

# Northiam and Broad Oak Surgery

## Travel Vaccination and Advice Form

Our Practice Nurses provide an immunisation and advice service for those travelling overseas. This service aims to make sure that you have up to date immunisation and advice, if needed, on medication necessary to prevent Malaria. Some important points to remember:

- **Some travel vaccinations and all tablets to prevent Malaria and other diseases whilst you are travelling are not covered by the NHS.** There is a charge for many travel vaccinations, which is payable at the time of vaccination. You can choose not to have recommended vaccinations or not to take anti-malarial tablets, but you must understand you are responsible for any increased risk.
- You need to start planning your medical arrangements for travel as soon as possible. Immunisations are usually given 4 weeks prior to travel and anti-malarial tablets (depending on which medication) started 2-16 days before entering malaria-risk areas. If you ask for immunisations less than 4 weeks prior to travel we may be unable to arrange this at short notice and the vaccines are likely to be less effective.
- Most illnesses which people get on holiday are not prevented by immunisations. Drinking safe water, avoiding over exposure to the sun and insect bites are all important. [www.fitfortravel.scot.nhs.uk](http://www.fitfortravel.scot.nhs.uk) is a useful website for travel, vaccination and malaria information if you have a computer.
- Make sure you have your European Health Insurance Card if travelling in Europe, and adequate medical insurance wherever you go. If you have any significant medical problems make sure your insurers know before you travel. If you need a 'fit to travel' certificate, or any kind of claim or cancellation form completed, you will need to see a GP and there will be a charge.
- Make sure you have an adequate supply of any regular medication you take. If you are going away for more than 3 months you will need to get further medication from a doctor in the area where you are travelling, as we are not allowed to prescribe more than 3 months medication.
- Flights or journeys by road longer than 4 hours may increase your risk of developing a blood clot in your legs (known as a DVT or Deep Venous Thrombosis). This is especially true if you are pregnant, on the pill or HRT, have cancer or have had recent surgery or have had DVTs or Pulmonary Embolism in the past. To reduce the risk drink plenty of fluids, avoid alcohol, and get up and stretch your legs. Consider getting support ('compression') stockings over-the-counter from a chemist or our Practice Nurse. It is not clear whether Aspirin prevents flight-related DVTs. If you have had a previous blood clot and are not taking Warfarin please discuss this with your GP.
- If you become ill whilst you are away, especially with a fever, do not delay in seeking medical help locally. The local doctors will be far more expert at treating local health problems than we are and delay in treating some illnesses, especially Malaria and DVT, can be fatal.

## Anti-Malaria Tablets

These, along with insect bite avoidance, are vitally important in Malaria-risk areas. There are four different types; which one is recommended depends on where you are going. If you are a child, or pregnant or breast-feeding, this may affect the drug recommended. The start time for anti-malarials varies from one week to one day before travelling depending on the medication. It is important you finish the full course of tablets (take for 4 weeks after leaving the malaria-risk area, or one week for Malarone). If you lose them or they are stolen get replacements. Insecticide-treated anti-mosquito nets may be useful.

1. *Chloroquine* ('Avloclor') or *Proguanil* ('Paludrine') These are available from the Surgery
2. *Mefloquine* ('Lariam') These are very good but in some cases, especially those with a history of depression or psychological problems, they can cause major side-effects.
3. *Malarone* A new and good drug started only 2 days before entering the risk area. However, these are expensive.
4. *Doxycycline* A safe drug for those over 12 years old.

The Practice Nurse will discuss Malaria with you and advise you on which course of tablets are recommended for your itinerary.

## TRAVEL RISK ASSESSMENT FORM

Name:		Date of Birth:	
Tel No:		Mobile:	
<b>Please supply information about your trip in the sections below</b>			
Date of Departure:		Total length of trip:	
Country to be Visited	Exact Location or Region	City of Rural	Length of Stay
1.			
2.			
3.			
4.			
<b>Do you plan to travel abroad again?    Yes                      No</b>			
Type of Travel and Purpose of Trip – Please tick all that apply			
Holiday	Staying in Hotel	Backpacking	Additional Information
Business Trip	Cruise Ship Trip	Camping/Hostels	
Expatriate	Safari	Adventure	
Volunteer Work	Pilgrimage	Diving	
Healthcare Worker	Medical Tourism	Visiting friends/family	
<b>Please supply details of your personal medical history</b>			
	Yes	No	Details
Any allergies including food, latex, medication			
Severe reaction to a vaccine before			
Tendency to faint with injections			
Recent Chemotherapy/radiotherapy/organ transplant			
Epilepsy/Seizures			
Immune system condition			
Mental health issues (including anxiety, depression)			
Spleen problems			
Any other conditions			
<b>Women only</b>			
Are you pregnant?			
Are you breast-feeding?			
Are you planning pregnancy while away?			
Are you currently taking any medication (including prescribed, purchased or a contraceptive pill)?			

<b>Please supply information on dates of previous vaccinations and any malaria tablets taken in the past</b>			
Tetanus/polio/diphtheria	MMR	Influenza	
Typhoid	Hepatitis A	Pneumococcal	
Cholera	Hepatitis B	Meningitis	
Rabies	Japanese Encephalitis	Tick-borne Encephalitis	
Yellow Fever	BCG	Other	
Malaria Tablets:			

I have read the advice given on the Travel Form and agree to pay the cost of vaccines given to me.	
Signature:	Date:

## TRAVEL PRICE LIST

VAT @ 20%

### Anti-Malarial costs

#### Cost of drugs:

Chloroquine	1 tablet	£0.81
Proguanil	1 tablet	£0.22
Lariam	1 tablet	£3.27
Doxycycline	1 tablet	£0.12
Generic Malarone	1 Tablet	£1.50
Generic Malarone Paediatric	1 Tablet	£0.80

#### Cost of standard 2 week holiday:

e.g. a 7-week course of treatment required for Proguanil OR an 8-week course of Lariam

Chloroquine	14 tablets	£11.28
Proguanil	98 tablets	£21.51
Lariam	8 tablets	£26.15
Doxycycline	44 tablets	£ 6.60
Generic Malarone	23 Tablets	£34.50
Generic Malarone Paediatric	23 Tablet	£18.53

### Vaccines

Most vaccines for travellers are prescribed free by the NHS but some are only available privately. They are:

#### Cost to patient of giving course:

Meningitis	£ 50.00 single dose
Rabies	£ 60.00 single dose
	£170.00 course of 3 injections
Japanese encephalitis	£220.00 course of 2 injections
Yellow Fever	£ 60.00 single dose
Hepatitis B	£ 65.00 course of 3 injections
	£ 22.00 booster
Tick Borne Encephalitis	£ 160 course of 3 injections

### Other Patients' Payment

Signing vaccination certificate	£25.50
Freedom from infection certificate	£20.50
Full examination and report (20-30 minutes)	£103.00-£152.00
Holiday cancellation insurance claim	£36.50
Fitness to travel certificate	£15.50
Cost of issuing private prescription	£15.00
Reissue of Yellow Fever Certificate	£18.00

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