



# TRAVEL HEALTH

## REFERENCE LIST & USEFUL RESOURCES



### PROFESSIONAL GUIDANCE AND COMPETENCY DOCUMENTS

- **RCN competencies:**  
<https://www.rcn.org.uk/Professional-Development/publications/rcn-travel-health-nursing-uk-pub-010-573>
- **RCPSG competencies:** (scroll right down) <https://rcpsg.ac.uk/professions/travel-medicine> if you can't find it here use [THIS link](#)
- Working under PGD competencies: <https://www.nice.org.uk/guidance/mpg2/resources>
- National Minimum Standards for immunisation  
<https://www.healthpublications.gov.uk/ViewArticle.html?sp=Snationalminimumstandardsandcorecurriculumforvaccinationtraining> **NEW!**
- UK immunisation schedules:  
<https://www.gov.uk/government/publications/the-complete-routine-immunisation-schedule>
- <https://www.gov.uk/government/publications/routine-childhood-immunisation-schedule>
- PGD templates (NHS);  
<https://www.gov.uk/government/collections/immunisation-patient-group-direction-pgd>
- Anaphylaxis guidance:  
<https://www.resus.org.uk/library/additional-guidance/guidance-anaphylaxis/emergency-treatment>
- Minutes and agendas from JCVI meetings  
<https://www.gov.uk/government/groups/joint-committee-on-vaccination-and-immunisation>
- Interesting article about pharmacy-led travel health services  
<https://www.sciencedirect.com/science/article/pii/S147789392200240X>
- FGM guidance in travel services  
<https://www.rcn.org.uk/Professional-Development/publications/rcn-female-genital-mutilation-travel-health-uk-pub-011-178>
- RCN travel health library  
<https://www.rcn.org.uk/library/Subject-Guides/travel-health-subject-guide>



## RISK ASSESSMENT

- Risk assessment form templates:  
<https://travelhealthpro.org.uk/factsheet/61/risk-assessment--risk-management-checklist>
- Post exposure rabies form (UKHSA)  
<https://www.gov.uk/government/publications/rabies-post-exposure-risk-assessment-form-and-calendar>
- Decision tree - post exposure rabies  
<https://www.who.int/southeastasia/news/detail/28-02-2024-rabies-post-exposure-prophylaxis-decision-tree--decide-with-confidence>
- Travel Health Pro database <https://travelhealthpro.org.uk/>
- TRAVAX database: <https://www.travax.nhs.uk/>
- CDC Yellow book <https://wwwnc.cdc.gov/travel/page/yellowbook-home>
- Where Travel Health fits in;  
<https://www.who.int/news-room/spotlight/ten-threats-to-global-health-in-2019>
- GOV.UK: <https://www.gov.uk/foreign-travel-advice>
- All UK foreign embassies;  
<https://www.gov.uk/government/publications/foreign-embassies-in-the-uk>
- CDC Yellow Book (Brilliant American resource, revised regularly and now available online)  
<https://wwwnc.cdc.gov/travel/page/yellowbook-home>
- Very useful tool for risk assessing mental health in travellers pre-departure  
<https://www.patmf.org/travel-mental-health>
- Travellers perception of risk  
<https://wwwnc.cdc.gov/travel/yellowbook/2024/preparing/travelers-perception-of-risk>



## VACCINES

- The Green Book:  
<https://www.gov.uk/government/collections/immunisation-against-infectious-disease-the-green-book>
- Post exposure rabies guidelines (also see end of Green Book chapter for duty virologists in different parts of the UK):  
<https://www.gov.uk/government/publications/rabies-post-exposure-prophylaxis-management-guidelines>  
<https://www.gov.uk/government/publications/immunoglobulin-when-to-use/rabies-and-immunoglobulin-service-rigs>
- What's free and what's not:  
<https://www.bma.org.uk/advice-and-support/gp-practices/vaccinations/travel-vaccinations>

Jane Chiodini updated her thoughts about this on 15.11.24 see:

<https://www.janechiodini.co.uk/help/faqs/faq-2-charging-vaccines/>

- Paid for vaccines in general practice - indemnity  
<https://nursingnotes.co.uk/news/paid-for-travel-vaccinations-now-covered-by-the-rcn-indemnity-scheme/>
- Tick surveillance scheme: <https://www.gov.uk/guidance/tick-surveillance-scheme>
- Vaccine schedules in other countries; <https://vaccine-schedule.ecdc.europa.eu/>
- Yellow Fever pre-administration checklist:  
<https://www.fitfortravel.nhs.uk/media/670109/yellow-fever-pre-vaccination-checklist.pdf>
- Government immunisation page: <https://www.gov.uk/government/collections/immunisation>
- Useful poster for general practice;  
<https://www.gov.uk/government/publications/a-visual-guide-to-vaccines-poster>
- BHIVA vaccine guidelines for those living with HIV  
<https://www.bhiva.org/vaccination-guidelines>



## OUTBREAKS

- European Threats <https://www.ecdc.europa.eu/en/threats-and-outbreaks>
- World threats: <https://promedmail.org/>
- Zika virus risk assessment: <https://www.gov.uk/guidance/zika-virus-country-specific-risk>
- Useful Zika information <https://www.cdc.gov/zika/index.html>
- Travel Health Pro outbreaks: <https://travelhealthpro.org.uk/outbreaks>
- Polio PHEIC information and ordering ICVP's:  
<https://travelhealthpro.org.uk/factsheet/17/polio-vaccination-certificate>



## MALARIA

- ACMP Malaria Guidelines:  
<https://www.gov.uk/government/publications/malaria-prevention-guidelines-for-travellers-from-the-uk>
- Insect bite avoidance factsheets:  
<https://www.gov.uk/government/publications/mosquito-bite-avoidance-for-travellers>
- Video created by NaTHNaC and UKHSA on bite avoidance  
[https://www.youtube.com/watch?v=7QD9\\_-Ok\\_Qw&ab\\_channel=UKHealthSecurityAgency](https://www.youtube.com/watch?v=7QD9_-Ok_Qw&ab_channel=UKHealthSecurityAgency)
- <https://travelhealthpro.org.uk/factsheet/38/insect-and-tick-bite-avoidance>
- Useful information sheet from RCOG for pregnancy and Malaria  
<https://www.rcog.org.uk/for-the-public/browse-all-patient-information-leaflets/malaria-and-pregnancy-patient-information-leaflet/>
- Malaria reference laboratory (useful contact for help with queries relating to Malaria)  
<https://www.gov.uk/government/publications/malaria-risk-assessment-form>

- HIV drug interaction checker: <https://www.hiv-druginteractions.org/checker>
- Malaria stories <https://www.cdc.gov/malaria/stories/>
- Imported malaria reports  
<https://www.gov.uk/government/publications/malaria-in-the-uk-annual-report>
- World Malaria Report <https://www.who.int/publications/i/item/9789240086173>



## OTHER RISKS

- Sexual Health; <https://www.iamat.org/travel-and-sexual-health>
- Sexual Health: Marie Stopes; <https://www.mschoices.org/where-we-work/>
- Altitude; <https://www.medex.org.uk/the-medex-book/>
- Chrons and colitis info;  
<https://crohnsandcolitis.org.uk/info-support/information-about-crohns-and-colitis/all-information-about-crohns-and-colitis/living-with-crohns-or-colitis/travel>
- Zika: <https://www.gov.uk/guidance/zika-virus-country-specific-risk#atoz>
- Fact sheets on loads of things; <https://travelhealthpro.org.uk/factsheets>
- Travel with HIV: [https://www.nat.org.uk/sites/default/files/publications/Travel\\_Leaflet\\_2013.pdf](https://www.nat.org.uk/sites/default/files/publications/Travel_Leaflet_2013.pdf)  
[useful link -leaflet on HIV abroad](#)
- HIV Travel restrictions: <https://www.hivtravel.org/>
- LGBTQ travellers:
  - <https://ilga.org/maps-sexual-orientation-laws>
  - <https://www.gov.uk/guidance/lesbian-gay-bisexual-and-transgender-foreign-travel-advice>
  - <https://www.fitfortravel.nhs.uk/advice/general-travel-health-advice/lesbian-gay-bisexual-and-transgender-lgbt-travellers>
  - [https://features.hrw.org/features/features/lgbt\\_laws/](https://features.hrw.org/features/features/lgbt_laws/)
  - <https://wwwnc.cdc.gov/travel/yellowbook/2024/preparing/lgbtq-travelers>
- Safe water supplies: (aquapure bottle) <https://purehydration.com/pages/mad-technology>
- Lyme disease prevention:  
<https://www.gov.uk/government/publications/tick-bite-risks-and-prevention-of-lyme-disease>
- Some very detailed WHO factsheets if you can't find what you are looking for on the databases <https://www.who.int/news-room/fact-sheets>
- Pregnant travellers <https://pregnanttraveler.com/>
- Surgery abroad - a cautionary tale  
<https://www.dailyrecord.co.uk/news/uk-world-news/woman-butchered-after-undergoing-14000-29895255?>
- **VIDEO** - medical tourism case - patient and surgeon perspective  
[https://www.youtube.com/watch?v=5B\\_7mxTSDbw&ab\\_channel=WBNS10TV](https://www.youtube.com/watch?v=5B_7mxTSDbw&ab_channel=WBNS10TV)
- Information about medical tourism CDC yellow book  
<https://wwwnc.cdc.gov/travel/yellowbook/2024/health-care-abroad/medical-tourism>
- More on cosmetic procedures abroad -  
[https://baaps.org.uk/patients/safety\\_in\\_surgery/cosmetic\\_tourism.aspx](https://baaps.org.uk/patients/safety_in_surgery/cosmetic_tourism.aspx)

- **VERY INTERESTING**

<https://www.gov.uk/government/publications/travel-associated-infections/travel-associated-infections-in-england-wales-and-northern-ireland-2022>

- Safe blood and fluids abroad - subscription to receive safe blood products anywhere in the world <http://www.bloodcare.org.uk/>



### **CPD, UPDATES, AND FURTHER TRAINING**

- TMAID journal <https://www.sciencedirect.com/journal/travel-medicine-and-infectious-disease>
- Subscribe to Vaccine Update here: <https://www.gov.uk/government/collections/vaccine-update>
- FGM course (free) **STRONGLY RECOMMENDED**  
<https://rcpsg.ac.uk/professions/travel-medicine> - scroll down
- NaTHNaC training courses: <https://nathnactrainingportal.org.uk/>
- Yellow fever training and further YFV information: <https://nathnacyfzone.org.uk/> :
- Emporiatics <https://rcpsg.ac.uk/travel-medicine/membership/emporiatics>
- Travel health vaccine quiz to test yourself <https://forms.gle/3ZbBnwF6iNEuAmD8>
- Staying updated in practice nursing - <https://www.practicenurse.co.uk/>
- Visit the NPG hub [https://rise.articulate.com/share/Stt360\\_xZSZUx6-7GV\\_0udc\\_S4M-pvJ-#/](https://rise.articulate.com/share/Stt360_xZSZUx6-7GV_0udc_S4M-pvJ-#/)
- RCPSG further education courses  
<https://rcpsg.ac.uk/travel-medicine/qualifications-in-travel-medicine/rcpsg-postgraduate-diploma-in-travel-medicine> or the certificate course  
<https://rcpsg.ac.uk/travel-medicine/qualifications-in-travel-medicine/professional-development-certificate-in-travel-medicine>
- Liverpool School of Hygiene and tropical medicine course  
<https://www.lshtm.ac.uk/study/courses/short-courses/travel-medicine>
- Patient support materials from Valneva (travel checklists/ vaccine books/ training modules (NEVA) and so on) <https://www.valneva.co.uk/healthcare-professionals/resources>
- Links to [practice scenarios](#) which give you feedback on your risk assessment



### **HELP WHEN YOU'RE STUCK!**

- NaTHNaC helpline: <https://travelhealthpro.org.uk/contact.php>
- Email complex malaria prophylaxis queries to the Malaria reference laboratory:  
<https://www.gov.uk/government/publications/malaria-risk-assessment-form>



## HELP WHEN YOUR TRAVELLER IS STUCK!

- GHIC/EHIC cards (NOTE: not a substitute for travel insurance!)  
<https://www.nhs.uk/using-the-nhs/healthcare-abroad/apply-for-a-free-uk-global-health-insurance-card-ghic/>
- GOV.UK: <https://www.gov.uk/world/emergency-help-for-british-nationals> and
- <https://www.gov.uk/government/collections/helping-british-people-overseas-travelling-and-living-abroad#advice-leaflets>
- Travel clinics abroad: [www.istm.org](http://www.istm.org) and  
<https://www.gov.uk/government/collections/doctors-and-medical-facilities-worldwide-list>
- Rape and sexual assault abroad:  
<https://www.gov.uk/government/publications/rape-and-sexual-assault-abroad-returning-to-the-uk>
- Support for British nationals abroad:  
<https://www.gov.uk/government/collections/support-for-british-nationals-abroad>
- <https://www.gov.uk/government/collections/doctors-and-medical-facilities-worldwide-list>



## CONFERENCES AND LEARNING EVENTS AND SOCIAL MEDIA

- Facebook groups:
- <https://www.facebook.com/groups/TravelHealthProfessionalsUK>
- <https://www.facebook.com/groups/RCNGeneralPracticeForum>
- British Global Travel Health Association (BGTHA): <https://bgtha.org/conferences/> (why not become a member too?)
- International Society of Travel Medicine (ISTM)  
<https://www.istm.org/about/congresses-of-the-istm/upcoming-cistm/> (also consider membership)
- Look out for the Joint RCN and NaTHNaC conferences each year. They are VERY good!  
<https://www.rcn.org.uk/news-and-events/events/uk-travelhealth-220325>
- RCPSG conference - usually in October time - this coming year it's on the 9th Oct 2025 save the date! <https://rcpsg.ac.uk/education>
- Educational events in travel health:  
<https://travelhealthpro.org.uk/factsheet/24/educational-events>
- Valneva travel health updates (FREE events)  
<https://www.valneva.co.uk/healthcare-professionals/events>

