In January 2011 I had to travel India to Ongoing fatigue made travel in a hot
My hair had taken some time to grow
I was travelling again to Seoul later in
I was absolutely fastidious about good

In 2009 I was unexpectedly diagnosed with breast cancer, which ruined my
In my work as a travel health specialist nurse, there were a
In January 2011 I had to travel India to participate in a course in tropical
to apply the creams I preferred to
good bite protection on my ‘lymph-node free’
I was absolutely fastidious about good

In 2013 I developed lymphoedema and now have an

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Resources
BMJ Learning. Chronic Oedema and Lymphoedema

Travel health update
This month Jane Chiodini looks back at her experience of cancer and its impact on subsequent travel and draws out learnings that any travel health nurse can put into practice

JANE CHIODINI
MSc(Travel Med), RGN, RM, FTFM
RCPS(Glasg), QN
Founder and director of Travel Health Training
www.janechiodini.co.uk/
www.facebook.com/TravelHealthTraining

In 2013 I developed lymphoedema and now have an arm pressure garment that I’m meant to wear at all times to help prevent deterioration of the condition, which has no current cure. I would wear this on a long flight as I would flight socks, but it’s not particularly comfortable and if I’m honest, it’s rarely on by the time I arrive. See Resources for information on travelling with lymphoedema.

It is recommended that patients who have had an attack of cellulitis should carry a two week supply of antibiotics with them particularly when away from home for any length of time, e.g. on holiday – see Resources.

Those who have had lymph node clearance are constantly reminded not to have injections, blood pressure readings or phlebotomy on that limb, although there is limited evidence to support the advice. Cancer Research UK says ‘it is not clear whether having blood taken in the arm on the same side as your surgery, or having injections, can increase the risk of lymphoedema, so it is advisable to avoid these.’

If my experiences have given you food for thought, please put some of the learnings into your practice.

Resources
BMJ Learning. Chronic Oedema and Lymphoedema
http://learning.bmj.com/learning/module-intro/lymphoedema-.html?moduleId=10029385
Lymphoedema Ireland. Travelling with Lymphoedema: Air-Travel & Holiday Tips
http://lymphireland.com/travelling-with-lymphoedema/

www.practicenurse.co.uk