TRAVELLING?

Need Kit

PHARMAC – Travel Medicine Basics
8th July 2016
Medical Kits

- Treat illness & injury associated with travel
- Manage pre-existing medical conditions
- Manage minor health problems as they occur
Travel Health Kits - Preparation

- International travel can pose various health risks
  - depends on the health needs of the traveller
  - the type of travel to be undertaken

- Travellers often encounter sudden and significant changes:
  - altitude
  - humidity
  - temperature
  - accidents
  - primitive accommodation
  - medical services quality
  - availability of clean water
  - inadequate hygiene and sanitation
  - exposure to a variety of infectious diseases
Accidents Happen

• Approximately 2 million kiwi’s travel offshore every year
• 15 – 20 do NOT come home
• Accidents most common cause of morbidity & mortality

• Theft
• Assault
• Rape
• MVA’s
• Drowning
• Natural Disasters
• Misadventure
• Selfies
Sharks versus Selfies

The travel medicine practitioner should routinely counsel travellers about responsible self-photography during international travel and should include this advice in printed material given to the patient.

- Falls
- Trains
- Bears
- Bull runs
- Ledges/Clifftops
- Live wires
- Guns
- Snakes
- Volcanoes
The “Steffenogram”

LT, LT/ST, mixed-ETEC, “usual” high risk TD incidence (30% per 2 wks) 

Influenza A or B

Animal bite with rabies risk

PPD conversion

Typhoid (South Asia)

Hepatitis A

Tick borne encephalitis (exposed in rural Austria)

Hepatitis B

Typhoid (most other destinations)

Cholera

Japanese encephalitis

Meningococcal disease

Rabies

Poliomyelitis

100% 1 per ...

10% 30

1% 100

0.1% 3,000

8,000

0.01% 10,000

<10,000

0.001% <50,000

500,000

0.0001% 1 million

>1 million

'Boil it, Cook it, Peel it or Forget it’: Does this Rule Prevent Travellers’ Diarrhoea?

MARKUS KOZICKI, ROBERT STEFFEN AND MEINRAD SCHÄR

Kozicki M (Institute of Social and Preventive Medicine of the University, Gloriastrasse 30, CH-8006 Zurich, Switzerland), Steffen R and Schär M. ‘Boil it, cook it, peel it or forget it: Does this rule prevent travellers’ diarrhoea? International Journal of Epidemiology 1985, 14: 169–172.

A total of 688 out of 2240 air charter passengers in flight to Kenya, West Africa or Sri Lanka/Maldives volunteered to participate in a follow-up study investigating the influence of various food and beverage items on the incidence of travellers’ diarrhoea. Within the first three days of their stay abroad, 98% accepted food or beverages whose avoidance is traditionally recommended. The incidence of diarrhoea, which was 19.5%, was proportionate to the number of dietary mistakes committed. The most dangerous items were those whose avoidance was traditionally recommended.
Travellers Diarrhoea

• Faecal-oral transmission of a range of pathogens: *Escherichia coli*, *Shigella*, *Campylobacter*, *Salmonella*….

• High-risk foods include:
  • Local water / ice (tooth-brushing)
  • Dairy products in tropics
  • Raw or partially cooked meats / eggs
  • Salads
  • Ornate/handled foods
  • Reheated foods

• More than 60% of TD cases are caused by bacterial pathogens
Treating Travellers Diarrhoea

- Not to treat – resolution symptoms 4/7
- To treat – resolution of symptoms 3/7
- Choices:
  - Quinolones
    - Ciprofloxacin or Norfloxacin
    - Quick acting
    - But resistance is emerging, esp campylobacter – South East Asia
  - Azithromycin
    - Children <14y
    - Pregnancy
    - where campylobacter predominates e.g. Thailand
TD Treatment Kit

• Antibiotic Therapy?
  • Ciprofloxacin
  • Azithromycin
• Antiemetic
• Antimotility
• Antispasmodic

• Instructions!
Baboons
Travel Health Kits

- Health problems – common as
  - TD/Accidents
- Reliable medical facilities?
- Remote?
- Availability?
- Language?
- Personal medical kits allows the traveller to foresee & treat common minor ailments – TD, blisters
- When to use meds – who/how provision of guidelines?
- How to manage fever during travel?
Travel Health Kits

• Contents
  • Type of Travel
  • Length of Travel
  • Destination
• Original Containers with patients name & dosing regimen
• Copies of prescriptions with generic names
• Accessible

• Luggage Restrictions
• Limited Local Products
• Sold by Different Name or Dosage
• Quality of Pharmaceuticals and Risk of Counterfeit
Counterfeit Drugs

- International problem
- Illness, toxicity, drug resistance and death
- Global estimates are ambiguous depending on region
  - 1% in developed countries
  - >10% in developing countries
  - Africa/Asia/Latin America >30%

• Before Travel: BYO or Buy Safe
  - Legit pharmacy
  - Guided by price
  - Know your meds – colour, shape, size
Medical Kit Considerations

- Kids
- Adolescents/young adults
- Pregnancy
- Adventure travel, package tour or work related
- Isolation? Access to medical care
  - Land or sea
- Current outbreaks e.g. Zika,
- Pre-existing conditions
  - Adequate meds for duration of trip and extra supplies
  - Medic Alert or Equivalent
  - Immuno-suppression
  - Anti-coagulation
Prescription & Storage of Medical Info

Vaccine Record

Welcome to Vaccine Record.
Instructions on use can be found at the bottom of the main screen.

Please Enter Name and Birthday of person using this vaccine record:

Example: Joe Bloggs

Example: Month / Day / Year

CONTINUE

Emergency Medical File

Information You Save Could Save You

Press open & insert into any PC USB drive
Basic Supplies

- Cipro/Noroxin/Azithro
- Loperamide
- Gastrolyte
- Paracetamol
- Antiseptic
- Bandaids,
- Guaze, tape
Advanced Supplies

- Basic Plus:
- Metoclopramide/Buccastem
- Hyoscine
- Loratidine/Phenergan
- Synermox/Co-Trimoxazole/Rulide
- Ornidazole
- Trimethoprim
- Laxol
- Fluconazole
- Acetazolamide
- Chloramphenicol
- Foban or Pimafucort
- ECP
What’s in the kit?

- Antipyretic/Analgesic
- Thermometer
- Antidiarrhoeal/Anti-peristaltic
- Anti-malarial (PRN)
- Antibiotic
  - Above waist – cephalosporin
  - Below waist – quinolone
  - Macrolide covers both
- Laxative
- Antacid
- Antiemetic/Motion sickness
- Antihistamine
- ECP
- Actezolamide

- Oral Rehydration Salts
- Sedatives
- First Aid supplies
- Condoms
- Duct Tape
Travel Health Kits Scenarios

- What information do you need?
- What hazards can you identify and outline your risk assessment?
- List five essential travel health kit items
- Nominate five *nice to have* health kit items
Long Term Backpacker

• 6/12 South East Asia & India
Trekking in Nepal

• 35 yo female trekking from Lukla to Everest Base Camp
School Trip

• A group of 18 school girls (aged 15-16 years) travelling to Southern China & Vietnam for 3 weeks
Family Holiday to Samoa

- Parents 34 and 35 years and kids 4 years & 18 months
In Search of the Perfect Hang Ten

- 25 year old surfer/adventurer travelling to remote Indonesia 4/12
"MRS. TOMKINS SAYS HER PRESCRIPTION HAS NO SIDE EFFECTS, SO IT CAN'T BE DOING HER ANY GOOD."
Questions & Wrap Up