

Marston Forest Health Care

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TRAVEL RISK ASSESSMENT FORM

- To be completed individually for all travelers aged 1 year and older (registered at the practice), by both the patient and the Private Travel Clinic provider.
- The travel risk assessment must be submitted at least 12 weeks before the scheduled travel date. If this is not possible or if the GP surgery is at full capacity with the requests, the patient will need to arrange both NHS funded and private vaccines through a private travel clinic, charges will apply at these clinics.
- If you are travelling in under 12 weeks, you can request your full vaccination history from us and take it to a private clinic for your vaccinations.

Name:	Your country of origin:		
	Date of birth:		
	Male <input type="checkbox"/>	Female <input type="checkbox"/>	non-binary <input type="checkbox"/>
E mail:	Telephone number:		
	Mobile number:		
PLEASE SUPPLY INFORMATION ABOUT YOUR TRIP IN THE SECTIONS BELOW			
Date of departure:		Total length of trip:	
COUNTRY TO BE VISITED	EXACT LOCATION OR REGION	CITY OR RURAL	LENGTH OF STAY
1.			
2.			
3.			
What modes of transport will you be using? Have you taken out travel insurance for this trip? Do you plan to travel abroad again in the future?			
TYPE OF TRAVEL AND PURPOSE OF TRIP - PLEASE TICK ALL THAT APPLY			
<input type="checkbox"/> Holiday	<input type="checkbox"/> Staying in hotel	<input type="checkbox"/> Backpacking	<u>Additional information</u>
<input type="checkbox"/> Business trip	<input type="checkbox"/> Cruise ship trip	<input type="checkbox"/> Camping/hostels future?	
<input type="checkbox"/> Expatriate	<input type="checkbox"/> Safari	<input type="checkbox"/> Adventure	
<input type="checkbox"/> Volunteer work	<input type="checkbox"/> Pilgrimage	<input type="checkbox"/> Diving	
<input type="checkbox"/> Healthcare worker	<input type="checkbox"/> Medical tourism	<input type="checkbox"/> Visiting friends/family	
PLEASE SUPPLY DETAILS OF YOUR PERSONAL MEDICAL HISTORY			

	YES	NO	DETAIL
Any allergies including food, egg, nuts latex, medication			
Have you, or anyone in your family, had a severe reaction to a vaccine or malaria medication before?			
Tendency to faint with injections			
Any surgical operations in the past, including e.g. open-heart surgery, spleen or thymus gland removal?			
Recent chemotherapy/radiotherapy/organ transplant			
Anemia			
Bleeding /clotting disorders (including history of DVT)			
Heart disease (e.g. angina, high blood pressure)			
Diabetes			
Additional needs and/or disability			
Epilepsy/seizures (or in a first degree relative?)			
Gastrointestinal (stomach) complaints			
Liver and/kidney problems			
HIV/AIDS			
Immune system condition e.g. blood cancer			
Mental health issues (including anxiety, depression)			
Neurological (nervous system) illness			
Respiratory (lung) disease			
Rheumatology (joint) conditions			
Spleen problems			
Any other conditions?			
Are you or your partner pregnant or planning a pregnancy?			
Are you breast feeding (if applicable)			
Have you or anyone in your family undergone FGM / been cut / circumcised			

Are you currently taking any medication (including prescribed, purchased or a contraceptive pill)?

PLEASE SUPPLY INFORMATION ON ANY VACCINES OR MALARIA TABLETS TAKEN IN THE PAST (GPs cannot prescribe Malaria prophylaxis on NHS. To be provided by a Pharmacy or Private travel clinic)					
Tetanus/polio/diphtheria		MMR		Influenza	
Typhoid		Hepatitis A		Pneumococcal	

Cholera		Hepatitis B		Meningitis	
Rabies		Japanese encephalitis		Tick-borne encephalitis	
Yellow fever		BCG		Other	
COVID-19 (dates, brand etc.)					
Malaria Tablets					

Any additional information:

TO BE COMPLETED BY PRIVATE TRAVEL CLINIC CONSULTANT/PROVIDER

1. Travel Vaccines recommended and administered by the Private Travel Clinic

Disease Protection	Yes	No	Patient declined	Vaccine Name, Dose and schedule

2. NHS-funded Travel Vaccines recommended by the Private Travel Clinic Can be administered by the Practice Nurse at the surgery

Disease Protection	Yes	No	Patient declined	Vaccine Name, Dose and schedule
Hepatitis A				
Typhoid				
Tetanus/Polio/Diphtheria				
Cholera				

NAME OF THE PRIVATE TRAVEL CLINIC PROVIDER:
SIGNATURE:
DATE OF CONSULTATION:
STAMP:

Please ensure you visit <https://nathnac.net/> (NaTHNaC) for further information necessary for your travel.

Patient's consent:

I consent to the practice collecting and storing my data provided in this form.

I give my consent to be vaccinated today. I understand and have read all the information provided in this form and other travel websites. I understand the risks associated with my travel.

☐

Privacy Policy

This form collects your name, date of birth, email, other personal information, and medical details. This information is used to confirm your registration with the practice, to allow the practice team to contact you, and to update your medical records held by the practice and our NHS partners. Please read our Privacy Policy to understand how we protect and manage your submitted data.

☐

Signature of the patient (or patient's representative if under 16):

Other Travel Considerations

Patients are advised to check any additional requirements that their travel operators or airline may impose and to obtain adequate holiday cover.

Compression stockings are not prescribed by the NHS for the purpose of preventing DVT on long-haul flights.

Emergency Travel Kits are available in two forms, neither of which are available on NHS. Please purchase them from Local Community Pharmacies or Private travel clinics if required.

Should any of these travel vaccination doses are not completed before you travel OR are scheduled during your travel, please visit 'Global Travel Clinic Directory' at the ISTM website (www.istm.org).

Sun Protection: Generously apply about one ounce of sunscreen to cover all exposed skin 15 minutes before going outside. Sunscreen should have a Sun Protection Factor (SPF) of at least 15 and provide broad-spectrum protection from both ultraviolet A (UVA) and ultraviolet B (UVB)

You should only use water for drinking, making ice cubes or cleaning teeth if it has been bottled or canned by a known manufacturer and the seal is intact, boiled and cooled and stored in a clean container.

Common Travel Vaccination Questions and answers

Travelling and going abroad can be an unforgettable experience. However, to prepare for your travels, you need to take the right measures to stay safe and healthy. One of the main things to consider before leaving is to get all the vaccinations that you will need for your chosen destination.

Below, we have answered some of the common questions that can get asked regarding travel vaccinations.

Are Travel Vaccinations Free?

Most travel vaccinations are not cost-free, however in the UK the Typhoid Fever, Hepatitis A, DPT is given for free on the NHS. Other vaccinations such as Yellow Fever and Rabies etc have a cost behind them. However, there are often waiting lists and long lead up times with the NHS, so using a private doctor is beneficial because you can pay and get seen quicker.

Which Destinations Might I Need vaccinations for?

Many destinations require you to have vaccinations before you travel to them, however it is even more important to get vaccinations to underdeveloped countries – such as Africa, Southeast Asia, the Middle East, and South and Central America.

When Should I Get Travel Vaccinations?

Many vaccinations are given in a series of shots over a specific period, but most of them should be given at least a month before travel. Also take into consideration that if you are having to get the NHS funded vaccines, through the NHS, there may be a waiting time for the vaccinations, so book in plenty of notice.

Where Do I Get My Travel Vaccinations?

Firstly, you should fill in the travel risk assessment form, available at the surgery reception or on the website. This form needs to be filled in by all the travellers individually and by the Private clinic provider who will carry out the risk assessment and administer the vaccines which are required and not free on NHS. The private Travel Clinic Provider will also recommend the NHS funded vaccines required for your travel. You can then decide if you want to get these privately (chargeable) or in the surgery (submit the risk assessment form to be reviewed by the Practice Nurse).

How Long Do Travel Vaccinations Last?

Each vaccination has a different durability – which can range from 2 years to 10 years. Vaccinations such as Yellow Fever have a lifelong effect, but others require boosters. You should always check before you travel if you need a booster vaccination, even if you had it in the past.

Will I Get Any Side Effects from My Travel Vaccinations?

Side effects following the vaccinations may include pain, swelling and redness at the injection site. Occasionally, you may experience fever, headaches and tiredness – which you can counteract by drinking plenty of fluids and paracetamol if you have a fever.

How Effective Are Travel Vaccinations?

The World Health Organisation states that no vaccine is 100% effective, however most vaccines are 85-95% effective.

Useful Links

[NHS Overview – Travel Vaccinations](#) <https://nathnac.net/>

[Foreign and Commonwealth Office](#)

[Lonely Planet’s website](#) [Fit for Travel](#) [Health Advice for the Diabetic](#)

[Travel Health Pro](#) [Medical Advice Services for Travellers Abroad](#)

[UK travel health – site developed by a nurse](#)

www.istm.org <https://www.fitfortravel.nhs.uk/advice/malaria/mosquito-bite-avoidance>

Available resources

<https://www.janechiodini.co.uk/tool>

<https://www.nhs.uk/vaccinations/travel-vaccinations>

<https://travelhealthpro.org.uk>

<https://www.fitfortravel.nhs.uk/home>

Specified books and references

1. The Green Book

Immunization against Infectious Disease. First published in 2006 as Immunization against infectious disease by The Stationery Office, and popularly known as the ‘Green Book’, this publication is now available as individual chapters via the Immunization section of the GOV.UK website and not in printed form. Updates available at <https://www.gov.uk/government/collections/immunisation-against-infectious-disease-the-green-book> (Please note, the paper copy of the Green Book should no longer be used).

2. The UK Malaria Guidelines

Chiodini PL, Patel D, Goodyer L. Guidelines for malaria prevention in travelers from the United Kingdom, 2023. London: UK Health Security Agency; July 2023

<https://www.gov.uk/government/publications/malaria-prevention-guidelines-for-travellers-from-the-uk>

Royal College of Nursing (2023) Competencies: travel health nursing: career and competence development, London: RCN <https://www.rcn.org.uk/Professional-Development/publications/rcn-travel-health-nursing-uk-pub-010-573>

3. Good Practice Guidance for Providing a Travel Health Service from the Faculty of Travel Medicine of the Royal College of Physicians and Surgeons of Glasgow

<https://rcpsg.ac.uk/travel-medicine/good-practice-guidance-for-providing-a-travel-health-service>

4. Online computer database e.g. TRAVAX - www.travax.nhs.uk and or NaTHNaC

<http://travelhealthpro.org.uk/> (please note, the use of charts published in journals is no longer for the preferable way for providing up to date advice within a consultation, online databases are updated far more regularly and are the recommended option)

5. British National Formulary (latest edition!) www.bnf.org

6. A good atlas or online atlas e.g. www.maps.google.co.uk

7. Recommended websites for up to date information for health care professionals but some useful ones also for travellers e.g.

- **Public Health Scotland - TRAVAX for Health Care Professional** www.travax.nhs.uk and their public site www.fitfortravel.nhs.uk
- **National Travel Health Network and Centre** <http://travelhealthpro.org.uk/>
- **Foreign Commonwealth and Development Office** <https://www.gov.uk/foreign-travel-advice>

All links below can also be accessed through www.janechiodini.co.uk

Further Specialist Advice

You could include details of the services to be used here, alternatively a poster is available at item no. 8 found at <https://www.janechiodini.co.uk/tools/>