

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 condition?
- If female and of child bearing age, is there any possibility you could be pregnant if we needed to give you any 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 this 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 website, 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

The screenshot shows the homepage of the fitfortravel website. At the top, there is a navigation bar with links for Home, Destinations, Advice, News, Resources, and A-Z Index. Below this is a 'Welcome' section with a brief introduction to the website. The main content area is divided into three columns: Destinations (with a search box), Advice (with links to various topics), and News (with recent updates). The footer contains a disclaimer, copyright information, and logos for Health Protection Scotland, NHS National Services Scotland, and Travax.

We look forward to seeing you and helping you to travel safely.