



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

# **RESOURCES FOR TRAVEL MEDICINE PRACTITIONERS**



ROYAL COLLEGE OF  
PHYSICIANS AND  
SURGEONS OF GLASGOW  
**TRAVEL MEDICINE**

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Please note: some resources may be repeated in certain sections when the subject material is relevant to both topics. To access a weblink in a new browser window, remember to press the Ctrl key then the chosen link.

The content lists of resources are not exhaustive.

All travel medicine practitioners should be aware of and utilise a combination of these resources for their clinical practice and own continuing professional development. Some resources may be country specific.

## **1. UK specific key guidance / resources for travel medicine practitioners**

### **2. British National Formulary (BNF)**

<https://www.bnf.org/> and BNF apps <https://www.bnf.org/products/bnfbnfcapp/>

### **3. Department of Health. Immunisation Against Infectious Disease (known as the Green Book)**

[www.dh.gov.uk/greenbook](http://www.dh.gov.uk/greenbook)

### **4. Electronic Medicines Compendium (EMC)**

<https://www.medicines.org.uk/emc>

### **5. Medicines and Healthcare Regulatory products Agency**

<https://www.gov.uk/government/organisations/medicines-and-healthcare-products-regulatory-agency>  
including the MHRA yellow card scheme <https://yellowcard.mhra.gov.uk/>

### **6. National Institute for Health and Care Excellence (NICE) Clinical Knowledge Summaries (CKS) Immunizations – travel**

<https://cks.nice.org.uk/immunizations-travel>

### **7. National Travel Health Network and Centre**

<https://travelhealthpro.org.uk/> and <https://nathnac.net/>

### **8. NHS**

<https://www.nhs.uk/conditions/travel-vaccinations/>

### **9. Public Health England (PHE) Advisory Committee on Malaria Prevention (ACMP) Guidelines for Malaria Prevention in UK Travellers**

<https://www.gov.uk/government/publications/malaria-prevention-guidelines-for-travellers-from-the-uk>

### **10. Public Health England (PHE) Malaria Reference Laboratory**

<https://www.gov.uk/government/collections/malaria-reference-laboratory-mrl>

### **11. Public Health Scotland Travel and International Health Unit**

<https://www.hps.scot.nhs.uk/a-to-z-of-topics/travellers-health/> and [www.travax.nhs.uk](http://www.travax.nhs.uk)

### **12. Resuscitation Council UK**

<https://www.resus.org.uk/>

### **13. Royal College of Nursing: Female genital mutilation: RCN guidance for travel health services**

<https://www.rcn.org.uk/professional-development/publications/rcn-fgm-travel-health-pub-009375>

### **14. Royal College of Nursing: Travel Health Nursing: Career and Competence Development**

<https://www.rcn.org.uk/professional-development/publications/pdf-006506>

### **15. Royal College of Nursing Intercollegiate document: Safeguarding Children and Young People: Roles and Competencies for Healthcare Staff**

<https://www.rcn.org.uk/-/media/royal-college-of-nursing/documents/publications/2019/january/007-366.pdf>

### **16. Royal College of Physicians and Surgeons of Glasgow: Faculty of Travel Medicine 'Good Practice Guidance for Providing a Travel Health Service '**

[rcp.sg/tmguidance2](http://rcp.sg/tmguidance2)

- **Royal College of Physicians and Surgeons of Glasgow: Faculty of Travel Medicine, Female Genital Mutilation - eLearning module**  
<https://rcpsg.ac.uk/college/this-is-what-we-stand-for/female-genital-mutilation>
- **Travel Medicine and Infectious Diseases. Faculty of Travel Medicine 'Recommendations for the Practice of Travel Medicine'**  
<https://www.sciencedirect.com/science/article/pii/S1477893912000671?via%3Dihub>

## Keeping up to date in UK practice

- **NaTHNaC Updates**  
<https://travelhealthpro.org.uk/latest-news> and subscribe to the e mail alerts found on the home page <https://travelhealthpro.org.uk/>
- **TRAVAX updates (subscription may be required)**  
<https://www.travax.nhs.uk/news/> and subscribe to e mail alerts via account
- **Vaccine Update from Public Health England (monthly publication on all vaccine topics)**  
<https://www.gov.uk/government/collections/vaccine-update>
- See social media in section 9 for suggestions of further ways to keep up to date

## 2. International specific key guidance / resources for travel medicine practitioners

- **Canadian Information for Travel Health Professionals**  
<https://www.canada.ca/en/public-health/services/travel-health/information-travel-health-professionals.html>
- **European Centre for Disease Control and Prevention**  
<http://ecdc.europa.eu/en/Pages/home.aspx>
- **US Centers for Disease and Control and Prevention**  
<https://wwwnc.cdc.gov/travel/>
- **World Health Organization**  
<https://www.who.int/ith/en/>
- **WHO International Health Regulations**  
<https://www.who.int/ihr/publications/9789241596664/en/>

### Specific topic resources

- **WHO Global road safety**  
<https://www.who.int/news-room/facts-in-pictures/detail/road-safety>
- **WHO Factsheets**  
<https://www.who.int/news-room/fact-sheets>
- **WHO World Malaria Report**  
[https://www.who.int/malaria/publications/world\\_malaria\\_report/en/](https://www.who.int/malaria/publications/world_malaria_report/en/)

### Disease surveillance centres and resources

- **Centers for Disease Control and Prevention Morbidity and Mortality Weekly Report (MMWR)**  
<https://www.cdc.gov/mmwr/index.html>
- **European Centre for Disease Control and Prevention**  
<http://atlas.ecdc.europa.eu/public/index.aspx>
- **TRAVAX outbreaks index**  
<https://www.travax.nhs.uk/outbreaks-index/> (password may be required to access)
- **TravelHealthPro outbreaks**  
<https://travelhealthpro.org.uk/outbreaks>
- **World Health Organization Weekly Epidemiological Record (WER)**  
<https://www.who.int/wer/en/>

## 3. Regulators for UK healthcare professionals and their continuing professional development (CPD) schemes

- **Doctors**  
<https://www.gmc-uk.org/> and <https://www.gmc-uk.org/education/standards-guidance-and-curricula/guidance/continuing-professional-development>
- **Nurses**  
<https://www.nmc.org.uk/> and <http://revalidation.nmc.org.uk/what-you-need-to-do/continuing-professional-development.html>
- **Pharmacists**  
<https://www.pharmacyregulation.org/> and <https://www.pharmacyregulation.org/revalidation>

## 4. Regulators for inspections of travel clinics or work environments

- **Care Quality Commission (CQC) for England**  
<https://www.cqc.org.uk>
- **Health Improvement Scotland (HIS)**  
<http://www.healthcareimprovementscotland.org/>
- **Healthcare Inspectorate Wales (HIW)**  
<https://hiw.org.uk/>
- **The Regulation and Quality Improvement Authority (RQIA)**  
<https://www.rqia.org.uk/>
- **General Pharmaceutical Council (GPhC). Standards for registered pharmacies**  
<https://www.pharmacyregulation.org/inspections/our-approach-inspections>
- **Faculty of Occupational Medicine (FOM) Safe Effective Quality Occupational Health Services (SEQOHS)**  
<https://www.seqohs.org/>

## 5. Key Documents for travel medicine specific guidance in practice

- **Health Protection Scotland and NHS Education for Health Promoting Effective Immunisation Practice. Guide for Students, Facilitators and their Employers**  
<https://www.nes.scot.nhs.uk/education-and-training/by-theme-initiative/public-health/health-protection/immunisation/promoting-effective-immunisation-practice.aspx>
- **Public Health England Immunisation training standards for healthcare practitioners**  
<https://www.gov.uk/government/publications/national-minimum-standards-and-core-curriculum-for-immunisation-training-for-registered-healthcare-practitioners>
- **Royal College of Nursing: Travel Health Nursing: Career and Competence Development**  
<https://www.rcn.org.uk/professional-development/publications/pdf-006506>
- **Royal College of Physicians and Surgeons of Glasgow: Faculty of Travel Medicine 'Good Practice Guidance for Providing a Travel Health Service '**  
[rcp.sg/tmguidance2](http://rcp.sg/tmguidance2)
- **Royal College of Physicians and Surgeons of Glasgow: Faculty of Travel Medicine, Female Genital Mutilation - eLearning module**  
<https://rcpsg.ac.uk/college/this-is-what-we-stand-for/female-genital-mutilation>
- **Travel Medicine and Infectious Diseases. Faculty of Travel Medicine 'Recommendations for the Practice of Travel Medicine'**  
<https://www.sciencedirect.com/science/article/pii/S1477893912000671?via%3Dihub>

## 6. Resources to identify further training

- **Faculty of Travel Medicine of the Royal College of Physicians and Surgeons of Glasgow, courses, events and e learning found at**  
<https://rcpsg.ac.uk/travel-medicine/home>
- **International Society of Travel Medicine Certificate of Knowledge™**  
<https://www.istm.org/certificateofknowledge>
- **TravelHealthPro from NaTHNaC list of educational events**  
<https://travelhealthpro.org.uk/factsheet/24/educational-events>
- **TRAVAX Courses**  
<https://www.travax.nhs.uk/resources/courses/> and Conferences <https://www.travax.nhs.uk/resources/conferences/> (password may be required to access)

## 7. Travel Medicine Organisations / Associations

- **American Travel Health Nurses Association – ATHNA**  
<http://www.athna.com/>
- **BGTHA British Global Travel Health Association -**  
<https://www.bgtha.org/>
- **Faculty of Travel Medicine of the Royal College of Physicians and Surgeons of Glasgow**  
<https://rcpsg.ac.uk/travel-medicine/home>



- **International Society of Travel Medicine (ISTM)**  
<https://www.istm.org/>
- **Royal College of Nursing (RCN) Public Health Forum**  
<https://www.rcn.org.uk/clinical-topics/public-health/travel-health>
- **The Australasian College of Tropical Medicine, Faculty of Travel Medicine**  
<https://www.tropmed.org/faculty-of-travel-medicine/>
- **The South African Society of Travel medicine (SASTM)**  
<https://www.sastm.org.za/about-sastm>

## 8. Journals and books in travel medicine (all now accessible electronically)

- **CDC Yellow Book**  
[wwwnc.cdc.gov/travel/page/yellowbook-home/](http://wwwnc.cdc.gov/travel/page/yellowbook-home/)
- **Emporiatics, the educational hub of the Faculty of Travel medicine**  
<https://rcpsg.ac.uk/college/this-is-what-we-stand-for/emporiatics>
- **Principles and Practice of Travel Medicine, 2nd Edition (2013) Editor Jane N Zuckerman**  
<https://onlinelibrary.wiley.com/doi/book/10.1002/9781118392058>
- **The Journal of Travel Medicine**  
<https://academic.oup.com/jtm>
- **Travel Medicine and Infectious Disease – The official journal of the Faculty of Travel Medicine**  
<https://www.sciencedirect.com/journal/travel-medicine-and-infectious-disease>
- **Travel Medicine, 4th Edition (2019) by Jay S. Keystone, Phyllis E. Kozarsky, Bradley A. Connor, Hans D. Nothdurft, Marc Mendelson and Karin Leder**  
<https://www.elsevier.com/books/travel-medicine/keystone/978-0-323-54696-6>
- **Travellers' Health How to stay health abroad 5th Edition (2012) – edited by Richard Dawood**  
<https://global.oup.com/academic/product/travellers-health-9780199214167?cc=ro&lang=en&>

## 9. Maps, infographics and technology

- **Maps for political situation in countries from the Foreign and Commonwealth Office**  
<https://www.gov.uk/foreign-travel-advice>
- **WHO Map gallery**  
[https://www.who.int/gho/map\\_gallery/en/](https://www.who.int/gho/map_gallery/en/) and links to other maps at <https://www.who.int/csr/resources/maps/en/>
- **CDC Travelers' Health list of maps**  
<https://wwwnc.cdc.gov/travel/yellowbook/2020/list/maps>
- **The International Lesbian, Gay, Bisexual, Trans and Intersex Association (ILGA) World maps on sexual orientation laws**  
<https://ilga.org/maps-sexual-orientation-laws>
- **WHO infographics**  
<https://www.who.int/mediacentre/infographic/en/>

- **CDC infographics**  
<https://wwwnc.cdc.gov/travel/page/infographics-travelers>

## Social media and apps

The following organisations are on Twitter, FaceBook, Instagram, LinkedIn. Some are also on Vimeo and YouTube – link directly to these sources from their websites, usually found at the bottom of the home page and some have specific apps.

- **Centers for Disease Control and Prevention**  
<https://wwwnc.cdc.gov/travel/>
- **European Centre for Disease Prevention and Control**  
<https://www.ecdc.europa.eu/en>
- **National Travel Health Network and Centre**  
<https://nathnac.net/>
- **World Health Organization**  
<https://www.who.int/health-topics/travel-and-health>
- **WHO World Malaria Report App**  
<https://www.who.int/malaria/publications/world-malaria-report/app/en/>
- **WHO Zika App**  
<https://www.who.int/risk-communication/zika-virus/app/en/>
- **WHO Info: Smart phone app for global health**  
<https://www.who.int/mediacentre/multimedia/app/en/>
- **CDC Mobile App**  
<https://www.cdc.gov/mobile/applications/cdcgeneral/promos/cdcmobileapp.html> and <https://wwwnc.cdc.gov/travel/page/apps-about>
- **WHO YouTube channel**  
<https://www.youtube.com/channel/UC07-dOwgza1IguKA86jqxNA>

## 10. Prescribing Resources

- **BMA Patient Group and Patient Specific Directions – scroll down to the bottom of this website page for the full guidance**  
<https://www.bma.org.uk/advice-and-support/gp-practices/prescribing/patient-group-and-patient-specific-directions>
- **CQC (Regulator for England) Mythbusters: Nigel's surgery 19: Patient Group Directions (PGDs) / Patient Specific Directions (PSDs)**  
<https://www.cqc.org.uk/guidance-providers/gps/nigels-surgery-19-patient-group-directions-pgds-patient-specific-directions>
- **NICE Patient group directions. Medicines practice guideline [MPG2]**  
<https://www.nice.org.uk/guidance/MPG2>
- **NICE Patient group directions. Tools and resources including Competency framework: For health professionals using Patient Group Directions**  
<https://www.nice.org.uk/guidance/mpg2/resources>



- **Public Health England: Immunisation patient group direction (PGD) template**  
<https://www.gov.uk/government/collections/immunisation-patient-group-direction-pgd>
- **Royal Pharmaceutical Society. A Competency Framework for all Prescribers**  
<https://www.rpharms.com/resources/frameworks/prescribers-competency-framework>
- **Royal Pharmaceutical Society. Professional guidance on the safe and secure handling of medicines**  
<https://www.rpharms.com/recognition/setting-professional-standards/safe-and-secure-handling-of-medicines/professional-guidance-on-the-safe-and-secure-handling-of-medicines>
- **Specialist Pharmacy Service – to PGD or not PGD? - that is the question**  
<https://www.sps.nhs.uk/articles/to-pgd-or-not-to-pgd-that-is-the-question/>
- **Specialist Pharmacy Service - Retaining PGD documentation**  
<https://www.sps.nhs.uk/articles/retaining-pgd-documentation/>
- **Specialist Pharmacy Service – Questions about Patient Specific Directions (PSD)**  
<https://www.sps.nhs.uk/articles/patient-specific-directions-qa/>
- **The Human Medicines Regulation 2012**  
<http://www.legislation.gov.uk/ukxi/2012/1916/contents/made>

## 11. Medicine resources

- **British National Formulary (BNF)**  
<https://www.bnf.org/> and BNF apps <https://www.bnf.org/products/bnfbnfcapp/>
- **Department of Health. Immunisation Against Infectious Disease (known as the Green Book)**  
[www.dh.gov.uk/greenbook](http://www.dh.gov.uk/greenbook)
- **Electronic Medicines Compendium (emc)**  
<https://www.medicines.org.uk/emc>
- **Medicines and Healthcare Regulatory products Agency**  
<https://www.gov.uk/government/organisations/medicines-and-healthcare-products-regulatory-agency> including the MHRA yellow card scheme <https://yellowcard.mhra.gov.uk/>
- **University of Liverpool HIV drug interactions**  
<https://www.hiv-druginteractions.org/>

## 12. Immunisation resources

### UK resources

- **Health Protection Scotland and NHS Education for Health Promoting Effective Immunisation Practice. Guide for Students, Facilitators and their Employers**  
<https://www.nes.scot.nhs.uk/education-and-training/by-theme-initiative/public-health/health-protection/immunisation/promoting-effective-immunisation-practice.aspx>
- **Public Health England Health protection training collection – immunisation training for healthcare professionals**  
<https://www.gov.uk/government/collections/health-protection-training>
- **Public Health England Immunisation training standards for healthcare practitioners**  
<https://www.gov.uk/government/publications/national-minimum-standards-and-core-curriculum-for-immunisation-training-for-registered-healthcare-practitioners>
- **Health Education England e-LfH Immunisation training (free of charge)**  
<https://www.e-lfh.org.uk/programmes/immunisation/>
- **NHS Education for Health Promoting Effective Immunisation Practice. Guide for Students, Facilitators and their Employers**  
<https://www.nes.scot.nhs.uk/education-and-training/by-theme-initiative/public-health/health-protection/immunisation/promoting-effective-immunisation-practice.aspx>
- **Oxford Vaccine Group (including Vaccine Knowledge Project)**  
<https://www.ovg.ox.ac.uk> and <http://vk.ovg.ox.ac.uk/>
- **Yellow card scheme from the Medicines and Healthcare products Regulatory Agency (MHRA)**  
<https://yellowcard.mhra.gov.uk/>

### International resources

- **Australian Government Department of Health: Australian Immunisation Handbook**  
<https://immunisationhandbook.health.gov.au/>
- **Centers for Disease Control and Prevention: Epidemiology and Prevention of Vaccine-Preventable Diseases (The Pink Book)**  
<https://www.cdc.gov/vaccines/pubs/pinkbook/chapters.html>
- **Government of Canada: Canadian Immunization Guide**  
<https://www.canada.ca/en/public-health/services/canadian-immunization-guide.html>

### Yellow fever specific

- **NaTHNaC yellow fever zone**  
<https://nathnacyfzone.org.uk/>
- **Public Health Scotland**  
<https://www.hps.scot.nhs.uk/a-to-z-of-topics/yellow-fever-vaccination-centres/>
- **Australian Government training requirements**  
<https://www1.health.gov.au/internet/main/publishing.nsf/Content/ohp-bio-yellow-fever.htm>
- **CDC yellow fever training**  
<https://wwwnc.cdc.gov/travel/page/yellow-fever-vaccine-course>

## 13. Vaccine storage, distribution and management of vaccines

### UK resources

- **Care Quality Commission Mythbusters Nigel's surgery 17: Vaccine storage and fridges in GP practices**  
<https://www.cqc.org.uk/guidance-providers/gps/nigels-surgery-17-vaccine-storage-fridges-gp-practices>
- **Health Protection Scotland: Guidance on Vaccine Storage and Handling v 3.0**  
<https://www.hps.scot.nhs.uk/web-resources-container/guidance-on-vaccine-storage-and-handling/>
- **Public Health England Protocol for ordering, storing and handling vaccines**  
<https://www.gov.uk/government/publications/protocol-for-ordering-storing-and-handling-vaccines>
- **Public Health England: Storage, distribution and disposal of vaccines: the green book, chapter 3**  
<https://www.gov.uk/government/publications/storage-distribution-and-disposal-of-vaccines-the-green-book-chapter-3>
- **Public Health England Vaccine incident guidance: Actions to take in response to vaccine errors**  
<https://www.gov.uk/government/publications/vaccine-incident-guidance-responding-to-vaccine-errors>
- **Public Health England Collection of leaflets e.g. Vaccines stored outside the recommended temperature range**  
<https://www.gov.uk/government/collections/immunisation#vaccine-handling-and-protocols>

### International resources

- **Australian Government - National Vaccine Storage Guidelines 'Strive for 5'**  
<https://www.health.gov.au/resources/publications/national-vaccine-storage-guidelines-strive-for-5>
- **Centers for Disease Control and Prevention, Vaccine Storage and Handling Toolkit**  
<https://www.cdc.gov/vaccines/hcp/admin/storage/toolkit/>
- **World Health Organization. Module 2, the Cold Chain**  
[https://www.who.int/immunization/documents/IIP2015\\_Module2.pdf](https://www.who.int/immunization/documents/IIP2015_Module2.pdf)

## 14. Helplines for healthcare professional

- **Malaria Reference Laboratory e mail service**  
<https://www.gov.uk/government/publications/malaria-risk-assessment-form>
- **NaTHNaC telephone helpline**  
<https://travelhealthpro.org.uk/contact>
- **TRAVAX Travel health advice line by telephone**  
<https://www.travax.nhs.uk/contact-us>

## 15. Resources for travellers

Please note, this list is not exhaustive but provides helpful advice from some organisations

- **ABTA Restarting travel – a guide for customers**  
<https://www.abta.com/tips-and-advice/planning-and-booking-a-holiday/restarting-travel-guide-for-customers>
- **NaTHNaC**  
<https://travelhealthpro.org.uk/>
- **Fit for Travel**  
<https://www.fitfortravel.nhs.uk/home>
- **IBD Passport - Evidence-based travel advice for individuals with Crohn's disease**  
<https://www.ibdpassport.com/>
- **NHS Choices Travel Vaccinations**  
<https://www.nhs.uk/conditions/travel-vaccinations/>
- **Foreign and Commonwealth Office Travel Aware**  
<https://travelaware.campaign.gov.uk/>
- **Travelling with additional needs and/or disability (NaTHNaC)**  
<https://travelhealthpro.org.uk/factsheet/80/travelling-with-additional-needs-andor-disability>
- **Travelling with allergy (Allergy UK)**  
<https://www.allergyuk.org/information-and-advice/conditions-and-symptoms/615-travelling-with-allergy>
- **Travelling with asthma (Asthma UK)**  
<https://www.asthma.org.uk/advice/living-with-asthma/travel/>
- **Travel and Cancer (Macmillan Cancer Support)**  
[https://be.macmillan.org.uk/downloads/bemacmillan%20pdfs/MAC11667\\_E07\\_Travel\\_lowrespdf\\_20200207\\_MB.pdf](https://be.macmillan.org.uk/downloads/bemacmillan%20pdfs/MAC11667_E07_Travel_lowrespdf_20200207_MB.pdf)
- **Travel and diabetes (Diabetes UK)**  
<https://www.diabetes.org.uk/guide-to-diabetes/life-with-diabetes/travel>
- **Travel advice for people with epilepsy (Epilepsy Action)**  
<https://www.epilepsy.org.uk/info/daily-life/travelling-abroad>
- **Travelling with medicines (NaTHNaC)**  
<https://travelhealthpro.org.uk/factsheet/43/medicines-and-travel>
- **Travel and Mental Health (Foreign and Commonwealth Office)**  
<https://www.gov.uk/guidance/foreign-travel-advice-for-people-with-mental-health-issues>
- **How to stay safe in the sun. British Skin Foundation**  
[https://www.britishskinfoundation.org.uk/how-to-stay-safe-in-the-sun?gclid=EAlaIQobChMIubj32eaJ6wIVAbTtCh08TAjJEAAYASAAEgIPhFD\\_BwE](https://www.britishskinfoundation.org.uk/how-to-stay-safe-in-the-sun?gclid=EAlaIQobChMIubj32eaJ6wIVAbTtCh08TAjJEAAYASAAEgIPhFD_BwE)

## 16. Further useful resources

- **Blood Care Foundation**  
<http://www.bloodcare.org.uk>
- **Google Translate**  
<http://translate.google.com/>
- **International Association for Medical Assistance to Travellers**  
<https://www.iamat.org/general-resources>
- **International Society of Travel Medicine Travel Clinic Directory**  
[https://www.istm.org/AF\\_CstmClinicDirectory.asp](https://www.istm.org/AF_CstmClinicDirectory.asp)
- **International SOS**  
<https://www.internationalsos.com/>
- **NICE Clinical Knowledge Summary (CKS). Deep vein thrombosis - prevention for travellers**  
<https://cks.nice.org.uk/dvt-prevention-for-travellers>
- **NICE Clinical Knowledge Summary (CKS) Diarrhoea - prevention and advice for travellers**  
<https://cks.nice.org.uk/diarrhoea-prevention-and-advice-for-travellers>
- **Public Health England. Rabies post-exposure treatment: management guidelines**  
<https://www.gov.uk/government/publications/rabies-post-exposure-prophylaxis-management-guidelines>
- **Public Health England's Tick Awareness Resources**  
<https://www.gov.uk/guidance/tick-surveillance-scheme>
- **RCN Critical care and Flight Nurse Forum**  
<https://www.rcn.org.uk/get-involved/forums/critical-care-and-flight-nursing-forum>

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# Planning to travel overseas? What travel health advice do you need?

## Who is the leaflet intended for?

If you are travelling overseas it is highly recommended that you seek advice about your health for the trip abroad. Such advice can be provided from a variety of settings including:

- Your GP surgery (usually the care is given by the Practice Nurse)
- A private travel clinic
- A pharmacy which provides a travel service
- Your occupational health department, if this is a trip for work purposes

## What care should you expect within the appointment?

You should consult a practitioner who is trained in travel medicine.

You should expect the travel health adviser to carry out a pre-travel risk assessment in which they will check:

- Your previous and current health status
- Your previous vaccination history and in particular, if you have had any travel vaccines before
- Your detailed travel plans

Following this assessment, you should expect the travel health adviser to discuss:

- The risks to your health from this trip abroad and appropriate advice to help protect you on the trip
- The travel vaccinations which may be recommended
- Malaria prevention advice if this is appropriate for your destination
- The importance of travel insurance

- Further resources which may help you to research the advice further
- Details of other travel health service providers if not all care is available from that adviser (for example yellow fever vaccine / high altitude travel advice etc.)

**Note:** It would be typical for such an appointment to take a minimum of 20 minutes.

## How can you recognise a good service?

Ask if the provider follows the guidance 'Good Practice for Providing a Travel Medicine Service' as published by the Royal College of Physicians and Surgeons of Glasgow. Some private travel clinics may be regulated, and you could check the status of their most recent inspection.

## Who was the leaflet written by?

The Faculty of Travel Medicine of the Royal College of Physicians and Surgeons of Glasgow. The Faculty is comprised of doctors, nurses and pharmacists who have expertise in travel medicine practice. They set standards and provide education to improve the quality of practitioners advising travellers, to protect your health.

## Have a safe and healthy trip!

For more information, please visit [rcpsg.ac.uk/travel-medicine](https://rcpsg.ac.uk/travel-medicine)



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This document is due for review in October 2022. To provide feedback on its contents or your experience of using the publication, please email [travelmedicine@rcpsg.ac.uk](mailto:travelmedicine@rcpsg.ac.uk)



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