

I Can't Catch my Breath in Kathmandu

Preparing your patients for international travel

Debbie McCrea, Ed.D, MSN, APRN, FNP-BC, CNS, CEN, CFRN, EMT-P

Cizik School of Nursing at UTHHealth

Significance to Practice

- More than 2 billion embarked on global travel at beginning of 2020 esp. geriatric pop.
- Many pursue activities which put them at risk medically.
- Most have lack of
 - knowledge of proper trip prep
 - what to expect if injured or ill internationally
 - what travel assistance companies can offer to support them until they return home.

PreTravel Consultation

CDC Yellow Book

- [Travel Epidemiology](#)
 - Preparing International Travelers
 - [Pretravel consultation](#)
 - PMH
 - Special health considerations
 - Immunization history
 - Prior travel experience
 - Trip itinerary
 - Trip timing
 - Reason for travel
 - Travel style
 - Special activities
 - [Vaccines](#)
 - [Destinations](#)- Clinician info
 - [Before you travel tips for travelers](#)
 - [Consider Purchasing Travel Insurance](#)
 - [Check US State Dept Advisories](#)
 - [Enroll in the US State Dept Smart Traveler Program.](#)



Obtaining Health Care Abroad

- [Obtaining Health Care Abroad](#)
- Realize: most US Health Insurance cannot be used in foreign country
 - Expectation that client will pay out of pocket or ask for assistance from travel medical insurance
- Other assistance
 - Contact
 - Travel Assistance/Insurance Co.
 - [US State Dept](#)
 - [US Embassy](#)
 - [International Assoc for Med Assistance to Travelers](#)
 - [International Society of Travel Medicine](#)
 - [WHO Travel Advice](#)



Considerations when looking for travel insurance/travel assistance

- Emergency medical care
- Medical transport back to US
- Travel/accommodation costs
- 24-hour contact line
- Sufficient financial coverage
- The region(s) you travel in
- Duration of travel
- Pre-existing conditions
- Activities you plan on engaging in

Emergency Travel Assistance

Decisions Made by Med Assistance Companies

Call comes in

- Type of med issue (trauma vs medical)

Safe Hosp?

- Can they handle issue
 - Higher level of care?
 - Hyperbarics?
- Helo/Air ambulance
- Boat/Ferry
- Train
- Ground Transport/RV



Once Care rendered

- Is repat needed or can clt stay until improved

When Repatriation needed, does client need

- **MANDATORY:** Fit to FLY FORM from Treating Med Provider
- [International Air Transport Assoc Guidelines](#)
 - Commercial Flight
 - Stretcher Flight
 - Medical Escort
 - Air Evac



Post Travel Assessment

Reeval upon return

- 65% pf have illness upon return
- Diarrhea
- URI
- Rash
- Fever

To formulate diff.dx

- Region traveled
- Activities
- Pathogens of Locale
- Onset of CC

References

Centers for Disease Control and Prevention (2020). Travelers Health. Retrieved from <https://wwwnc.cdc.gov/travel/>

Hill, D. R., Ericsson, C. D., Pearson, R. D., Keystone, J. S., Freedman, D. O., Kozarsky, P. E., ... & Ryan, E. T. (2006). The practice of travel medicine: guidelines by the Infectious Diseases Society of America. *Clinical Infectious Diseases*, 43(12), 1499-1539.

Mahadevan, S. V., & Strehlow, M. C. (2017). Preparing for international travel and global medical care. *Emergency Medicine Clinics*, 35(2), 465-484.

Teichman, P. G., Donchin, Y., & Kot, R. J. (2007). International aeromedical evacuation. *New England Journal of Medicine*, 356(3), 262-270.

United States State Department (2020). International Travel. Retrieved from <https://wwwnc.cdc.gov/travel/>
Photos: www.Pixabay.com