

# 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)
- The travel risk assessment must be submitted at least **8 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 8 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:		
<b>PLEASE SUPPLY INFORMATION ABOUT YOUR TRIP IN THE SECTIONS BELOW</b>				
Date of departure:		Total length of trip:		
<b>COUNTRY TO BE VISITED</b>	<b>EXACT LOCATION OR REGION</b>	<b>CITY OR RURAL</b>	<b>LENGTH OF STAY</b>	
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?				
<b>TYPE OF TRAVEL AND PURPOSE OF TRIP - PLEASE TICK ALL THAT APPLY</b>				
<input type="checkbox"/> Holiday <input type="checkbox"/> Staying in hotel <input type="checkbox"/> Backpacking <span style="float: right;"><u>Additional information</u></span> <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				
<b>PLEASE SUPPLY DETAILS OF YOUR PERSONAL MEDICAL HISTORY</b>				
		<b>YES</b>	<b>NO</b>	<b>DETAIL</b>

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?			
Additional needs and/or disability			
HIV/AIDS			
<b>Any other conditions?</b>			
Are you or your partner pregnant or planning a pregnancy?			
Are you breast feeding (if applicable)			

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

<b>Vaccination</b>	<b>Date</b>	<b>Comments (any problems or side effects you may have experienced)</b>
Hepatitis A		
Typhoid Fever		
Yellow Fever		
Rabies		
Hepatitis B		
Cholera		
Japanese Encephalitis		
Influenza		
Other		
<b>Date</b>	<b>Anti-Malarial</b>	<b>Comments (Any problems or side effects you may have experienced)</b>

**Any additional information:**

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):**

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**Print Name of the patient:**

**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](http://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)

**Water Advice:** 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 at least 8 weeks prior to your planned travel date, available at the surgery reception or on the website. This form needs to be filled in by all the travellers individually

### **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](http://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](http://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](http://www.bnf.org)

6. **A good atlas or online atlas** e.g. [www.maps.google.co.uk](http://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](http://www.travax.nhs.uk) and their public site [www.fitfortravel.nhs.uk](http://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](http://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/>*