

# Pre Trip Advice

## Preparation

Pre trip risk assessment tailored to your needs GP/Pharmacist/NATHNAC

Biggest Hazards Road traffic accidents –WHO 2013 Watch out for motor bikes. Think

Insurance - check cover

Risk reduction strategies

- Pre travel brief /health screen

- Trust your instincts, don't take risks

- Only about 5% of travel related diseases are preventable

None Vaccine preventable Hazards

- < >Sexually transmitted diseases

- Vector borne (malaria, Dengue Fever, etc)

- Viral respiratory illness

- Psychological/physical issues

Diarrhoea Risk reduction

- Drink safe - bottled water provided with every meal

- New filters and UV lights offer high levels of protection when travelling in country.

Diarrhoea Self Treatment

- 30-60% bacterial

- < >Bismuth subsalicylate

- Ciprofloxacin or rifamixin

- Protocol if not improving and blood mucous present then self treat with above and seek medical attention.

- You should be at least 24 hrs free before resuming clinical work

Sexually Transmitted diseases.

- 13.9% of men and 7.1%of women have new partner overseas

- Pre trip vow of celibacy !!

- Condoms may be difficult to get ,vary in size and quality

- HIV PEP ?

- Post travel sexual health screen

Insect borne disease

- Bite avoidance

- Clothing

- Insect repellent

- < >Clear breeding sites eg puddles near guest house

# Pre Trip Advice

## Malaria

### Risk reduction

Awareness of risk esp dawn dusk biting

Bite prevention clothing and deet

< > Prompt diagnosis and treatment

## Shistosomiasis / Bilhazia

Freshwater snail

### Risk reduction

Don't swim in the dam

## Snakes

Understand snake behaviour

Avoid contact

In the evenings use a torch and wear shoes

Sleep under a net

Keep calm

If bitten Immobilise limb

Get help quickly – snake antivenom treatment is in Manyoni hospital

## Rabies

There have recently been some rabies scares around the village; therefore consider having the rabies vaccine ahead of travel.

There is a stock of Rabies immunoglobulin at Manyoni hospital which can be quickly sent to Kilimatinde in 30 minutes.

Ebola is not present in the rift valley

## Skin Health

Bites stings parasitic infections

Fungal infections

< >< > Sun protection - Deet goes on after sun block

Appropriate footwear

Lie on a towel

## First Aid

Appropriate first aid kit in remote areas.

Travel meds

Check dates

Use generic names

# Pre Trip Advice

Personal well being

Stress, anxiety, homesickness

Culture shock

Working outside personal boundaries

Working with reduced resources

Little opportunity to communicate

Being different

Coping strategy

Personal support system

Colleague network (Kili facebook page )

Communication with home links (phone systems are difficult. Dont forget your passwords.

**TALK ABOUT IT**

Enjoy your experience Take a list of emergency numbers. Keep in touch