

The Travel Medicine Hub

Jane Chiodini
Director of Education
Faculty of Travel Medicine
Royal College of Physicians and Surgeons of Glasgow

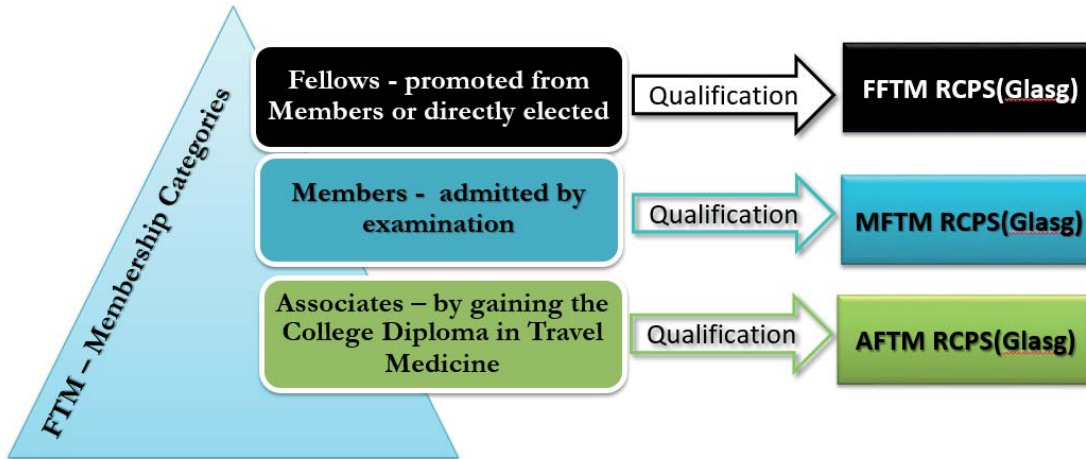
The Faculty of Travel Medicine: Objective and Composition

Founded in 2006

- Objective – to promote improvements to standards of health advice and clinical care for travellers
- Membership is multiprofessional and multidisciplinary



Composition of FTM



- Post nominals in travel medicine
- Educational events
- Publications
- Awards and Scholarships
- Opportunity to be involved to make a difference

Some activities achieving the objectives

Educational courses from the Faculty of Travel Medicine

Foundation in Travel Medicine

Diploma in Travel Medicine

Expedition and Wilderness Medicine

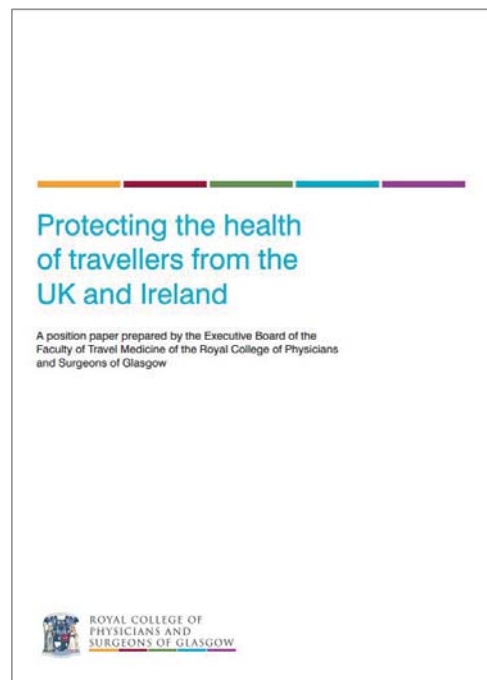
The Annual Symposium of the Faculty of Travel Medicine: Ten years strong and looking to the future

Venue: Royal College of Physicians and Surgeons of Glasgow
Date: Thursday, 6 October 2016
Time: 9.30-17.30

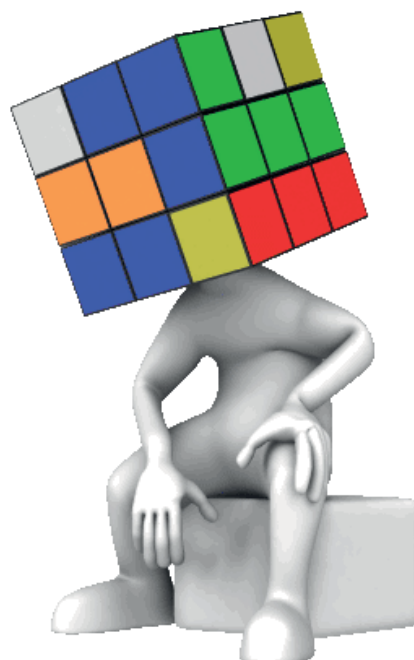
Travel Medicine Practice in the UK

Issues

- No regulation
- Variable standards
- Reduction in education to the primary providers
- Practitioners have increasing difficulty in finding time to attend



What is the scale of the problem?



Most pre travel advice is provided in General Practice in the UK



UK GP Statistics 2014 ¹

9,800 practices

- 7,962 in England
- 988 in Scotland
- 470 in Wales
- 363 in Northern Ireland

43,000+ GPs

General Practice Nursing in 2013 ²

14,943 full-time equivalent GP practice nurses



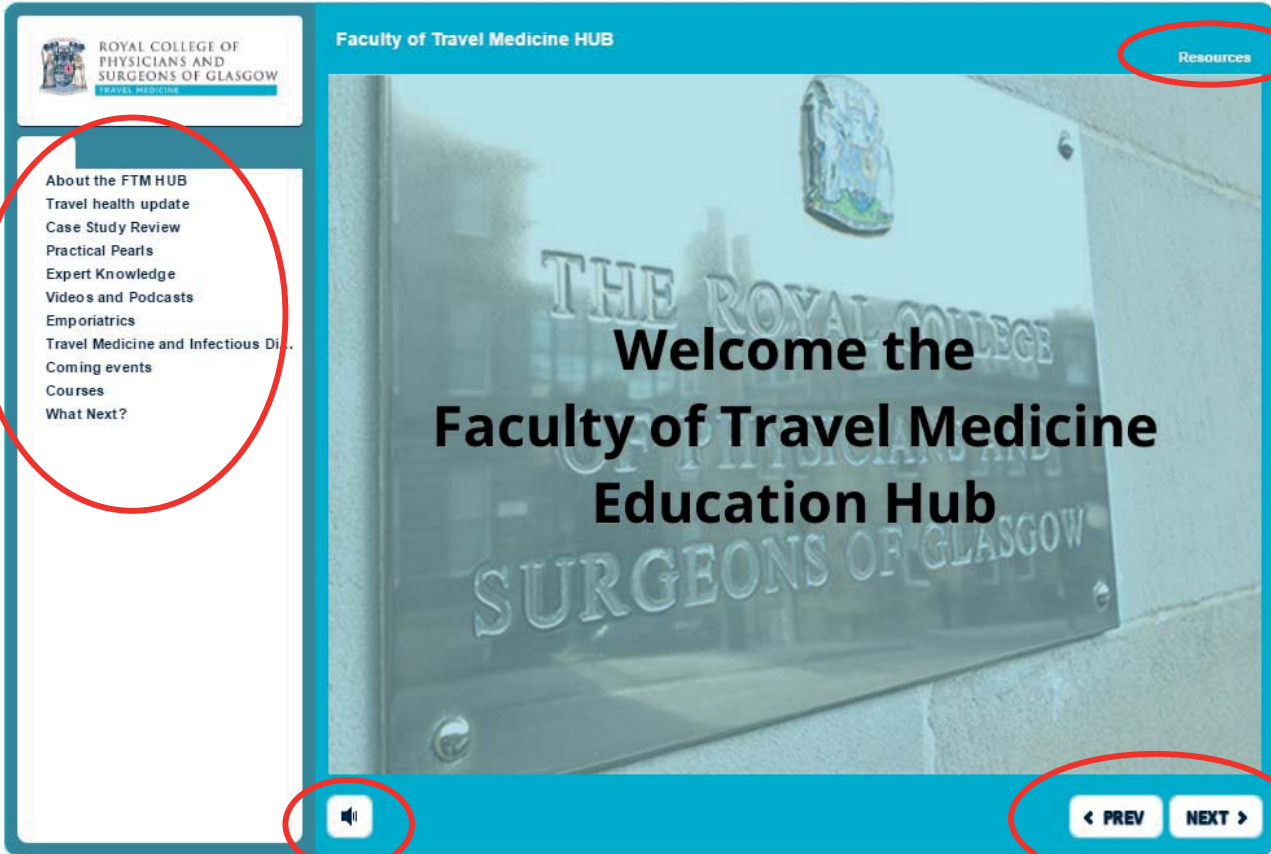
1. BMA Press Briefing – General Practice in the UK July 2014 (accessed January 2016)
<http://www.bma.org.uk/search?query=press%20briefing%20general%20practice%20in%20the%20UK>
2. <http://www.pulsetoday.co.uk/hot-topics/practice-news/gp-practice-nurse-numbers-grow-by-17/20006656.fullarticle>



Using technology
to deliver
travel health education

The Travel Medicine Hub Objectives

- Easily **accessible, attractive, interactive** education that can be undertaken at the user's pace and most convenient time
- Membership benefit
- Attractive to Affiliate category (£24 per annum)
- Challenge in the wider membership – engage their expertise
- Would this be a useful tool for your trainees?



The screenshot displays the 'Faculty of Travel Medicine HUB' website. The header includes the Royal College of Physicians and Surgeons of Glasgow logo and the text 'ROYAL COLLEGE OF PHYSICIANS AND SURGEONS OF GLASGOW TRAVEL MEDICINE'. The main content area features a large image of a building entrance with a sign that reads 'THE ROYAL COLLEGE OF PHYSICIANS AND SURGEONS OF GLASGOW' and 'Welcome the Faculty of Travel Medicine Education Hub'. A navigation menu on the left lists various resources, and a 'Resources' link is highlighted in the top right. A speaker icon is visible in the bottom left, and 'PREV' and 'NEXT' buttons are in the bottom right.

ROYAL COLLEGE OF
PHYSICIANS AND
SURGEONS OF GLASGOW
TRAVEL MEDICINE

Faculty of Travel Medicine HUB

Resources

About the FTM HUB
Travel health update
Case Study Review
Practical Pearls
Expert Knowledge
Videos and Podcasts
Empiriatrics
Travel Medicine and Infectious Dis...
Coming events
Courses
What Next?

THE ROYAL COLLEGE
OF PHYSICIANS AND
SURGEONS OF GLASGOW

Welcome the
Faculty of Travel Medicine
Education Hub

ROYAL COLLEGE OF
PHYSICIANS AND
SURGEONS OF GLASGOW
TRAVEL MEDICINE


Faculty of Travel Medicine HUB Resources

Travel Health Update presented by Cathy O'Malley

i

In this update, Cathy will present on the following topics

- Female Genital Mutilation
- The hottest topic right now!
- Yellow fever
- Vaccination update
- Malaria
- Tips on how to keep up to date



🔊
◀ PREV NEXT ▶

Travel Health Update

Cathy O'Malley
RGN, Dip Trav Med (Glasg), MFTM RCPS(Glasg)

Cathy is a Travel Health Nurse Specialist working part-time at the Harrow Health Care Centre (private GP surgery and travel clinic) and part-time delivering Travel Medicine training to health professionals. She did the Travel Medicine Diploma in Glasgow (2013), passed the Membership exam for the Faculty of Travel Medicine and is now on the question setting panel and an examiner for the MFTM exam. She is also a member of the Travel Medicine Education, Training and Professional Development Board at the Faculty of Travel Medicine. Cathy is passionate about Travel Medicine and passing her knowledge on to others.

Part 1: Female Genital Mutilation

CASE SCENARIO 1

A family mother with 3 girls age 12, 6 & 5 years

- Travelling to Guinea for 6 weeks over the Summer holidays
- Visiting Friends and Relatives
- Departs tomorrow
- Comes to you for travel vaccines

CASE SCENARIO 1

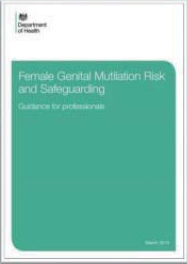
Whilst Mum takes the 5 year old to the toilet

Click on images to go to resources online

Faculty of Travel Medicine HUB Resources

Part 1: FGM resources


Click on any of the images to be directed to the relevant webpage




Department of Health, FGM: mandatory reporting in healthcare - various links



NHS Choices FGM resources including videos

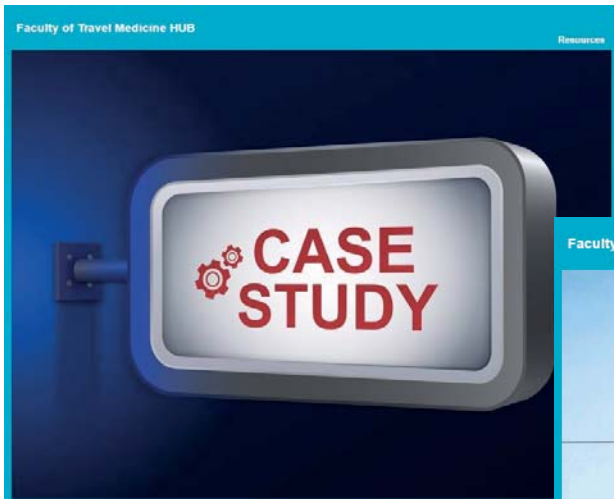




If you do not have an NHS e-mail address and perhaps work in the private sector you can still undertake free of charge training. Click on this image and work through the registration process to reach this course

fitfortravel FGM resource from Health Protection Scotland

🔊
◀ PREV NEXT ▶




Faculty of Travel Medicine HUB Resources

As part of the Diploma in Travel Health from the Royal College of Physicians and Surgeons of Glasgow, students undertake a project. This can either be research based or a selection of case studies.

About the author

Sharon Blayne RGN, Dip Trav Med (Glasg) a student from the 2015/2016 cohort has shared with us one of her case studies which focuses on sexual health.


Sharon's nursing background is in Neurosurgery, Intensive Care and more recently in Primary Care as a practice nurse where she developed a passion for travel medicine. She has recently completed the Diploma in Travel Medicine at the Royal College of Physicians and Surgeons in Glasgow. Sharon now works at the Harrow Health Care Centre which is a private GP surgery and Travel Clinic in North West London.



< PREV NEXT >

Faculty of Travel Medicine HUB Resources

Introduction



click the button for the statistics

click the button to find out why this case study was chosen

< PREV NEXT >

Faculty of Travel Medicine HUB Resources

Case study details

- 46 year old male (Mr S) travelling alone
- 2 week trip to Thailand in November 2015, (1 week in Bangkok, 1 week in Phuket, travel between the destinations on an internal flight)
- Staying in good quality hotels
- Travelling for sex tourism
- Previous travel to Thailand 2 years ago
- Asthmatic, well controlled on short acting beta agonist


< PREV NEXT >

Faculty of Travel Medicine HUB Resources

Sexually active travellers often engage in high risk behaviours (Vivanco 2010)

The risk of acquiring a STI associated with casual sex abroad is approximately **HOW MANY** times higher, compared to casual sex

- Three times as high
- Twice as high
- Four times as high



SUBMIT



Read about the evidence of risk and the prevention of STIs. Sharon Gray

Download the study (including references) to your resource top right of the page

Please note this is only available on a tablet or smartphone menu



Useful Resources



click on any of the boxes below for more information

British HIV Association (BHIVA)

Brook/Sexually transmitted infections (STI's)

FPA - the sexual health charity

HIV Aware

Immunisation against Infectious Diseases

Sexually transmitted infections (STI's) help

THT Direct | Terrence Higgins Trust




ROYAL COLLEGE OF PHYSICIANS AND SURGEONS OF GLASGOW
TRAVEL MEDICINE

Faculty of Travel Medicine HUB

Resources

Practical Pearls and Lightbulb moments



[About the FTM HUB](#)
[Travel health update](#)
[Case Study Review](#)
Practical Pearls
[Expert Knowledge](#)
[Videos and Podcasts](#)
[Emporiatrics](#)
[Travel Medicine and Infectious Di...](#)
[Coming events](#)
[Courses](#)
[What Next?](#)

[◀ PREV](#)
[NEXT ▶](#)

Faculty of Travel Medicine HUB

Resources

Practical pearls of wisdom to improve patient care

In this section we invite travel medicine experts to share their personal stories. This could be a range of subjects but the focus is on someone who has the theoretical knowledge and practical experience as well as something the textbooks often don't cover.


If you feel inspired to write a piece for the section then please contact us by e mail and we will be happy to discuss it with you.

[◀ PREV](#)

Faculty of Travel Medicine HUB

Resources

Travelling post breast cancer



- In 2009 Jane, a travel health specialist nurse developed breast cancer. Her story relates some issues experienced when travelling abroad after treatment
- Download the account from the resources in the top right hand corner to read (please note, if looking at this on a tablet, the resources menu may not be visible)
- Then click on some of the useful links on the next slide for issues discussed in her story.

[◀ PREV](#)
[NEXT ▶](#)

Challenges of travel - post breast cancer

by Jane Chiodini FFTM RCPS(Glasg)



In 2009 I was diagnosed with breast cancer which came completely out of the blue and most certainly ruined plans to travel and present at the conference of the International Society of Travel Medicine (CISTM) in Budapest that year amongst other work activities! Treatment included major surgery, chemotherapy, radiotherapy and inclusion in a drug trial covering a period of 15 months in total. Post treatment I was very fatigued and it took some considerable time to start to feel 'normal' for me! However, I consider no experience in life is without its benefits. The hardest challenge was probably being a patient in a health system where I was used to doing the caring and since then I've been teaching about that aspect. In relation to my work as a travel health specialist nurse, there were a number of challenges post treatment and its these I would like to share to hopefully create a better understanding for our patients.

In January 2011 I was travelling with my husband Peter to the Christian Medical College in Vellore, India to participate in a course in tropical medicine. Here are some of my learnings from that time and since!

- Having been out of 'work mode' I completely forgot to check on the status of travel vaccines until 4 weeks prior to departure! I was so busy thinking about visas, suitable clothes etc. that it went out of my head! How ridiculous given my knowledge but it made me appreciate it's often not a main priority to our travellers and their late attendance may not be intentional!
- I wasn't able to obtain any travel insurance on an annual policy and was travelling again to Seoul later in the year. Because of my medical history no companies I tried online would offer this and most would not cover the breast cancer at all, despite the fact I was now cancer free! It incensed me at the time having worked so hard to get through treatment so I took out a single policy which excluded the cancer and travelled without problems. But it was only on return we thought how crazy that had been, what if I'd had a mosquito bite on my arm in which all lymph nodes had been removed. What in the worst case scenario, that bite had become infected and developed into a cellulitis and septicaemia - the insurance wouldn't have covered me most probably as the cause could have been attributed to my condition! Today more companies seem to be offering better insurance provision - see the information slide in the Practical Pearls on the Hub for live links



then →

- I was absolutely fastidious about good bite protection on my 'lymph-node free' arm as I didn't want infection that could trigger lymphoedema but it took so long to apply creams which I preferred as I was then sure I'd reached every nook and cranny! I wondered how many travellers really adhere to the advice?! For daytime



Faculty of Travel Medicine HUB

Resources

Resources

Travel insurance, guidance for health professionals - from NaTHNaC

Consumer Which? Travel insurance: Medical conditions travel insurance

*Hats 4 heads - headwear for people who have lost their hair through illness such as cancer & chemotherapy or alopecia.

*Just in Time. Soft hats designed for women with hair loss in 100% cotton.

Holidays and travel for people with lymphoedema from the Lyphoedema Support Network, hosted on NHS Choices

* please note, these websites are for information only, products are not being endorsed



< PREV NEXT >

Faculty of Travel Medicine HUB

Resources

Expert Knowledge



Faculty of Travel Medicine HUB

Resources

Videos and Podcasts



< PREV NEXT >

Kenyan Outreach programme



Read about the film maker and the programme



Healthcare Outreach Kenya



Click here to see more information about this programme - perhaps you're interested in being involved?

Ann McDonald
FFTM RCPS(Glasg)
above learning in the eye clinic.

The camp initiative and activity is led by travel specialist nurse Karen Rudd



Deworming programme apart from the consulting at every clinic the successful deworming programme continues



< PREV NEXT >

- About the FTM HUB
- Travel health update
- Case Study Review
- Practical Pearls
- Expert Knowledge
- Videos and Podcasts
- Emporiatics**
- Travel Medicine and Infectious Di...
- Coming events
- Courses
- What Next?



Emporiatics is our published magazine presenting news, views and reviews of the Faculty of Travel Medicine.

The illustration to the left is of the current Spring/Summer 2016 edition. Click on the image to access the electronic version of the publication posted on the website of the Royal College of Physicians and Surgeons of Glasgow.

The Editor of Emporiatics is Sandra Grieve FFTM RCPS(Glasg)

Click in the 'i' button to learn more about Sandra and the next button to see details of the content in this publication.



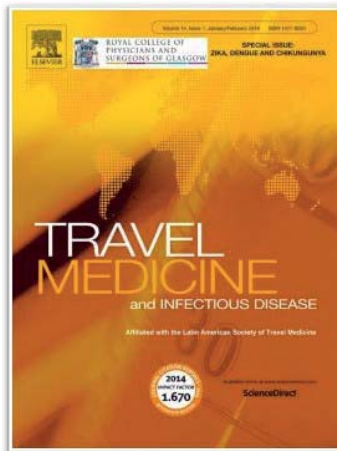
< PREV NEXT >



About the FTM HUB

- Travel health update
- Case Study Review
- Practical Pearls
- Expert Knowledge
- Videos and Podcasts
- Empiriatrics
- Travel Medicine and Infectious Di...
- Coming events
- Courses
- What Next?

Travel Medicine and Infectious Disease Journal



Everyone in the Faculty of Travel Medicine has access to this journal.

If you haven't utilised this membership benefit yet, click on the button for your appropriate category to find out how to do so.

[Access for Affiliates and Associates](#)

[Access for Members and Fellows](#)

and

[Details of other Membership benefits](#)



[← PREV](#) [NEXT →](#)



About the FTM HUB

- Travel health update
- Case Study Review
- Practical Pearls
- Expert Knowledge
- Videos and Podcasts
- Empiriatrics
- Travel Medicine and Infectious Di...
- Coming events
- Courses
- What Next?



The Annual Symposium of the Faculty of Travel Medicine

Ten years strong and looking to the future



[← PREV](#) [NEXT →](#)





- About the FTM HUB
- Travel health update
- Case Study Review
- Practical Pearls
- Expert Knowledge
- Videos and Podcasts
- Empiriatrics
- Travel Medicine and Infectious Di...
- Coming events
- Courses**
- What Next?

Educational courses from the Faculty of Travel Medicine

Foundation in Travel Medicine



Diploma in Travel Medicine



Expedition and Wilderness Medicine



Click on the above images to find further information on these different courses



< PREV

NEXT >



- About the FTM HUB
- Travel health update
- Case Study Review
- Practical Pearls
- Expert Knowledge
- Videos and Podcasts
- Empiriatrics
- Travel Medicine and Infectious Di...
- Coming events
- Courses
- What Next?**

What Next?

We hope this travel medicine hub has demonstrated many different formats of education that could be available. There are other topics we'd like to include, for example, FAQs and discussion/debates. **HOWEVER it needs YOUR CONTRIBUTION to make it live!**

PLEASE GO TO THE NEXT PAGE



< PREV

NEXT >

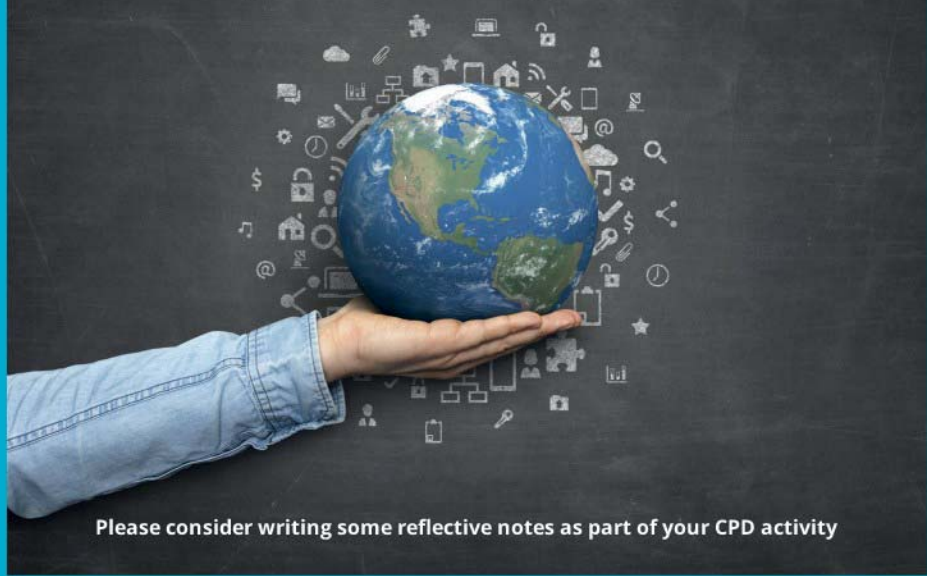




About the FTM HUB

- Travel health update
- Case Study Review
- Practical Pearls
- Expert Knowledge
- Videos and Podcasts
- Emporiatrics
- Travel Medicine and Infectious Di...
- Coming events
- Courses
- What Next?

Thank you for visiting the FTM HUB



Please consider writing some reflective notes as part of your CPD activity



← PREV



Thank you

www.janechiodini.co.uk

jane@janechiodini.co.uk

Postgraduate
Technical Workshop

**Laboratory Diagnosis
of Human Parasitic
Infections**

Leiden, the Netherlands
30 January – 3 February 2017



E.A.van_Lieshout@lumc.nl



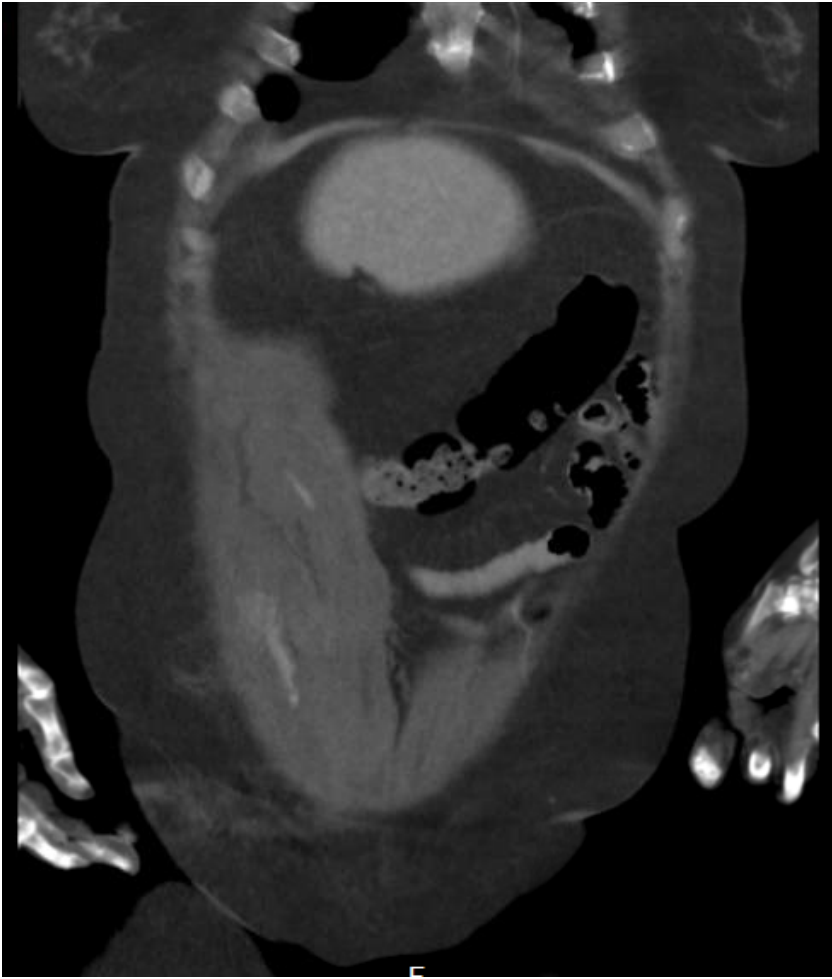
68-yo patient

- Severe destructive rheumatoid arthritis
R/azathioprine, golimumab, prednison
- 3-week history, intermittent fever, night sweats,
shortness of breath; 3 months ago, holiday South of
France
- T 38°C; p 93/min; SpO₂ 97%
- ESR 17 mm; Hb 6.3 mmol/L; Leuko 2.8 × 10⁹/L; Lympho
0.88 × 10⁹/L; 20% large granular lympho; T 91 × 10⁹/L



- Rheumatoid arthritis with active
synovitis left wrist, knee, ankles;
high activity spleen; anaemia,
neutropenia
- Bone marrow aspirate normal
cellularity, reactive lymphocytes.
No inclusion bodies (d3)
- PCR Leishmaniasis bone marrow
aspirate inhibited





Hb	4.5
PT	18.5
INR	1.3
APTT	47.4
Fibrinogen	0.9



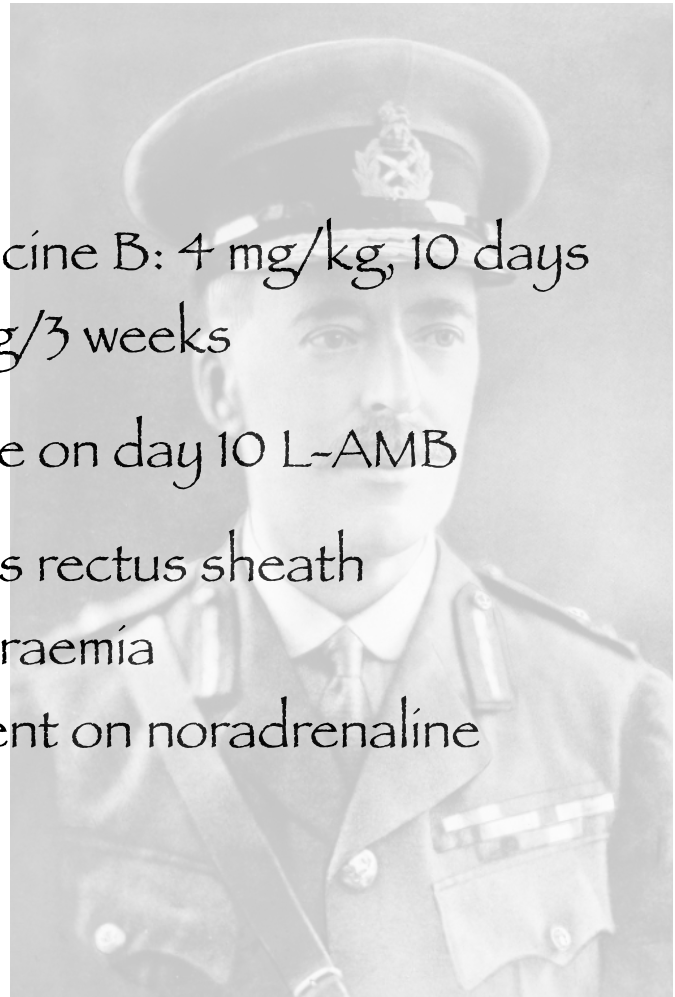
PCR_{EDTA} blood CT-index 29

Leishmania infantum

- Visceral leishmaniasis in patient with severe RA under treatment with thiopurines, anti-TNF and corticosteroids
- Abdominal compartment syndrome secondary to diffuse intravascular coagulation



- Liposomal amphotericin B: 4 mg/kg, 10 days
Pentamidine: 4 mg/kg/3 weeks
- PCR_{EDTA blood} negative on day 10 L-AMB
- Rebleed left musculus rectus sheath
Gram-negative bacteraemia
Increasingly dependent on noradrenaline



Variable	Adjusted OR (95% CI)	Points [#]	Score	Range of the probability of death (%)
Splenomegaly	1.5 (1.2–2.0)	1	0	0.6
Edema	1.8 (1.4–2.2)	1	1	0.9 - 1.1
Weakness	1.7 (1.2–2.3)	1	2	1.5 - 1.9
Bleeding	3.8 (3.0–4.8)	3	3	2.2 - 3.2
Jaundice	1.6 (1.3–2.0)	1	4	3.4 - 5.2
Age (years)			5	4.8 - 8.3
≤0.5	8.6 (5.3–13.8)	5	6	7.2 -13.0
>0.5 to ≤1	2.8 (1.8–4.3)	2	7	11.2 -19.5
>1 to ≤19	1.0	0	8	16.2 - 27.1
>19 to ≤50	2.4 (1.8–3.1)	2	9	23.0 - 33.8
>50 to <65	4.0 (2.9–5.7)	3	10	32.5 - 45.3
≥65	9.6 (6.7–13.6)	5	11	44.3 - 56.0
<i>Leishmania</i> –HIV co-infection	1.6 (1.2–2.2)	1	12	56.7 - 66.2
Bacterial infection	1.9 (1.5–2.3)	1	13	69.8 - 76.0
			14	81.3- 82.9

Lessons learned

- Mediterranean countries often forgotten in travel history
Perform Leishmania PCR_{EDTA blood} on diagnostic suspicion
- A negative bone marrow aspirate does not exclude VL
- Uncontrolled bleeding is sign of poor prognosis
- Pentamidine may have caused hypotension in this patient

