



Travel health update

Travel health can be complicated, and advice for health professionals and travellers is ever-changing. In this regular feature, Jane Chiodini seeks out and presents the latest travel advice and information to help you to keep your practice up to date. She also revisits areas of on-going concern, for spot-checks and further clarification

TRAVEL VACCINATION

The October issue of *Vaccine Update* reminded us that supplies needed to vaccinate travellers with the tetanus, diphtheria and polio vaccine (Revaxis) should be ordered from the manufacturer, Sanofi Pasteur MSD, on 0800 085 5511 or via email orders@spmsd.com. The stock of vaccine as part of the national immunisation programme must not be used for travellers. Receiving *Vaccine Update* is a great way of ensuring you keep up to date on all immunisation issues. To put your name on the distribution list, email vaccine.supply@dh.gsi.gov.uk

CPR GUIDELINES UPDATED

The Resuscitation Council UK (www.resus.org.uk) published new CPR guidelines in October this year. The latest guidelines include some treatment recommendations and changes in practice based on new scientific evidence that has accrued since 2005.

Several of the treatment recommendations in the new guidelines represent significant changes in the delivery of resuscitation. Time will be needed for courses and training materials to be updated and for this change in practice to be disseminated to healthcare professionals and laypeople by resuscitation trainers. The Resuscitation Council states that over this transition

period, there will inevitably be some variation in practice between individuals and healthcare organisations. The guidance states that healthcare organisations should implement those elements of *Resuscitation Guidelines 2010* that are relevant to them by the end of 2011. It is essential that you undergo CPR training over the next year to ensure your knowledge of the new guidance can be applied in practice. To view the document go to: www.resus.org.uk/pages/guide.htm

STIs IN THE OVER-50s

In August this year, the Health Protection Agency revealed that almost 13,000 men and women over the age of 45 were diagnosed with a sexually transmitted infection (STI) in 2009, double the number in 2000. Following on from this, the fpa launched the first ever national campaign entitled The Middle-age Spread (STIs in the over-50s). People of this age often have poor knowledge of sexual health issues and as contraception may no longer be a necessity, they are less likely to be consistent or confident condom users. Sexual health advice should always be considered for travellers in this age group as well. The fpa has



launched some posters designed to catch the attention of the over-50s, which could also be used on a travel health display board. For details of the campaign and to download the posters, go to www.fpa.org.uk/campaignsandadvocacy/sexualhealthweek/stisandsafersexover50/professionals

TRAVELLERS WITH DIABETES

Diabetes UK has a superb selection of resources for travellers with diabetes. Go to www.diabetes.org.uk then on the top menu select 'Guide to diabetes' and on the drop down menu select 'Living with diabetes'. Within this section you will find many useful topics including 'Travel'. Information here covers topics such as: your diet while away from home; blood glucose conversions; air travel and insulin; dealing with illness abroad.

In the shop area at www.diabetes.org.uk/OnlineShop/Travel/Country-Guides---NEW1/ there are a selection of new country guides that can be downloaded. These guides typically include: the time zone difference and how it would affect insulin users; the local emergency telephone number; detail regarding staple starchy food and whether any sugar-free drinks are available; and translation of useful phrases that may be helpful in an emergency health situation. ●

Jane Chiodini, MSc (Travel Med), RGN, RM, FFTM RCPS (Glasg), travel health specialist nurse, nurse consultant and clinical lead nurse in travel medicine, WHO Collaborating Centre for Travel Medicine & Vaccines and Royal Free Travel Health Centre, London. Jane has 20 years' experience seeing travellers in a primary care setting, and has been training practice nurses in travel health for many years

© 2010 Elsevier Ltd. All rights reserved. Registered office: The Boulevard, Langford Lane, Kidlington, Oxford OX5 1GB.

This journal and the individual contributions contained in it are protected under copyright by Elsevier Ltd, and the following terms and conditions apply to their use:

Photocopying: Single photocopies of single articles may be made for personal use as allowed by national copyright laws. Permission of the Publisher and payment of a fee is required for all other photocopying, including multiple or systematic copying, copying for advertising or promotional purposes, resale, and all forms of document delivery. Special rates are available for educational institutions that wish to make photocopies for non-profit educational classroom use. Permissions may be sought directly from Elsevier Global Rights Department, PO Box 800, Oxford OX5 1DX, UK; phone: (+44) (0) 1865 843830; fax: (+44) (0) 1865 853333; e-mail: permissions@elsevier.co.uk. You may also contact Global Rights directly through Elsevier's homepage (www.elsevier.nl), by

selecting 'Obtaining Permissions'. In the USA, users may clear permissions and make payments through the Copyright Clearance Center, Inc., 222 Rosewood Drive, Danvers, MA 01923, USA; phone: (+1) (978) 7508400; fax: (+1) (978) 7504744, and in the UK through the Copyright Licensing Agency Rapid Clearance Service (CLARCS), 90 Tottenham Court Road, London W1P 0LP, UK; phone: (+44) (0) 20 7631 5555; fax: (+44) (0) 20 7631 5500. Other countries may have a local reprographic rights agency for payments.

Derivative Works: Subscribers may reproduce tables of contents or prepare lists of articles including abstracts for internal circulation within their institutions. Permission of the Publisher is required for resale or distribution outside the institution. Permission of the Publisher is required for all other derivative works, including compilations and translations.

Electronic Storage or Usage: Permission of the Publisher is required to store or use electronically any material contained in this journal,

including any article or part of an article. Except as outlined above, no part of this publication may be reproduced, stored in a retrieval system or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without prior written permission of the Publisher. Address permissions requests to: Elsevier Global Rights Department, at the mail, fax and e-mail addresses noted above.

Notice: No responsibility is assumed by the Publisher for any injury and/or damage to persons or property as a matter of products liability, negligence or otherwise, or from any use or operation of any methods, products, instructions or ideas contained in the material herein. Because of rapid advances in the medical sciences, in particular, independent verification of diagnoses and drug dosages should be made. Although all advertising material is expected to conform to ethical (medical) standards, inclusion in this publication does not constitute a guarantee or endorsement of the quality or value of such product or of the claims made by its manufacturer.