

DOLLAR HEALTH CENTRE TRAVEL CLINIC

Please read carefully and retain the WHITE SHEET for your information. Please return the completed GREEN SHEETS and return to reception. You need to complete one form for each family member travelling.

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.

For the practice to be able to provide you with an appropriate travel vaccination service, we need you to:

1. Complete a travel vaccination request form. This must be done and the forms can be collected from reception or downloaded from our website – www.dollarhealthcentre.org.uk
2. Hand in your form **AT LEAST 8 WEEKS** prior to travel. If you require a course of vaccinations such as Rabies these need to be given at intervals and need time to take effect.
3. Give us as much information on your travel form as you can.
4. Be available to speak to the practice nurse when she calls you to discuss your requirements.
5. Attend your appointments. If you do not attend your appointments for vaccination, we may have to refer you to one of the local travel clinics as we will be unable to help you.
6. Realise that some vaccinations and anti-malarial drugs are chargeable and are not provided on the NHS. If you require a 'private' vaccination such as Yellow Fever, there will be a charge for this which is payable by cash or cheque at the front desk. The practice nurse will notify you if this is the case.

We want you to enjoy your holiday safely. For us to be able to help you we need you to play your part and give us enough time to provide you with the travel service appropriately. If you can't give us at least 8 weeks advance notice of your intended travel date, we may refer you to a local travel clinic. The nearest travel clinic is held in Stirling and can be contacted on 01786 845542 or 07769 172357 or www.geckotravelclinic.co.uk.

HOW CAN YOU HELP?

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

Even if you have travelled to a particular country before and think you are already covered, we still need to check as the distribution of various diseases around the world is constantly changing, and resistance to anti-malaria drugs is becoming troublesome in certain countries.

We access the Infection and Tropical Medicine Department for up to date travel information.

CHARGES FOR TRAVEL VACCINATIONS NOT AVAILABLE ON THE NHS.

There are certain vaccinations recommended for travel purposes which are not available through the NHS. These vaccinations are:

- Hepatitis B (Engerix B/Fendrix/HBvaxPRO)
- Japanese B encephalitis (Ixiaro)
- Meningitis ACWY (Menveo/Nimenrix/ACWY Vax)
- Rabies (Rabies Vaccine/Rabipur/Verorab)
- Tick borne encephalitis (TicoVac)
- Yellow Fever (Stamaril)

The practice holds a stock of Yellow Fever vaccine. The charge is £50 for the vaccination plus £10 for administering the vaccine. Therefore the total charge per vaccination is £60 payable to the surgery.

The practice does not hold stock of all other vaccines. These will be issued on a private prescription, the cost of which will be determined by the dispensing pharmacy. There is a charge of £10 for administering each vaccine given payable to the surgery. Some vaccines, such as Rabies, are a course of vaccines. In this instance the charge will be payable per vaccine in the course.

Payment can only be made by cash or cheque. Cheques should be made payable to Dr Houston and Partners. Charges are non-negotiable and must be paid prior to having vaccines administered.

Should you have any concerns regarding this, or wish to discuss this further, please speak to the practice manager.



The A to Z of healthy travel

www.fitfortravel.nhs.uk

Travel health information for the public

- NHS Scotland public access website.
- Country by country information.
- Immunisation and malaria advice.
- Certification requirements.
- News and outbreaks.

Planning a trip abroad?

Check with your GP or Practice Nurse well in advance of travel (preferably 6-8 weeks) to discuss any health issues for your destination, including vaccinations and malaria tablets.

Ten Tips for Healthy Travel

Before Trip

Seek advice from a healthcare professional, ideally 6-8 weeks before travel.

Ask about vaccines that may be recommended for your destination (s).

First aid kit should be carried in the hold; prescription medicine required during travel e.g. insulin, inhalers - carry in hand luggage.

Ensure travel insurance covers health emergencies and repatriation.

During Trip

Take precautions if at risk of malaria; be aware, avoid mosquito bites, take malaria tablets correctly if advised and report any fever.

Road safety is important - use the seat belt in cars, wear a helmet on bikes/scooters and avoid driving at night.

Avoid casual sex or practice safe sex with good quality condoms to prevent HIV and other sexually transmitted diseases.

Verify and consume only safe food and water where possible. Keep hands clean; carry/use sanitising gel when soap and water are not available.

Excessive sun exposure is damaging; limit exposure, seek shade, cover up, wear good sunglasses, use sunscreen at least SPF15.

Leave animals alone; bites, scratches or licks on broken skin can transmit rabies infection. Seek medical attention as soon as possible if bitten or scratched.

Name		Date of birth	
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Do you have any long term medical conditions including kidney problems, thymus disorders, epilepsy or depression/anxiety? Please detail:

What medicines do you take? Please detail:

Have you recently undergone radiotherapy, chemotherapy or steroid treatment? Please detail:

Have you had any bad reaction to vaccines in the past? Please detail:

Do you have any allergies? No **Yes**
If yes, please detail:

Are you pregnant or breast feeding? Yes **No**

Vaccination history

Have you had any of the following vaccinations before? Please include dates:

Date	Date	Date
Tetanus	Polio	Diphtheria
Typhoid	Hepatitis A	Hepatitis B
Meningitis	Yellow Fever	Influenza
Rabies	Jap B Encephalitis	Tick Borne Encephalitis
MMR	Cholera	Other

Have you used Malaria tablets before? Yes **No**
If yes which ones?

Signed:	Date:
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Name		Date of birth	
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For Health Centre Use Only

	Date last given	Recommended	Required	Px/stock
Tetanus				
Polio				
Diphtheria				
Typhoid				
Hepatitis A 1 st				
Hepatitis A 2 nd				
Hepatitis B				
Influenza				
Yellow Fever				
Meningitis ACWY				
Rabies				
Jap B Encephalitis				
Tick Borne Encephalitis				
Cholera				
Other				

Malaria prevention and advice

	Number of tablets required
Atovaquone/Proguanil (Malarone)	
Chloroquine/Proguanil (Paludrine/Avcloclor)	
Doxycycline	
Chloroquine	
Mefloquine	

Travel advice leaflets given		Traveller's diarrhoea	
Food, safety, water purification		Sun and heat safety	
Insect bite avoidance		Websites – fit for travel	

Travel assessment completed by: _____

Date information given to patient: _____