Travel Health
Useful Links and Extra Reading

PROFESSIONAL GUIDANCE AND COMPETENCY DOCUMENTS

- **RCN competencies:** RCN Travel Health Nursing: career and competence development | Publications
- **RCPSG competencies**: (scroll right down) Travel Medicine | Royal College of Physicians and Surgeons of Glasgow 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 National Minimum Standards and Core Curriculum for Vaccination Training - GOV.UK
- 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 Female Genital Mutilation. RCN Guidance for Travel Health Services
- RCN travel health library Travel Health: Subject Guide | Library | Royal College of Nursing
- RCN indemnity: your questions answered:
  https://www.rcn.org.uk/Get-Help/Indemnity-scheme/FAQ



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RISK ASSESSMENT

- Risk assessment form templates: Risk assessment / Risk management checklist
- Post exposure rabies form (UKHSA) Rabies post exposure risk assessment form and calendar - GOV.UK
- Decision tree - post exposure rabies Rabies Post-Exposure Prophylaxis Decision Tree: Decide with Confidence
- Travel Health Pro database NaTHNaC
- CDC Yellow book Yellow Book | CDC
- Where Travel Health fits in; Ten threats to global health in 2019
- GOV.UK: Foreign travel advice - GOV.UK
- All UK foreign embassies; Foreign embassies in the UK - GOV.UK
- CDC Yellow Book (Brilliant American resource, revised regularly and now available online) Yellow Book | CDC
- Very useful tool for risk assessing mental health in travellers pre-departure Travel and Mental Health | PATMF
- Travellers perception of risk https://www.cdc.gov/yellow-book/hcp/preparing-international-travelers/perspectives-travelers-perception-of-risk.html
- Zika virus risk assessment: Zika virus: Evaluating the risk to individual travellers



VACCINES

- The Green Book: Immunisation against infectious disease - GOV.UK
- Post exposure rabies guidelines (also see end of Green Book chapter for duty virologists in different parts of the UK): Rabies post-exposure treatment: management guidelines - GOV.UK 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-medication-and-vaccinations

Jane Chiodini updated her thoughts about this on 15.11.24 see: https://www.janechiodini.co.uk/help/faqs/faq-2-charging-vaccines/

- Historical article on RCN indemnity (2021; consult current RCN FAQs above): https://nursingnotes.co.uk/news/paid-for-travel-vaccinations-now-covered-by-the-rcn-indemnity-scheme/
- Tick surveillance scheme: Tick Surveillance Scheme (send a tick sample) - GOV.UK
- Vaccine schedules in other countries; https://vaccine-schedule.ecdc.europa.eu/
- Yellow Fever pre-administration checklist: Yellow fever pre-vaccination checklist
- Government immunisation page: Immunisation - GOV.UK
- Useful poster for general practice; A visual guide to vaccines - GOV.UK
- BHIVA vaccination guidance for adults living with HIV (2015; cross-check current Green Book): https://bhiva.org/clinical-guideline/vaccination-guidelines/



OUTBREAKS

- European Threats https://www.ecdc.europa.eu/en/public-health-events
- World threats: https://promedmail.org/
- Useful Zika information https://www.cdc.gov/zika/index.html
- Travel Health Pro outbreaks: Outbreak Surveillance
- Polio PHEIC information and ordering ICVP's: Polio vaccination certificate ·



MALARIA

- UKMEAG Malaria Guidelines: https://www.gov.uk/government/publications/malaria-prevention-guidelines-for-travellers-from-the-uk-2026
- 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://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-our-patient-information/malaria-and-pregnancy/
- Malaria reference laboratory (useful contact for help with queries relating to Malaria) https://www.gov.uk/guidance/mrl-reference-diagnostic-and-advisory-services
- HIV drug interaction checker: Liverpool HIV Drug Interactions Checker
- Malaria stories https://www.cdc.gov/malaria/stories/
- Imported malaria reports https://www.gov.uk/government/publications/imported-malaria-in-the-uk-statistics
- World Malaria Report Global Malaria Programme



OTHER RISKS

- Sexual Health: https://www.msichoices.org/where-we-work/
- Altitude; https://www.medex.org.uk/the-medex-book/
- Crohn's and Colitis travel information: https://www.crohnsandcolitis.org.uk/info-support/information-about-crohns-and-colitis/all-information-about-crohns-and-colitis/living-with-crohns-or-colitis/travelling-with-crohns-or-colitis
- Fact sheets on loads of things; NaTHNaC - Factsheets
- Travel with HIV: https://nat.org.uk/
- HIV Travel restrictions: Positive Destinations
- LGBTQ travellers:
  - ILGA World maps
  - https://www.gov.uk/guidance/lesbian-gay-bisexual-and-transgender-foreign-travel-advice
  - Maps of anti-LGBT Laws Country by Country | Human Rights Watch
  - LGB+ Travelers | Yellow Book | CDC
- Safe water supplies: (aquapure bottle) https://purehydration.com/pages/mad-technology
- Lyme disease prevention: Tick bite risks and prevention of Lyme disease: resources - GOV.UK
- 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
- **VIDEO -** medical tourism case - patient and surgeon perspective Columbus woman shares medical tourism experience, warns others of risks
- Information about medical tourism CDC yellow book https://www.cdc.gov/yellow-book/hcp/health-care-abroad/medical-tourism.html

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- More on cosmetic procedures abroad - Cosmetic Tourism | The British Association of Aesthetic Plastic Surgeons
- **VERY INTERESTING** Travel-associated infections reports (latest annual reports and archive) – GOV.UK
- Safe blood and fluids abroad - subscription to receive safe blood products anywhere in the world Blood Care Foundation



HELP WHEN YOUR TRAVELLER IS STUCK!

- GHIC/EHIC cards (NOTE: not a substitute for travel insurance!) Applying for healthcare cover abroad (GHIC and EHIC) - NHS
- GOV.UK: https://www.gov.uk/world/emergency-help-for-british-nationals and
- Support for British nationals abroad - GOV.UK
- Travel clinics abroad: www.istm.org and Doctors and medical facilities: worldwide list - GOV.UK
- Rape and sexual assault abroad: https://www.gov.uk/guidance/victim-of-rape-and-sexual-assault-abroad
- Support for British nationals abroad: https://www.gov.uk/government/collections/support-for-british-nationals-abroad