



Travel health update

This is a new regular feature to help you to keep your practice up to date when seeing travellers. Travel health can be complicated, and there is often little time for the practice nurse to seek out new information. We hope this feature may be of help in this respect, and from time to time we will revisit areas of continuing concern for further clarification

BREAST CANCER

I have been off work for the past 10 months while having treatment for breast cancer. The experience is one that I would rather had never happened, but it taught me a good deal about breast cancer. For example, one aspect of care that is poorly documented but important to be aware of is that if, during treatment, the lymph nodes are removed, then lifelong care must be taken to prevent infection in the affected arm, to help avoid the development of lymphoedema. In a travel health context, this includes having no injections in the affected arm, and using very effective insect bite repellents. More detail is available at www.breastcancercare.org.uk

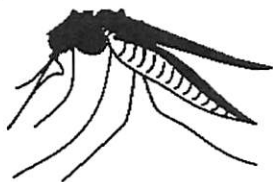
MALARIA

The Health Protection Agency (HPA) Malaria Reference Laboratory (MRL) has changed the way in which it deals with your complex enquiries regarding patients and malaria prophylaxis.

If you have such a query, go to www.malaria-reference.co.uk.

Click on the link to a PDF of the form 'Risk assessment to fax'. Complete the form on the computer, then print it off and fax it to the number given (020 7637 0248).

The MRL will reply to your query within 3 working days.



IMMUNISATION INFORMATION

The excellent NHS immunisation website is closing down. Information currently on the site for healthcare

professionals has been transferred to www.dh.gov.uk/immunisation. Information for the general public, while currently available at www.immunisation.nhs.uk, will be transferred to NHS Choices at www.nhs.uk. Don't forget that NHS Choices includes useful travel health information in the 'Live well' section.

WORLD CUP TRAVELLERS

ABTA published a report in December 2009 on travel trends for 2010, and it's expected that 20,000 to 30,000 England football fans will be travelling to South Africa for the World Cup. Remember that many of these visitors may also tag on a holiday and visit malarious areas, for example to the Kruger National Park, so check out their intended travel plans. The Foreign and Commonwealth Office website includes a great section on 'Travelling football fans' at www.fco.gov.uk

RESUSCITATION UPDATE

Changes were made in April 2009 to chapter 8 of *Immunisation against infectious diseases* (The Green Book), 'Vaccine safety and the management of adverse events following

immunisation'. Chapter update patches for The Green Book can be downloaded at www.dh.gov.uk/en/PublicHealth/HealthProtection/Immunisation/Greenbook/DH_4097254.

Make sure your copy has been updated, and that the changes are reflected in any resuscitation equipment in your practice. When

immunising, you should be aware of the resuscitation guidelines available at www.resus.org.uk, website of the Resuscitation Council. If you're the lucky owner of an iPhone, you can download a free application, iResus, for the latest resuscitation guidelines algorithms – details on the above website. Launched in January 2010, iResus is in the top 10 medical applications.

GLASGOW CONFERENCE

A one-day travel health conference, arranged jointly by the Faculty of Travel Medicine of the Royal College of Physicians and Surgeons of Glasgow and the Royal College of General Practitioners Scotland, is being held on 11 March 2010 in Glasgow. The meeting will address many key issues including Patient Group Directions (PGDs), financial aspects of providing a travel health service, information resources, update on vaccines, malaria for the busy practitioner and managing returning travellers in general practice. For more details, email mgt.cooper@rcpsg.ac.uk or view the programme at www.nathnac.org and www.travax.nhs.uk ●

