

Travel appointment information

Trips to far away destinations are increasingly popular and the lower costs plus faster transport, makes it feasible for the many. Adventure holidays are also on the increase. This is all good news, however, with such diversity, the risk of travel to your health is increased and this makes the appointment with the nurse more complex. For example, we need to know about your travel itinerary and any significant aspects of your health in the past. These are typical questions we will be asking:

- When are you departing and how long for?
- Where are you going including the destinations within a country?
- Are you planning on undertaking any high risk activities?
- Have you taken out travel insurance and have you informed the company if you have any medical condition?
- If female and of child bearing age, is there any possibility you could be pregnant if we needed to give you any injections?
- Do you have any medical conditions – these can interfere for example with the type of malaria tablets that can be chosen if you were travelling to a country that has malaria?

We need to perform a risk assessment before deciding which vaccines are recommended and the advice that will best address your needs. At this surgery we plan to give you some of the necessary injections within the appointment time to save you having to come back. However, some vaccines incur a charge and may have to be ordered or administered elsewhere. This will be raised prior to your appointment. Modern vaccines are excellent today, so if you do feel nervous, please try not to worry - people are always surprised at how easy the injections are and unlike experiences remembered from the past!

It would help us greatly if you had some awareness of the travel health problems that may pose a risk during your trip before you come for your appointment. Therefore prior to your appointment please visit the following website, print off and read the information for the country you are visiting you could bring it to the appointment with you for discussion with the nurse:

www.fitfortravel.nhs.uk

Other useful web sites to look at are

www.fco.gov.uk

www.nathnac.org

www.malariahotspots.co.uk



The screenshot shows the fitfortravel website interface. At the top, there is a navigation bar with tabs for Home, Destinations, Advice, News, Resources, and A-Z Index. Below this is a 'Welcome' section with a brief description of the website's purpose. To the right of the welcome message is a large image of a tropical beach. Below the welcome message are three main content areas: 'Destinations' with a dropdown menu for selecting a destination, 'Advice' with a list of topics like 'Advice for Travellers on a Range of Topics', 'Disease Prevention', and 'Malaria', and 'News' with a list of recent updates including 'Fitfortravel is given a new look' and 'Meningococcal disease in Burkina Faso (Africa)'. At the bottom of the page, there is a footer with a disclaimer, privacy policy, copyright information, and logos for Health Protection Scotland, NHS National Services Scotland, and Travax.

Please request a Travel Health Form from reception or download from the website and allow at least 8 weeks before departure.

We look forward to seeing you and helping you to travel safely.