THE VICTORIA PRACTICE TRAVEL CLINIC

For patients planning foreign travel, either for business or holiday pursuits, The Victoria Practice offers medical services via the travel clinic.

Many diseases can be contracted from foreign travel and as more people travel abroad, especially to remote destinations, it is becoming common to see travel related illnesses presenting. Many of these infectious diseases can be avoided by taking simple preventative measures or with immunisation.

PROCEDURE FOR TRAVEL CLINIC

1. **FILL IN THE ACCOMPANYING FORM as fully as possible and return it to the Health Centre. (Please use one form for each family member travelling).**
2. **CONTACT THE VICTORIA PRACTICE AFTER 1 WEEK. Arrangements can be made to collect any prescriptions needed and to arrange an appointment at the travel clinic. (You may not require any prescription as some immunisations we have in stock – please check first.)**
3. **ATTEND YOUR CLINIC APPOINTMENT (with any medication prescribed) where the travel nurse will administer any immunisations and discuss relevant health issues relating to your travel.**

HOW CAN YOU HELP

It is especially important that we know your proposed accommodation and destinations within a particular country – and of any previous immunisations, which you have had outwith the Health Centre, which may not be in your current medical notes.

The distribution of various diseases around the world is constantly changing, and resistance to anti-malaria drugs is becoming troublesome in certain countries, so even if you have travelled to a particular country before and think you are already covered, please let us check for you. We have access via a computer link to TRAVAX which provides us with up to date travel information from the Travel medicine team of Health Protection Scotland. You can also access a comparable site designed for the traveling public at www.fitfortravel.nhs.uk.

TIME SCALE

The earlier that you can tell us of your travel plans, the easier it is for us to help you. Some immunisations e.g. against hepatitis A take several weeks until they start to provide protection and some immunisations can not be given within 3 weeks of each other. Yellow fever has to be given at a designated yellow fever centre. Malaria prophylaxis usually needs to be started at least a week before travel. Please allow yourself enough time.

CHARGES

If a prescription is issued you will pay the normal prescription charge when you collect it from the chemist. Some are not available on a NHS prescription, and you will have to pay the dispensing chemist for the cost of the immunisation. These include certain anti-malaria drugs.

THE VICTORIA PRACTICE TRAVEL FORM

Please complete this page of information as accurately as possible.
Use a separate form for each person.

Name …….. **Age** ……..…

Address …….

…….. **Daytime telephone number** ……..

ABOUT YOUR TRAVEL DESTINATION

Which countries do you intend to visit? …….

If possible state exact location/town …….

How long do you intend to stay? ……

Intended departure date? ……

Will you ever be more than 24 hours from medical help? ……

Conditions under which you expect to live- **Please tick**

Camping	
Hostels	
B&B/Hotel	
Family Home	
Other	

ABOUT YOUR HEALTH

Have you ever had any of the following illnesses: **Please Tick?**

Diabetes	
Epilepsy	
Mental Health Problems	
Kidney Disease	
Heart Disease	
Liver Disease	
Respiratory Problems	
Blood Clots/Thrombosis	

Is there any possibility that you could be pregnant? – If YES please tick box ☐

Have you ever had any immunisations outwith The Victoria Practice which may not be in your medical records? ☐

If yes please detail……

I confirm that the above information is complete and accurate.

Signature of Patient …… **Date** ……

TO BE COMPLETED BY TRAVEL CLINIC NURSE

DISEASES LIKELY TO BE ENCOUNTERED

GASTROENTERITIS		HEPATITIS B / HIV	
CHOLERA		MENINGITIS	
TYPHOID		RABIES	
HEPATITIS A		YELLOW FEVER	
		MALARIA	

IMMINUSATIONS RECOMMENDATIONS

Based on information provided overleaf and from Medical Infection and Tropical Medicine Department

	Tick if req.	Notes
TETANUS		
POLIO		
TYPHOID		
HEPATITIS A		
HEPATITIS B		
HEPATITIS A/B		
DIPHTHERIA		
YELLOW FEVER		
MENINGITIS		
JAP B ENCEPHALOPAHTY		
RABIES		
OTHER		
MALARIA PROPHYLAXIS		Date to start……... First choice…… Second choice…….. Notes…..…….

Signature of nurse……..…….. Signature of doctor……

Date Px issued……..……..

TOPICS DISCUSSED AT TRAVEL CLINIC

Sun Protection		Accidents Abroad	
Drinking Water		Medical Insurance	
Safe Sex		Insect/mosquito bites	

INFORMATION FOR RECEPTION STAFF

Please contact patient		Tell patient when phones			
Collect prescription then make clinic appointment					Initials
Make appointment to see nurse					
Make appointment to see doctor					