

Downing Street Group Practice

4, Downing Street
Farnham
Surrey, GU9 7PA

Travel Health Plan

Our practice nurse team offers a travel health advice service to all patients specific to individual travel needs. The travel advice offered includes recommended vaccinations, malarial advice and prescriptions where necessary. In addition, information about health problems that might occur, specific to destination/type of holiday intended, is discussed.

We would be grateful for as much information as possible in order that we can provide comprehensive advice. A useful travel website is:
www.fitfortravel.scot.nhs.uk

Vaccinations may require more than one dose to be given prior to travel, and if courses are not completed in advance of departure, effective protection may not be gained. Some vaccines may need three weeks between them, in order to be fully effective once given. **Eight weeks prior to travelling is usually long enough to seek appropriate advice.** No more than two injections are advisable on the same day where possible.

In some cases we may not be able to offer an appointment prior to departure and we would therefore recommend that advice be sought from other travel clinics. A list of these clinics is available upon request.

Please complete the following:

Name: _____ Date of Birth: _____

Contact daytime Tel no: _____

Departure Date: _____ Return Date: _____

Destination (include all countries to be visited, areas within countries, lengths of stay in each area with route plan and any stopovers):

Type of holiday (Please tick)

- | | |
|--|--|
| <input type="checkbox"/> Package within resort | <input type="checkbox"/> Safari |
| <input type="checkbox"/> Package with trips outside resort | <input type="checkbox"/> Adventure holiday |
| <input type="checkbox"/> Backpacking | <input type="checkbox"/> Business trip |
| <input type="checkbox"/> Trekking | <input type="checkbox"/> Visiting family/friends |

Type of accommodation

Medical History

Do you suffer from any of the following conditions? (Please tick)

- | | |
|---|---|
| <input type="checkbox"/> Psoriasis | <input type="checkbox"/> Mental health problems |
| <input type="checkbox"/> Epilepsy / fits | <input type="checkbox"/> Spleen problems |
| <input type="checkbox"/> Cardiac problems | <input type="checkbox"/> Diabetes |
| <input type="checkbox"/> Lung problems | |

I am taking the following medication regularly:

(Please include that prescribed by your doctor or that you buy over the counter)

Fitness prior to vaccination

Are you pregnant / possibly pregnant?

Any allergy e.g. eggs, antibiotics, other?

Are you seeing a doctor on a regular basis?

Do you, or any close family member or friend, have a problem with your/their immune system e.g. leukaemia / HIV?

Are you on steroid treatment / chemotherapy / drugs which suppress your immune system?

Have you had any reactions to vaccinations in the past?

How are you feeling today e.g. fever, infection?

MALARIA MEDICATION HISTORY:

I have previously taken the following malaria medication:

- Proguanil (Paludrine) - taken every day
- Chloroquine - taken once a week
- Proguanil and Chloroquine taken together as above
- Larium - taken once a week
- Doxycycline - taken every day
- Malarone - taken every day
- Other / Can't remember the name but travelled to:

When I took the malaria medication:

- I had no problems and took it regularly
- I stopped taking it before I was advised
- I had the following side effects:

- Had malaria on return

RECOMMENDATIONS TO REDUCE MALARIA RISK:

Country	Chloroquine or Proguanil	Chloroquine & Proguanil	Mefloquine, Doxycycline or Malarone	Protection not medication

LEAFLETS / DISCUSSION REQUIRED:

(surgery use only)

- Safe Food and Water
- Malarial Protection
- Side Effects Malarial Prophylaxis
- Malarial Hotline advice required
- DVT risk
- Sun / Sex / Accidents
- Hep A / B / AIDS / HIV
- Travel Insurance / EH1C
- Medical Kit
- Oral Contraceptive Pill Seven Day Rule
- Medicines
- Insulins
- Altitude
- Flu / Pneumovax / Swine-Flu / Yellow Fever
- Contact Airline Company
- Contact with animals/rabies/toxoplasmosis
- GP appointment necessary

Different areas of the world require different malarial medication. You may wish to read this prior to making decisions about which medication to take with your healthcare professional.

Proguanil 200mgs (1 tablet daily) PALUDRINE:

Take 2-7 days before travel, throughout stay in malarial area and for 4 weeks after leaving malarial area.

Proguanil cannot be taken if you have history of porphyria, kidney impairment or psoriasis, if you are taking warfarin or hydroxchloroquine or if you are pregnant unless otherwise advised.

Chloroquine 300mgs (1 tablet weekly) AVOCLOLOR:

Take 2-7 days before travel, throughout stay in malarial area and for 4 weeks after leaving malarial area.

Chloroquine cannot be taken if you have a history of kidney or liver impairment or if you are pregnant unless otherwise advised. Long-term use of Chloroquine to be discussed with GP.

Possible side effects of Proguanil or Chloroquine:

Headache, nausea, vomiting, itching, hair discolouration or hair loss, convulsions, mood or behavioural changes, changes in your blood, rash, mouth ulcers and transient eye problems.

Available over the counter at the chemist. 2-week course approx. £15.49.

Mefloquine 250mgs (1 tablet weekly) LARIUM:

Take 1-3 weeks before travel, throughout stay in malarial area and for 4 weeks after leaving malarial area.

Swallow whole with plenty of fluid, preferably after a meal.

Avoid pregnancy during and for up to 3 months after completing the course. Discuss use if you suffer from heart trouble, high blood pressure, blood-clotting disorders, diabetes, if you are taking anti-histamines, or if you have had a recent oral vaccine.

Avoid if weight is less than 5kg, if you are pregnant or breast-feeding, if you have any mental health problems or depression, or if you have epilepsy.

Possible side effects:

Common: headache, abdominal pain, diarrhoea, nausea, vomiting, dizziness, loss of balance, sleep disorders, abnormal dreams.

Uncommon: fever, anorexia, depression, mood changes, anxiety, confusion, hallucination, panic attacks, restlessness, forgetfulness, paranoia, convulsions, visual/hearing impairment, chest pain, palpitations, rash, hair loss, rare reports of suicidal tendencies.

Private prescription only – £5 charge. 2-week course from £18.

Doxycycline (1 tablet daily):

Take 1-2 days before travel, throughout stay in malarial area and for 4 weeks after leaving malarial area.

Stay upright for at least half an hour after taking.

May reduce effect of oral-contraception. Alcohol may decrease the effectiveness.

Discuss use if you have systemic lupus erythematosus (SLE), porphyria, achlorhydria, if you are taking warfarin, penicillin drugs, barbiturates, carbamazepine or phenytoin, methoxyflurane, certain retinoids, digoxin, lithium or diuretics.

Avoid if under 12 years of age, if you are pregnant or breast-feeding unless otherwise advised, if you are allergic to tetracycline antibiotics or if you have intolerance to fructose, glucose-galactose malabsorption or sucrose-isomaltase deficiency.

Possible side effects:

Headache, abdominal pain, nausea, vomiting, anorexia, anaemia, rash, flaking of skin, exaggerated sunburn, mouth ulcers, indigestion, loss of appetite, thrush or soreness and itching of the genital area, blurred vision, worsening on SLE, anaphylactic shock, tinnitus or discolouration of teeth.

Private prescription only – £5 charge. 2-week course from £27.

Proguanil and atovaquone 100mgs (1 tablet daily) MALARONE:

Take 1-2 days before travel, throughout stay in malarial area and for 7 days after leaving malarial area.

Take with food at the same time each day. Repeat the dose if you vomit within 1 hour. A children's preparation is available.

Discuss use if in a malarial area for more than 4 weeks, or if you are taking metaclopramide, tetracycline, rifampicin, rifabutin or indinavir.

Avoid if weight is less than 11kg, if you are pregnant or breast-feeding, unless otherwise advised.

Possible side effects:

Common: headache, abdominal pain, diarrhoea.

Uncommon: Fever, nausea, vomiting, anorexia, cough, anaemia, insomnia, dizziness, breathlessness, rash or hair loss.

Private prescription only – £5 charge. 2-week course from £50.

PATIENT CARE PLAN:

PATIENT'S NAME						DATE OF BIRTH						
TYPE	LAST HAD	NEEDS	START DATE:							COMMENT	CHARGE	
			Day 0	Day 7	Day 21	Day 28	6 months	1 year	Booster Date			
Tetanus											Combined, known as <i>Revaxis / Repavax</i>	Free
Polio												
Diphtheria												
Typhoid											3-yearly booster	Free
Hepatitis A											2 doses, 20yr protection	Free
Hepatitis A/Typhoid combined												Free
Hepatitis B 0,1month,6 months											Also alternative schedules, not suitable for all age groups.	£40 per dose
Hepatitis B 0, 7, 21 days, 1yr												
Hepatitis A and B combined 0, 1m, 6m											Ideal schedule shown, also see above	Free
Mengivac ACWY											3-yearly booster	£40 per dose
Rabies 0, 7, 28 days											3-yearly booster	£40 per dose
MMR											2 doses	
Swine-flu												£15 if not at-risk
Japanese B Encephalitis			<p align="center">Not given at Downing Street Yellow Fever Clinics at: Dr Robinson & Partners Farnham 01252 723 122 Dr Ibrahim & Partners Farnham 01252 712 572 Victoria Medicentre London 0207 828 5495 Waterloo Medicentre London 0207 803 0732 Robens Centre University of Surrey 01483 686 690</p>							Referral forms may need signing and collection if attending another clinic. Charges will apply and may vary.		
Tick Borne Encephalitis												
Yellow Fever												
BCG			<p align="center">Not given at Downing Street Discuss referral criteria with Nurse.</p>							Referral form from GP to BCG clinic if required		

PLEASE NOTE THAT THERE MAY BE CHARGES FOR VACCINES, LISTED ABOVE. Payments for vaccines, where necessary, must be complete on day of vaccine. Cash or cheque with banker's cards accepted. **NO CREDIT CARDS.**

PATIENT SPECIFIC DIRECTIVE

PATIENT:

ID NO:

D.O.B:

GP:

	Schedule		Date	Dose	Route	GP signature
Meningitis ACWY 0.5ml	Dose 1			0.5ml	IM	
Rabies 0.5ml	Dose 1	Day 0		0.5ml	IM	
	Dose 2	Day 7		0.5ml	IM	
	Dose3	Day 28		0.5ml	IM	
Hepatitis B 1ml (adult)	Dose 1	Day 0		20µg	IM	
	Dose 2	Day 28		20µg	IM	
	Dose 3	6 months		20µg	IM	
Hepatitis B 1ml (adult) Accelerated	Dose 1	Day 0		20µg	IM	
	Dose 2	Day 7		20µg	IM	
	Dose 3	Day 21		20µg	IM	
	Dose 4	12 months		20µg	IM	
Hepatitis B 0.5ml (paediatric)	Dose 1	Day 0		10µg	IM	
	Dose 2	Day 28		10µg	IM	
	Dose 3	6months		10µg	IM	
Hepatitis B 0.5ml (paediatric) Accelerated	Dose 1	Day 0		10µg	IM	
	Dose 2	Day 28		10µg	IM	
	Dose 3	Day 2 months		10µg	IM	
	Dose 4	12 months		10µg	IM	

PATIENT SPECIFIC DIRECTIVE

PATIENT:

ID NO:

D.O.B:

GP:

	Schedule		Date	Dose	Route	GP signature
Hepatitis A&B 1ml (adult)	Dose 1	Day 0		HAV 720ELISA units/HBV 20µg	IM	
	Dose 2	Day 28		HAV 720ELISA units/HBV 20µg	IM	
	Dose 3	6 months		HAV 720ELISA units/HBV 20µg	IM	
Hepatitis A&B 1ml (adult) Accelerated	Dose 1	Day 0		HAV 720ELISA units/HBV 20µg	IM	
	Dose 2	Day 7		HAV 720ELISA units/HBV 20µg	IM	
	Dose 3	Day 21		HAV 720ELISA units/HBV 20µg	IM	
	Dose 4	12 months		HAV 720ELISA units/HBV 20µg	IM	
Hepatitis A&B 0.5ml (paediatric)	Dose 1	Day 0		HAV 360ELISA units/HBV 10µg	IM	
	Dose 2	Day 28		HAV 360ELISA units/HBV 10µg	IM	
	Dose 3	6months		HAV 360ELISA units/HBV 10µg	IM	
Hepatitis A&B 0.5ml (paediatric) Accelerated	Dose 1	Day 0		HAV 360ELISA units/HBV 10µg	IM	
	Dose 2	Day 7		HAV 360ELISA units/HBV 10µg	IM	
	Dose 3	Day 21		HAV 360ELISA units/HBV 10µg	IM	
	Dose 4	12 months		HAV 360ELISA units/HBV 10µg	IM	