

TRAVEL MEDICINE: PREPARING FOR HEALTHY TRAVEL

Outline and References

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1. ABSTRACT

An increasing number of U.S. citizens are traveling internationally for business and pleasure. In 2004, nearly 62 million Americans traveled abroad. The risks for diseases and injuries vary greatly in different areas of the world. Travelers are asking their healthcare providers for information and medical care to help them stay healthy during their journeys. This presentation will review the essentials of travel medicine for healthcare providers, including:

- 1) Preventative care targeted for the destination, including specific vaccinations, medications (e.g. for prevention and treatment of malaria and travelers diarrhea) and other measures such as insect avoidance and safer dining practices,
- 2) Evaluation and treatment of post-travel illnesses and
- 3) Identification of healthcare resources for travelers and medical personnel

2. OBJECTIVES

- 2.1. Understand preventative care for travelers targeted for destinations, including specific vaccinations and medications, as well as other measures such as insect avoidance and safer dining practices
- 2.2. Be able to evaluate and treat common post-travel illnesses
- 2.3. Identify healthcare resources for travelers and medical personnel

3. PRE-TRAVEL ASSESSMENTS

- 3.1. Variables to Consider
 - 3.1.1. Age and health status of the traveler
 - 3.1.2. Destination, duration and season of travel
- 3.2. Pre-travel Interventions
 - 3.2.1. Immunizations
 - 3.2.1.1. Routinely recommended vaccines
 - 3.2.1.2. Travel-specific vaccines
 - 3.2.1.3. Spacing of doses of immunobiologics
 - 3.2.2. Chemoprophylaxis
 - 3.2.2.1. Malaria
 - 3.2.2.2. Traveler's diarrhea
 - 3.2.2.3. Special circumstances, e.g. international adoptees
 - 3.2.3. Other precautions
 - 3.2.3.1. Animal and insect avoidance
 - 3.2.3.2. Food and water precautions
 - 3.2.3.3. Environmental hazards, e.g. temperature extremes, sun exposure, natural disasters, others
 - 3.2.3.4. Altitude sickness
 - 3.2.3.5. Injuries and motor vehicle safety
 - 3.2.3.6. Motion sickness
 - 3.2.3.7. Jet lag
 - 3.2.3.8. Travelers health kit

4. POST-TRAVEL EVALUATIONS

- 4.1. Host susceptibility (e.g. age, immune status, pregnancy)
- 4.2. Destination
- 4.3. Most common infectious diseases
 - 4.3.1. Gastrointestinal
 - 4.3.2. Febrile illnesses
 - 4.3.3. Rash
- 4.4. Evaluation and Treatment

5. SPECIAL NEEDS TRAVELERS

- 5.1. Infants and children, including international adoptees
- 5.2. Pregnant women
- 5.3. HIV-infected
- 5.4. Immunocompromised
- 5.5. Immigrants - Visiting Friends and Relatives (VFRs)

6. WEB RESOURCES

- 6.1. Centers for Disease Control and Prevention web address at <http://www.cdc.gov/travel>
- 6.2. The World Health Organization (WHO), web address at <http://www.who.int>
- 6.3. U.S. Central Intelligence Agency's website at <http://www.odci.gov/cia/publications/index.html> (select "World Factbook").
- 6.4. The American Society of Tropical Medicine and Hygiene at <http://www.astmh.org> (includes a directory of travel clinics).

7. REFERENCES

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