International Travel Health
American Association of Occupational Health Nurses

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Workshop Objectives

Identify core services for an occupational based International Travel Clinic (ITC)

Discuss common ITC health issues

Review select emerging issues for ITC clinics

Provide information about career related issues for occupational health nursing
Background

History of international travel medicine can be viewed from a perspective of infectious disease control.

Depending upon location of travel, concerns may include hemorrhagic fevers, mosquito borne illness, rickettsial disease along with concerns associated with contemporary experiences (e.g., SARS, HIV, etc.)
International travel medicine is also a study in international law and regulation

Current observations/issues:

- Global public health/governance is generally weak and in need of improved structure
- Origins of current practices date to mid-1800s amid concerns of cholera, plague and yellow fever
- New risks amplified by increased int’l travel, global economy and drive for int’l commerce
- Broad goal is to provide security against int’l spread of disease while avoiding unnecessary interference with int’l travel.
### International Travel Regulation

#### WHO Recommendations

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<tr>
<th>Scope</th>
<th>Non-disease specific standards sensitive to emerging threats</th>
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<tr>
<td>Surveillance</td>
<td>Enhance capacity, monitor performance and develop networks</td>
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<tr>
<td>Public health Systems</td>
<td>Set performance criteria with measurable outcomes, state accountability and facilitate economic development</td>
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<tr>
<td>Human Rights</td>
<td>Elaborate on human rights and balance public health needs</td>
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<td>Governance</td>
<td>Implement good governance (fairness, objectivity, transparency)</td>
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While the goals of improved international regulation are well intended, there are significant limits including:

- Sovereignty
- Self-interest
- Capacity
Occupational Health Perspective

Provides a shift in focus with core concepts being the protection and promotion of the health of the worker.

For many, travel is necessary component of work life.

Services need to address individual health needs, contingency plans and personal/family support.
Sandia National Laboratories

Our Business is National Security

Our Core Purpose is to help our nation secure a peaceful and free world through technology.

International Travel Clinic
505-844-HBES (4237)
hbe@sandia.gov
Highly Skilled Workforce

- Sandia employs 8500 employees
- 1500 PhDs and 1500 MS/MA
- Attrition below 4% annually
- Core work across seven facilities
- Distribution of work now worldwide
- International travel an expectation for many
International Travel Services

Travel Planning
- Notification/approvals
- Risk Assessment
- Security Review

ITC Consultation
- Personal Health Assessment
- Evaluate destination risks
- Immunizations
- Emergency Preparedness

Post Trip Review
- Interview/questionnaire
- Problem review
- Pre-planning for next trip

ITC Program Review
- Evaluate aggregate information
- Engage high travel organization
- Prepare for special needs
Vaccinations generally based upon required, routine and recommended prophylactic strategy.

In all cases, consideration must be given to:

- Location and duration
- Reason for travel
- Health of the traveler
- Individual travel plans
### Vaccinations

#### Examples of Recommendations

**Required**
- Yellow Fever

**Routine**
- Diphtheria
- Tetanus
- Polio
- Measles
- Hepatitis B

**Recommended**
- Influenza
- Hepatitis A
- Typhoid Fever
- Meningococcal TB
- Cholera
Acute Traveler’s Diarrhea
• Dietary Precautions
• Bismuth
• Antimicrobials (quinolones, macrolides, rifaximin)

Persistent Diarrhea
• Parasitic infection
• Latent non-infectious disease

Hepatitis A
• Most frequent vaccine preventable disease
• Common worldwide
• Active immunization preferred approach
Emergency support may be needed for personal health, emerging disease, local conflict, and natural disaster. Medical Assistance companies are a necessity:

- Global emergency assistance (evacuations, hospitalizations, interpreters, etc.)
- Medical services (site surveys, development of medical resources, planning)
- Security Services (monitoring, analysis, transportation)
Special Issues

ITC support may vary widely to support/respond to special needs

• Extended stay for larger groups
• Regional conflict
• Limited regional infrastructure
• Regional security concerns
• Family support
• Infectious disease (expected & unexpected)
John Johnson is a professional with experience in biotechnology is being seen in ITC for his 5th trip to a remote location in SE Asia this year. He is a 54y/o individual with known ASHD, HTN and DM. His family is concerned about the frequency of travel, Mr. Johnson’s health and family needs associated with one of the teenage children. His current trip is to assess animal control strategies at a rural location where last year there were two documented cases of Avian flu in local residents. Three days after arriving at his destination, WHO advanced the alert level from 3 to 4 implying increased evidence of human to human transmission of H5N1.
Many career opportunities exist in public/government health agencies, e.g., State public health departments, CDC, WHO and NIH.

Additionally, travel clinics are common in internal medicine & infectious disease services, university health clinics and hospitals.
Web Travel Resources

CDC Home Page  
http://www.cdc.gov

CDC Travel Information  

IAC (Immunization Action Coalition)  
http://www.immunize.org

Pandemic Flu Information  
http://www.pandemicflu.gov

Travel Medicine Sites  
Shoreland/Travax  http://www.shoreland.com

International SOS  http://www.internationalsos.com
Web Resources (continued)

US State Department  
http://www.state.gov
Wilderness Medical Society  
http://www.wms.org
WHO (World Health Organization)  
http://www.who.int/vaccines

This presentation is exclusively available to participants of this workshop @  
Thank You

Feel free to contact us
505-844-HBES (4237)
hbe@sandia.gov

– For up-to-date information on contemporary health or benefits topics, preventive, screening and health education visit the HBE Weekly UPDATE @ http://hbeupdate.custhelp.com