hygiene
- Insect bite avoidance
- Traveller's thrombosis (DVT)
- Travel insurance

The benefits of a pre travel consultation are

- Up to date verbal and written advice on a range of travel health issues
- Information about recent disease outbreaks
- Travel health vaccinations, malaria tablets and other medications**

Which travellers should go for a pre travel consultation?

Anyone planning a trip outside of Western Europe, the States, Canada, Australia and New Zealand, should discuss their travel plans with a health professional.

Generally the risk of infectious disease is greater in resource poor countries; however certain advice will be applicable to all travellers regardless of their destination. For example travellers to Mediterranean resorts should still protect themselves against insect bites, the damaging rays of the sun, and avoid risky behaviour.

There are certain travellers in whom a pre travel consultation is particularly important,

these include

- Babies and young children
- The elderly
- Pregnant or breastfeeding women
- Those with pre-existing medical conditions

Travel advice for these individuals should be specifically tailored to their needs.

How long before I travel should I seek advice?

As a general rule, 6-8 weeks prior to travel will give ample time for all necessary vaccines to be completed.

For those planning longer trips into remote areas, courses of vaccines may be recommended which can take several weeks to complete.

It is still worth seeking health advice even at the last minute, as there are some vaccines that can be given at short notice, it is always worth taking malaria tablets for last minute travel, and travellers will benefit from the preventative advice.

What can I expect at the pre travel consultation?

The nurse or doctor will want to make a "risk assessment." This will identify hazards related to your destination and planned activities, and will provide you with individualised advice. In order to make a risk assessment you will be asked, during your first visit, for detailed information regarding you and your trip. For example

- Personal details including age
- Destination
- Departure date
- Length of stay
- Planned activities
- Type of accommodation
- Previous vaccinations received
- Medical history

This process can appear excessive, but is vital in order to tailor the advice to your specific needs.

Following the risk assessment, the nurse or doctor will make recommendations on vaccines and malaria tablets that may be appropriate, as well as offer advice on other potential risks.

Where can I go for travel health advice?

Many GP surgeries operate a travel clinic, usually run by the practice nurse. Try to allow plenty of time to make an appointment, as surgeries are often very busy.

Alternatively, there are many specialist travel clinics around the country; these usually

operate on a private basis.

Unfortunately, NaTHNaC are unable to provide travel advice directly to the public; however advice can be sought from the following telephone advice lines for the public

- Hospital for Tropical Diseases - 09061 337733 (Calls cost 50p per minute; calls from mobiles and some networks may be higher)
- Liverpool School of Tropical Medicine - 0906 701 0095 (Calls cost 50p per minute; calls from mobiles and some networks may be higher)
- Malaria Reference Laboratory - 09065 508908 (Calls are charged at £1 per minute)