

PATIENT TRAVEL QUESTIONNAIRE

GOING ABROAD ON HOLIDAY OR BUSINESS

You may need travel vaccinations depending on the country or countries you intend to visit. To help us advise you, please complete the following questions as accurately and as fully as possible. Please also note the following **important** information:

- Please return the completed questionnaire to us **at least 6 weeks prior to departure.**
- Forms handed in **within 4 weeks of travel will be processed if possible** but forms handed in **within 2 weeks of travel will not be processed**, however a Travel Advice print-out will be offered.
- Please contact the surgery one week after handing in your completed questionnaire when you will be advised if your forms and prescription(s) are ready for collection. Please note that **the practice will not contact you.**
- On collecting your forms and prescriptions you should **make an appointment with the nurse** to have your injections and to receive travel advice.
- You will then need to take any prescription(s) to the chemist and **bring the vaccination(s) with you to your nurse appointment.**

Name:

Address:
.....

Daytime Telephone No:
(please only provide the number where you can be contacted between 10am-5pm)

Date of Birth:

Please list **all** countries you intend to visit **including** brief stopovers and in transit stops:

.....
.....
.....
.....
.....

Departure Date :

Duration of Stay:

Return Date:

Cities/Towns/Resorts/Provinces you intend to visit. **Please be as specific as possible:**

.....
.....
.....
.....

Do you plan any **safaris/jungle exploration/mountain treks or travel in different terrains?**

.....
.....

Does your journey include :

Coastal/Beach areas.....

Inland areas.....

Type of accommodation e.g. Hotel/Lodge/Tent

.....

Have you ever had any of the following vaccinations? If so, when? (please estimate) :

Hepatitis B

Hepatitis A

Typhoid

Tetanus

Polio

Diphtheria

Yellow Fever

Rabies

Meningitis

BCG

<p>Are you allergic to anything?</p> <p>.....</p> <p>.....</p>	<p>Are you on any medications? Please list.</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
<p>Are you or could you be pregnant?</p> <p>.....</p>	
<p>Are you likely to travel abroad again?</p> <p>.....</p>	

DATE..... PATIENT SIGNATURE.....

** FOR NURSE USE ONLY **					
Vaccination	Frequency Due	Date Last Given	Vaccination Due Y/N	Prescription issued Y/N	Date Vaccination Given
Tetanus	10yrs to a total of 5 doses for lifetime cover			Available at surgery	
Diphtheria	10yrs			Available at surgery	
Polio	10yrs			Available at surgery	
Hepatitis A	Booster due in 6-12 months for 25yrs cover				
Typhoid	3yrs				
Rabies	3yrs				
Yellow Fever					
Other vaccinations required					

**** FOR NURSE USE ONLY ****

MALARIA PROPHYLAXIS

***This may vary depending on which countries are visited**

*** It is important to avoid mosquito/insect bites – see enclosed information**

Additional Information

DATE NURSE SIGNATURE.....

Please bring this form with you when attending for vaccinations. Please attend for vaccination at least 2-4 weeks prior to travel if possible for maximum protection. If you require a course of vaccine, then this applies to the last vaccination.

IMPORTANT INFORMATION ABOUT YOUR TRAVEL VACCINATIONS

- Please **phone in 1 week's time** to check if your travel questionnaire has been processed and is ready for collection. **THE PRACTICE WILL NOT CONTACT YOU.**
- When you collect your forms please make an appointment with the Nurse to receive your injections and travel advice.
- Any prescriptions for vaccinations should be taken to the chemist. Vaccines should be collected from the chemist on the day of vaccination and brought along to the appointment with you. **IT IS YOUR RESPONSIBILITY TO COLLECT THE VACCINES.**
- Some vaccination courses require to be given over a period of a few weeks, these types of vaccine are more usually advised if travelling to exotic, unusual or third world countries. **Please allow adequate time prior to travel for these vaccinations to be given** – we suggest a minimum of 6 weeks.

ADVICE FOR TRAVELLERS

1. Ensure food and drinking water are safe. It may be necessary to avoid ice cream, ice cubes, salads, unpeeled fruit, raw vegetables, undercooked or reheated meat and fish.
2. Pay attention to personal hygiene – wash your hands before eating or handling food.
3. If you succumb to vomiting/diarrhoea, stop all solid food intake for 24 hours. Drink bottled or boiled and cooled water in regular small amounts. You may use rehydration sachets which can be bought from the chemist beforehand. Seek medical attention if you have not improved within 48 hours or sooner if you have a fever or are passing blood, or if the patient is a baby.
4. Avoid sunburn by limiting exposure of the skin to sun. This will also reduce the risk of subsequent skin cancers.
5. Avoid heat exhaustion by limiting exertion and taking extra salt and fluids.
6. Take a small first aid kit.
7. If bitten or scratched by an animal, wash the wound immediately, obtain fullest possible details about the animal and seek early medical attention.
8. Avoid HIV and Hepatitis B infection:
 - Avoid casual sexual contact.
 - Use condoms.
 - Avoid medical treatment involving blood transfusion, surgery or injections in some areas. Travel aid kits containing suture material, needles etc can be ordered via most chemists (including those in West Calder).
9. Remember medical insurance. For European countries with a reciprocal health agreement, obtain form E111 from the Department of Social Services – otherwise you will need a medical insurance policy.
10. Consider taking toilet paper and feminine hygiene products.
11. For the majority of healthy air travellers, the risk of a blood clot (deep vein thrombosis or pulmonary embolus) is very small. All passengers should drink plenty of water (not alcohol) and take every opportunity to stretch their legs. Compression stockings ('flight socks'), available at most chemists and airports, may reduce the incidence of blood clots and should be considered for long-haul flights (more than 4 hours). Aspirin is not recommended – there is no evidence of effectiveness and it may cause side-effects.

Those people at risk of blood clots (e.g. patients who have had previous blood clots, patients with cancer or who have had recent major surgery) should be aware of an increased risk on long-haul flights and should seek advice from a doctor.
12. Enjoy your trip!

Keep those mosquitoes at arm's length.

How to help yourself

You can reduce the chance of being bitten by mosquitoes by taking the following precautions:-

- Apply mosquito repellent to exposed skin.
- Wear long sleeves and trousers in the evenings.
- Sleep in rooms with screens on the windows if possible.
- Spray the room before evening with mosquito repellent.
- Sleep under a mosquito net if sleeping in a room without screens. The mosquito net should drape onto the floor or be tucked in under the mattress. The mosquito net should be in good condition and be sprayed with mosquito repellent.
- Use devices which release mosquito repellent vapour during the night. Examples include electric mat vaporisers or mosquito coils. Do not use electronic buzzers - they do not work.

Anti-malarial treatment

- You must remember to take your anti-malarial tablets. Most deaths from malaria occur in people who do not take their tablets.
- Take your tablets at least one week before departure.
- Take your tablets for four weeks after leaving the malarial area.
- Take anti-malarial tablets after meals to reduce minor side-effects.
- If you feel unwell with a fever, see a doctor.

Remember - Malaria can occur for up to a year after leaving the area. If you feel unwell when you return, see a doctor and tell him you have been to a malarious area.