

Risk Assessment - in the Travel Health Consultation

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Conflicts of interest:

• None.

Many thanks to: NECTM for assistance to get here and Trailfinders for giving me time out of clinic



Session overview:

- Risk and the travel risk assessment
- Individualized
- Conducting one
- Key resources used in UK
- Challenges?
- Fitting it all in to appointment time!
- Practice and improvement assessment tools
- Roles & responsibilities ours and the traveller's



Hazards and risk:

Hazard:

Something that is dangerous and likely to cause a problem or damage. (Cambridge Dictionary)

Risk:

- the possibility of something **undesirable** happening (Copilot AI)

- combines the **likelihood** of exposure to a threat with its **level of impact** (British Standards Institute)

- An uncertain event that could lead to **damage, injury or loss**, which can be **avoided through preemptive action** (Business dictionary)





In the travel context

• British Safety Council:

"a systematic process of identifying hazards and evaluating any associated risks (within a workplace), then implementing reasonable control measures to remove or reduce them."

Can apply this to traveller – the tools we have allow for this:

Our role during travel health consultation:

- Promote health, safety and wellbeing of the traveler assisting them to stay healthy whilst abroad
- Consultation has two parts:
- Risk assessment:

Information gathering exercise, identifying the risks to health, forms the foundation on which to base all our advice, discussions and recommendations.

Risk management:

how to mitigate these risks – reducing likelihood &/ or severity

Risk assessment applied to the traveller

1) Information needed:

A) traveller's personal health statusB) itinerary

2) Identify hazards at destination country – see national guidance

Traveller info:

- Age, gender identity
- Medical history (family)
- Current health status
- Females pregnancy, menstrual issues, FGM
- Disability
- Mental health
- Additional needs
- Medication
- Allergies
- Vaccination history
- Previous travel experience
- Existing knowledge/ interest in health risks of travel



Itinerary details:

- Destination(s)
- Departure date
- Length of stay
- Modes of transport
- Purpose of trip and planned activities
- Quality of accommodation
- Financial budget
- Healthcare standards at destination
- Relevant comprehensive insurance provision













No two travellers or two trips are the same - many variables

Risk management

1) How likely to encounter hazards? How severe an impact?

2) Advise appropriately – e.g. vaccines, prophylaxis Also behaviour, recommend travel health products

3) Know when to refer to specialist –seek further expert advice

What could possibly go wrong?





We use NaTHNac in clinic

- Travel Health Pro
- •<u>www.Travelhealthpro.org.uk</u>

• E.g. Travelling to Ecuador

Risk matrix

 Cannot eliminate all risks completely - can often reduce them

Risk management =

Help move the traveller from **red high risk area** to **green low risk**

Risk Matrix		Severity						
	VIALITIX	Insignificant	Minor	Moderate	Major	Severe		
	Almost Certain	Medium	High	Very High	Very High	Very High		
	Likely	Medium	High	High	Very High	Very High		
Likelihood	Possible	Low	Medium	High	High	Very High		
	Unlikelyh	Low	Low	Medium	Medium	High		
	Rare	Low	Low	Low	Low	Medium		

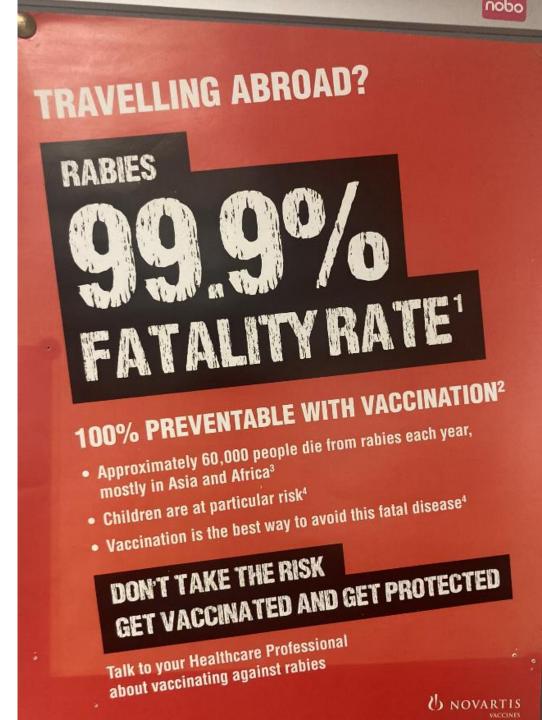
Rabies - scenario 1

- Woman in Goa, India eating out with family.
- Disturbs sleeping dog under table kicked it as sat down. Bit her. No pre-exposure rabies vaccines – 'provoked attack', dog seemed otherwise well.
- No action taken returned home. Several weeks later to GP c/o headache.
- Later dies in hospital.
- UNFORTUNATELY:
- Lacked knowledge of rabies risk and need for treatment. India high risk country for rabies, especially dogs. Bite was 'possible' and impact was 'severe' **RED CATEGORY**



Rabies - scenario 2

- Tom, 23, came to clinic x3 rabies preexposure vaccine.
- In depth discussion about rabies virus, mode of transmission, need for tretament. Had seen our poster!
- Friend Jim had Not received any vaccines pre-trip ...'it's only Morocco'
- Jim got bitten by dog on the beach went to local hospital - given vaccine but no HRIG. Insurance company said fly back to UK for it – returned next day!
- FORTUNATELY for Jim
- Tom knew all about rabies risk and treatment – advised friend accordingly, ultimately low risk as acted appropriately shifts down to GREEN CATEGORY



Key guidance documents:

Step by step guide

Available online:

Ref: https://www.rcn.org.uk/Professional -Development/ publications/rcn-travel-healthnursing-uk-pub-010-573



RCN Travel Health Nursing:

career and competence development





Faculty of Travel Medicine of the Royal College of Physicians and Surgeons of Glasgow

GOOD PRACTICE GUIDANCE FOR PROVIDING A TRAVEL HEALTH SERVICE



ROYAL COLLEGE OF PHYSICIANS AND SURGEONS OF GLASGOW

2024 CDC YELLOW BOOK

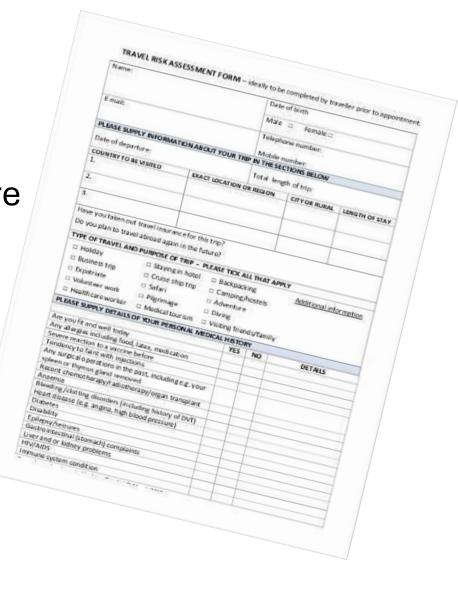
Health Information for International Travel



Time management: Pre-consultation

- Ask traveller to complete health questionnaire online including trip details
- Use travel health links for your country
- e.g. in UK 'Travelhealthpro' or 'Fitfortravel'

Traveller can start researching before arrive in clinic



Risk assessment standard form

or invite 10 mins early to complete

• Whole families with young children consider telephone consultation - arrive in clinic knowing what to expect – can minimize anxiety for childrenAND parents!

Name:			Date of birth			
			Male D	Female a		
			Marc	remaie		
E mait-			Telephone	number:		
				0		
PLEASE SUPPLY INFORM	ATION	ABOUT YOUR TR	Mobile num IP IN THE SECT	1.4 5.0.		
Date of departure:			Total lengt	h of tring		
		1	and the second second	712010380	******	
COUNTRY TO BE VISITED 1.	_	EXACT LOCATION	OR REGION	CITY OR RURAL	LENGTH OF STAT	
883.						
2.						
3.						
December 200		and the shift of the W				
Have you taken out trav		600000000000000000000000000000000000000				
Do you plan to travel ab	road ap	pin in the future?				
TYPE OF TRAVEL AND P	URPOS	E OF TRIP - PLEAS	E TICK ALL TH	AT APPLY		
III Holiday	II Sta	ying in hotel 🗆	Backpacking	Additi	onal information	
Business trip	II CO	ise ship trip 🛛	Camping/host	tels		
ct Expatriate	to Sal	ari 🗆	Adventure			
II Volunteer work	D Ph	erimage 🗆	Diving			
Health care worker		dical tourism	Visiting friend	s/family		
PLEASE SUPPLY DETAIL	SOF YO	UR PERSONAL ME	DICAL HISTOR	Y		
			YES	NO	DETAILS	
Are you fit and well too	ny .		0.246	2.703		
Any all ergies including f		interest fairs in a shire it at an and the same				
Severe reaction to a vac						
Tendency to faint with i						
Any surgical operations spleen or thymus gland			your			
Recent chemotherapy/r		and the property of the first of the band of the band on the property of the	(bot			
Ansemia		approgar name				
Bleeding /clotting dison	Sers (in	cluding history of t	(TVr	0		
Heart disease (e.g. angi			1000			
Diabetes		000000000000000000000000000000000000000		2		
Disability			_			
Epilepsy/seizures				-		
Gastro intestinal (stoma		plaints				
Liver and or kidney prob	vems					
HIW/AIDS						

Use your approved National Guidance resources: These are our UK ones

- 1) NaTHNaC: (England) <u>www.Travelhealthpro.org.uk</u>
- 2) Travax: (Scotland) www.Fitfortravel.nhs.uk
- 3) Foreign, Commonwealth and Development Office: <u>www.gov.uk/foreign-travel-advice</u>
- 4) ' The Green Book':

<u>https://www.gov.uk/government/collections/immunisation-</u> <u>against-infectious-disease-the-green-book</u>

5) <u>www.JaneChiodini.co.uk</u>

Categorising risks: to health, safety and security.

- Airborne
- Insect borne
- Contaminated food and water
- Climate related
- Environmental factors
- Political situations
- Accidents



• Exacerbation of existing medical conditions

During consultation:

- Appointment length? 30 mins/ traveller? Minimum 20.
- Information gathering exercise Ask the right questions.
- Quality of communication VERY important.
- Our role assess traveller's knowledge and understanding provide accurate information, guide them in making wise choices
- Good consultation employs a lot of skills and awareness
- Nice to have a chat but.....Keep travellers on track!
- Allow them to ask questions and check they've understood discussions.
- Record keeping documentation



TRAVEL RISK MANAGEMENT FORM

FOR HEALTH PROFESS	IONAL	USE ONLY IN CONJUN	ICTION	with TRAVEL RISK ASSESSMENT	FORM
Patient Name:			do	b:	
Childhood immunisatio	n histoi	ry checked:			
Additional information:					
National database cons	sulted f	or travel vaccines reco	ommen	ded for this trip and malaria	
chemoprophylaxis (if re	quired	: NaTHNaC:	TRAVA	X: Other:	
Disease protection	Yes	Disease protection	Yes	Malaria Chemoprophylaxis	Yes
advised		advised		Recommendation	
BCG/Mantoux		Influenza		Atovaquone/proguanil	
Cholera		Meningitis ACWY		Chloroquine only	
Dip/tetanus/polio		MMR		Chloroquine and proguanil	
Hepatitis A		Rabies		Doxycycline	
Hepatitis B		TBE		Mefloquine	
Hepatitis A+B		Typhoid		Proguanil only	
Hepatitis A + Typhoid		Yellow fever		Emergency standby	
Japanese encephalitis		Other		Weight of child:	'
Vaccine and General Tr	avel Ac	vice required/provid	ed		
Potential side effects of Patient Information Lea			rom <u>wv</u>	vw.medicines.org.uk/emc/ given	
Patient consent for vac	cinatior	obtained: verbal		written 🗆	_
Post vaccination advice	given:	verbal		written 🗆	

Documentation that childhood imms were asked about with space to add additional information if there was an issue over this factor

Documentation that the website used for the pretravel health risk assessment, regarding recommendations for vaccines and malaria chemoprophylaxis was recorded

Documentation that consent and advice around the vaccines given was recorded

Travel Risk Management form continued

General travel advice leaflet given (all topics below in the surgery/clinic advice leaflet) and patient asked to read entire leaflet due to insufficient time to advise verbally on every topic: Yes / No

General travel advice leaflet given (all topics below in the surgery/clinic advice leaflet) and patient asked to read entire leaflet due to insufficient time to advise verbally on every topic: Yes / No

Travel Health Advice Leafle

The following information will help you to stay healthy on your trip Please make sure you read it following on from your appointment with up

WATER Diseases can be caught from drinking contaminated water, or swimming in Unless you know the water supply is safe where you are staying DNLY USE (in order of preference) 1. Boiled wate 2. Bottled water or canned drinks

3. Water treated by a sterilising agent This includes water used to make ice cubes in drinks and water for clear

It is safer to swim in water that is well chlorinated. If you are travelling to Africa, South America or some parts of the Caribbean, avoid swimming in fresh water lakes and streams. You can catch a parasitic disease called schistosomiasis from such places. This disease is also known as Bilharzia. It is also wise never to go barefoot, but to wear protective footwear when out, even on the beach. Other diseases car be caught from sand and soil, particularly wet soil.

Contaminated food is the commonest source of many diseases abroad. You can help prevent illness b following these guidelines for advice on consuming food and beverages

Category	SAFE	PROBABLY SAFE	UNSAFE
Beverages	 Carbonated soft drinks Carbonated water Boiled water Purified water (iodine or chlorine) 	 Fresh citrus juices Bottled water Packaged (machine - made ice) 	 Tap water Chipped ice Unpasteurized milk
Food	 Hot thoroughly grilled, boiled Processed and packaged Cooked vegetables and peeled* fruits 	 Dry items Hyperosmolar items (such as jam and syrup) Washed vegetables and fruit 	Salads Sauces and 'salsa' Uncooked seafood Raw or poorly cooked meats Unpeeled* fruits Unpasteurized dairy products Cold desserts
Setting	Recommended restaurants	Local homes	Street vendors

Peeled fruits for example bananas: Unpeeled fruits for example, raspberries, strawberrie

Another source of calories is alcohol! If you drink to excess, alcohol could lead you to become care and ignore these precautions

PERSONAL HYGIENE

Many diseases are transmitted by what is known as the 'faecal-oral' route. To help prevent this, always wash your hands with soap and clean water after going to the toilet, before eating and before handling food. Using hand gel is another sensible option.

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OR no additional specialised advice given

Items ticked below indicate topics discussed specifically within the consultation:

Prevention of accidents	Mosquito bite prevention
Personal safety and security	Malaria prevention advice
Food and water borne risks	Medical preparation
Travellers' diarrhoea advice	Sun and heat advice
Sexual health & blood borne virus risk	Journey/transport advice
Rabies specific advice	Insurance advice

Other specific specialised advice / information given on:

e.g. COVID-19 supportive advice, smoking advice for a long-haul flight; altitude advice; prevention of schistosomiasis etc.

NaTHNaC

Source of advice used for further information :

TRAVAX

Other



ng your teeth	

Email follow up factsheets - post appointment

- Some travellers very anxious needle phobic
- Medico-legal aspects of providing sufficient information
- Reinforcing messages given during appointment and adding to them where time constraints
- Email format means accessible while they're away
- Useful additional links can personalise it
- E.g. In relation to pre-existing medical conditions
- Allows traveller to do their own further research

Communicating messages

- Before, during, after consultation
- Different media: Visuals, emails, fact sheets, verbally, podcasts, Youtube, endless options
- Use appropriate credible sources for YOUR country
- Also CDC, ECDC, WHO
- UK: NaTHNaC Travel Health Pro and Travax. Also Green Book, FCDO





Most impact in a short time?



TRAVELLING ABROAD? RABIES 10 FATALITY RATE **100% PREVENTABLE WITH VACCINATION²** Approximately 60,000 people die from rabies each year, mostly in Asia and Africa³ Children are at particular risk⁴ Vaccination is the best way to avoid this fatal disease⁴ DON'T TAKE THE RISK GET VACCINATED AND GET PROTECTED Talk to your Healthcare Professional about vaccinating against rabies U NOVARTIS

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Maintaining Wellbeing – thinking beyond vaccines

e.g.

Accidents

- Condition of roads and vehicles
- Water swimming, water sports
- Climate unexpected events fires, floods, extreme heat
- Special risk groups additional vulnerabilities

Improving consultations:

- Practice, practice practice!
- Use assessment tool for self reflection
- Peer to peer review sit in on each other's sessions
- Share case studies and learn from each other
- Join/ create a travel medicine community set up private FB page
- Online meetings with colleagues
- Quality guidance documents

Competency assessment

Good Practice Guidance for Providing a travel health service

RCPSG

21 of 52

Good Practice Guidance for Providing a Travel Health Service

Con	npetency Assessment Too	ol for Travel I	Health Practiti	oners	
INSTRUCTIONS FOR USE		Not applicable to current role	Self-reflection Record: Met (M) or Needs Further Development (NFD) (Also, initial & date)	Supervising practitioner Record: Met (M) or Needs Further Development (NFD) (Also, initial & date)	Action plan As agreed with supervising practitioner
Sec	tion A: Knowledge				
A1	Provides evidence that Foundation immunisation training including competency assessment has been undertaken as per The National Minimum Standards and Core Curriculum for Immunisation Training for Registered Healthcare Practitioners				
A2	Provides evidence of annual face to face CPR and annual anaphylaxis training				
A3	Provides evidence of Safeguarding training to the appropriate level for children and adults, including specific Female Genital Mutilation (FGM) training				
A4	Provides evidence of having completed an essential travel medicine training programme (See Appendix C)				
A5	Awareness of legal framework for the administration of medicines within the consultation with particular regard to PGDs, PSDs, use of unlicensed and off-label drugs				
A6	Awareness of the need to apply confidentiality, completeness of contemporaneous records, obtaining traveller consent and retention of records according to local laws				

Royal College of Physicians and Surgeons of Glasgow

Competency Assessment Tool for Travel Health Practitioners						
	Not applicable to current role			Action plan		
Each competency statement should		Record: Met (M)	practicitien	As agreed with		

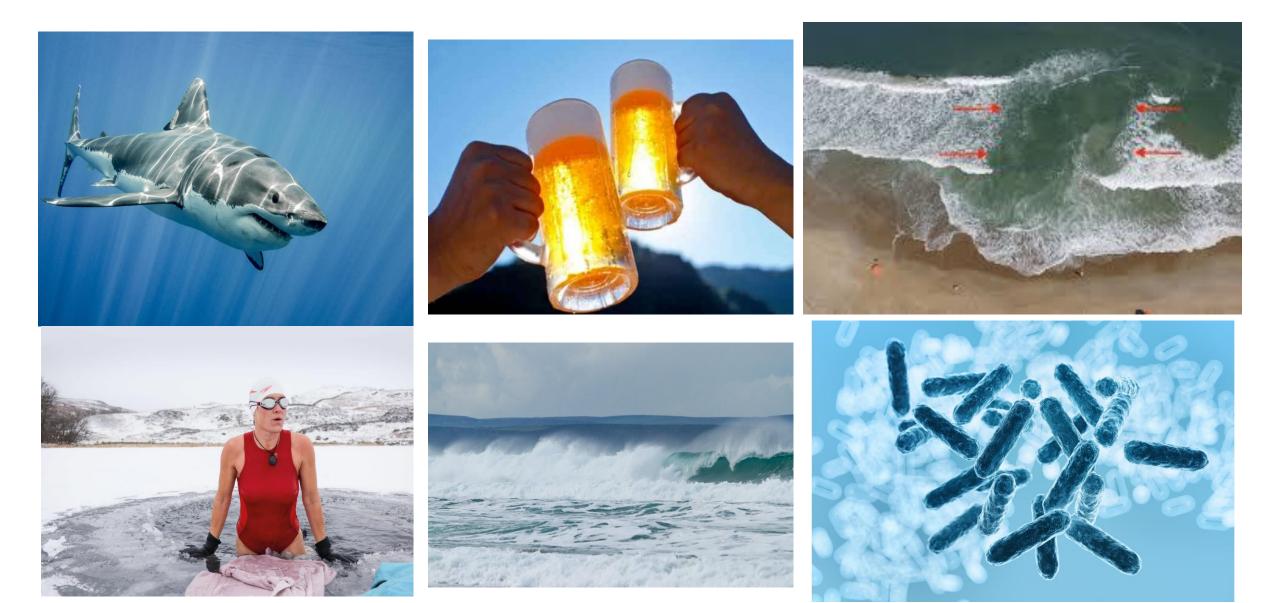




Copenhagen Harbour Baths

R.

Water dangers? sharks, riptides, e-coli, waves, alcohol, cold shock....



Water safety:

- Always seek local knowledge –
- Look for safety notices
- 'Blue flag' beaches understand system
- Lifeguards
- Never swim alone
- Pay attention!
- Know how to float
- Always keep children under supervision
- <u>Water Safety on Holiday | Royal Life Saving Society UK (</u> <u>RLSS UK)</u>
- Water quality checkes UK surfers against sewage!

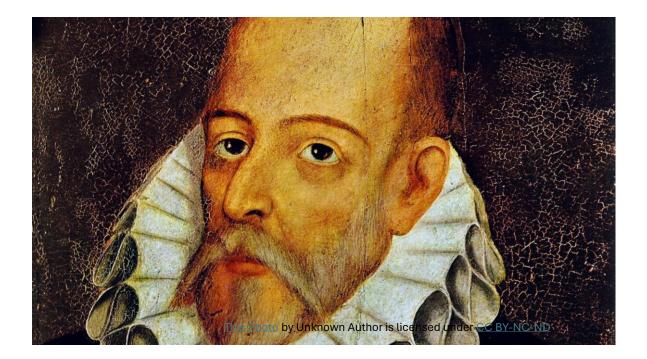


Summary:

- Comprehensive RA underpins an effective consultation
- Individualised prioritise most significant risks for that traveller on that trip.
- High quality, online, real time resources to assist us
- Use guidance and assessment documents
- Utilise time pre & post clinic consultation to educate the traveller
- Share what you've learned with colleagues case studies, peer review consultations
- We advise, educate & guide to help travellers ultimately decide for themselves.

Know your risks....

- Exposure and susceptibility to hazards may vary greatly from one traveller to the next
- "Forewarned is forearmed" to be prepared is half the victory"!





(Ref Miguel de Cervantes, 16th Century)

References: UK resources for travel advice

1) <u>RCN Travel Health Nursing – career and competence development :</u> <u>https://www.rcn.org.uk/Professional</u> -Development/ publications/rcn-<u>travel-health-</u> nursing-uk-pub-010-573

2) **Good Practice guidance for providing a travel health service** https://rcpsg.ac.uk/travel-medicine/good-practice-guidance-for-providing-atravel-health-service

- 3) NaTHNaC: (England) www.Travelhealthpro.org.uk
- 4) Travax: (Scotland) <u>www.Fitfortravel.nhs.uk</u>
- 5) FCDO: www.gov.uk/foreign-travel-advice

6) ' The Green Book':

https://www.gov.uk/government/collections/immunisation-againstinfectious-disease-the-green-book

7) www.Janechiodini.co.uk - useful tools

ALWAYS CHECK YOUR OWN NATIONAL GUIDANCE



Any questions?

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