



Travel Medicine: A Pharmacist's Opportunity for Expanded Scope

Welcome
We will begin shortly.

Pharmacy Practice Innovative Webinar Series Sponsored by:



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Learning objectives

- Understand the objectives of a “comprehensive” pre-travel consultation
- Be familiar with the “major topics of discussion” in a pretravel consultation
- Examine and apply appropriate immunization guidelines for patients based on their immunization history and travel itinerary

Meet Jose.....

- 49 year old male travelling to Beijing for a 6 week training course through work
- Allergies – none
- PMHx = COPD
- Medications – Budesonide/Formoterol (200/6) – 2 puffs BID



Important Role for Pharmacists

- Current strength of pharmacist-patient relationships
- Expanded scope of pharmacy practice (current vaccine schedule 2, future pharmacist prescribing)
- Enhanced Pharmacist role and specialization
- Convenient access to all travel needs (most frequented health care institution and most accessible health care professional)



Pre-Travel Consultation

- Implications of traveling with underlying conditions
- Assess the traveler's trip plans and determine potential health hazards
- Vaccinations



Risk Assessment

- Intrinsic – What are the travellers underlying health risks?
- Extrinsic – What are the risks inherent to the destination?



Intrinsic

- Past Medical History
- Special Conditions (i.e. Chronic Diseases, Immunosuppression)
- Immunization History
- Prior Travel Experience



Extrinsic

- Trip Plans (Timing, Itinerary, Reason, Style, Activities)
- “Major Topics of Discussion”



Major Topics of Discussion

- Immunizations
- Malaria chemoprophylaxis
- Travelers' diarrhea
- Altitude illness
- Respiratory illnesses
- Vector borne diseases
- Sexual health and blood borne pathogens
- Environmental hazards
- Personal safety



Malaria

- Is there a risk of malaria?
- Always discuss personal protective measures.
Mosquito Avoidance/Precautions
- Recommendations of chemoprophylaxis based on the itinerary.
- *Recommendations based on patient specific contraindications*



Travelers Diarrhea

- Strategies to minimize diarrhea
- Antibiotics for “self-treatment”
- Adjunct medications such as loperamide, hydralyte



Altitude Sickness

- Is the traveler at risk of altitude illness?
- Preventive measures - gradual ascent, adequate hydration
- Medications to prevent and treat



Respiratory Illnesses

- Areas of particular concern (such as avian influenza in Asia or MERS in the Arabian Peninsula) - Check “CDC Travel Notices”
- Particular importance for patients who have underlying respiratory pathologies (i.e. asthma/copd)



Immunizations

- Examine and apply appropriate immunization guidelines for patients based on their immunization history, and travel itinerary



Guidelines

- **NACI** - National Advisory Committee on Immunization (NACI)
- **CDC** – Centers for Disease Control and Prevention
- **Health-Link BC** – BC Full Immunization Schedule



Required vs Recommended

- Meningococcal vaccine for pilgrims traveling to Mecca during the Hajj
- Yellow fever vaccine for travelers to certain countries in Africa and South America
- Polio vaccination for long-term travellers to Afghanistan and Pakistan (as of Nov 2015)



Routine Vaccines

- Updating Routine Immunizations is important prior to travel
- TDAP
- Meningococcal
- Pneumococcal
- MMR
- Varicella



Travel Specific Vaccines

- Hepatitis A
- Typhoid
- Hepatitis B
- Japanese Encephalitis
- Rabies



Back to Jose.....

- Missing – TRIP DETAILS, IMMUNIZATION HISTORY



Pre-Travel Consultation

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- Vaccinations



JOSE

- Travelling with COPD – optimize bronchodilation (MRC Dyspnea scale, Exacerbation History)
- Recommend prn salbutamol for acute episodes of dyspnea
- COPD Action Plan (Antibiotics plus Prednisone)
- Smoking Cessation (NRT during flight to Beijing)



Beijing

- Check out CDC Travel to China – “Clinician View”
- Not a Malaria endemic Area
- Risk of Travellers Diarrhea (cumulative)
- Air Pollution
- Densely Populated Areas – Increased risk of communicable diseases



Vaccinations

- Required – None
- Recommended Routine = MMR, TDAP, Pneumococcal (Respiratory condition), Seasonal Influenza Vaccine
- Travel – Hepatitis A, Typhoid
- Itinerary Dependant - Japanese Encephalitis, Hepatitis B, Rabies, Polio



Resources

- Routine Immunization Guidelines
- CDC – travel – “clinician view”
- CDC Yellow Book – available online
- ISTM (International Society of Travel Medicine) – For membership and Certification



Upcoming Pharmacy Practice Webinars

Topic: Refugees - Our New Neighbours: Communicating to Ensure Optimal Pharmaceutical Care

Date: March 31, 2016

Registration opening soon



Questions

- Please contact Kristina Allsopp at cpd@pharmacists.ca





Thank you!

- This presentation will be available online at <http://www.pharmacists.ca/index.cfm/education-practice-resources/professional-development/pharmacy-practice-webinars/>
- Thank you to Pfizer for sponsoring this Pharmacy Practice webinar series.



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