

The Witterings Medical Centre
TRAVEL RISK ASSESSMENT FORM

Please complete this form prior to your travel appointment and return to reception. Ideally forms should be completed 2-4 months prior to departure.

Last minute appointments cannot be guaranteed!

<u>Personal Details</u>	
Full name:	Date of Birth: Male <input type="checkbox"/> Female <input type="checkbox"/>
Easiest contact telephone no:	
Dates of trip	
Date of Departure	
Return date or overall length of trip	

<u>Itinerary & purpose of visit</u>		
Country to be visited	Length of stay	Will you be away from medical help at destination, if so, how remote?
1		
2		
3		

Please tick as appropriate below to best describe your trip			
1. Type of trip	Business	Pleasure	Other
2. Type of holiday	Package camping	Self organised Cruise ship	Backpacking trekking
3. Accommodation	hotel	Relatives/ Family home	Other
4. Travelling	alone	With family/friend	In a group
5. Staying in area which is...	Urban	Rural	Altitude
6. Planned activities	Safari	Adventure	Other

Personal medical history

Do you have any recent or past medical history of note? (including diabetes, heart or lung conditions, thymus disorder)

List any current or repeat medications (or attach your repeat prescription)

Do you have any allergies for example to eggs, antibiotics, nuts?

Have you ever had a serious reaction to a vaccine given to you before?

Does having an injection make you feel faint?

Do you or any close family members have epilepsy?

Do you have any history of mental illness including depression or anxiety?

Have you recently undergone radiotherapy, chemotherapy or steroid treatment?

Women Only:- are you pregnant, or planning pregnancy or breast feeding?

Have you taken out travel insurance and if you have a medical condition, informed the insurance company about this?

Please write below any further information which may be relevant

Vaccination History

Have you ever had any of the following vaccinations/malaria tablets and if so when?

TETANUS	POLIO	DIPHTHERIA
TYPHOID	HEPATITIS A	HEPATITIS B
MENINGITIS	YELLOW FEVER	INFLUENZA
RABIES	JAPANESE B ENCEPHALITI	TICK BORNE ENCEPHALITIS
OTHER		
MALARIA	(Which tablets have you taken?) convenience	

TRAVEL APPOINTMENT INFORMATION



Trips to far away destinations are increasingly popular and the lower costs plus faster transport, makes it feasible for the many. The variety of different adventurous type trips are also on the increase. This is all good news, however with such diversity, the risk of travel to your health is increased and this makes the appointment with the nurse more complex. For example, we need to know about your travel itinerary and any significant aspects of your health in the past. These are typical questions we will be asking:

- When are you departing and how long for?
- Where are you going including the destinations within a country?
- Are you planning on undertaking any high risk activities?
- Have you taken out travel insurance and have you informed the company if you have any medical conditions?
- If female and of child bearing age, is there any possibility you could be pregnant if we needed to give you injections?
- Do you have any medical conditions- these can interfere for example with the type of malaria tablets that can be chosen if you were travelling to a country that has malaria?

We need to perform a risk assessment before deciding which vaccines are recommended and the advice that will best address your needs. For this reason the appointment could take 20 minutes or even a little longer. Within the surgery we plan to give you the necessary injections within the appointment time to save you having to come back. Modern vaccines are excellent today, so if you do feel nervous, please try not to worry- people are always surprised at how easy the injections are and unlike experiences remembered from the past.

It would help us greatly if you had some awareness of the travel health problems that you may be of risk from on your trip before you come for your appointment. Before you attend for your appointment please go to the following web site, print off and read the information for the country you are visiting and bring it to the appointment with you:

www.fitfortravel.nhs.uk

Other useful websites to look at are:

www.fco.gov.uk

www.nathnac.org

www.malariahotspots.co.uk

Thank you