

## Travel Health Update Course

### Introduction

Travel health is a dynamic field, and staying current is essential. This online course has been created by Jane Chiodini\*. The course structure allows learners to update their knowledge at their own pace and revisit materials as often as needed within the access period of four weeks. The course includes interactive e-learning, videos, reading, resources, quizzes, time-out activities and more — all designed by Jane. Most slides include voiceover, closed captions and a script in the notes section, offering multiple ways to learn. The material is updated in real time, ensuring you always receive the latest guidance. This document provides you with greater detail of the course content.

### Learning outcomes for the Travel Health Update:

1. Recognise the importance of maintaining up-to-date knowledge in travel health
2. Identify reliable sources of further advice and guidance
3. Strengthen confidence when providing travel health recommendations
4. Support safe and evidence-based practice
5. Understand the value and appropriate use of supplementary learning materials

### Topics addressed within this learning programme

There are six sections in total for the course but the learning is undertaken within modules 1, 2, 3 and 4. The course concludes with a short questionnaire in section 6, upon which a certificate of completion is provided.

The following outline provides more detail:

### Introduction to the course:

This section explains the format of the learning, provides a Q&A section on the following topics and provides the resources.

- How much time do I have to take this training?
- What is the best device to take this training on?
- How do I navigate the course?
- Are any resources provided?
- What is I have any questions or queries?
- Is any AI used in this course?
- Is there an app for this learning course?
- How will I get a certificate for the course?

## Module One - All about the Vaccines.

This covers eight sections on the following topics:

1. Clarity of vaccine provision
2. Legal frameworks – who can do what
3. Vaccination training – latest guidance
4. Vaccine storage – errors and guidance
5. The practical aspects – vaccine administration
6. Vaccine quiz: the NHS vaccines - (cholera, hepatitis A, polio (+tetanus and diphtheria), typhoid, MMR and consideration of other routine vaccines
7. Vaccine quiz: the private vaccines – ACWY, hepatitis B, Japanese encephalitis, rabies, tick borne encephalitis, yellow fever. (note the newer vaccines for dengue and chikungunya are addressed in module two).
8. Key documents and resources recap

## Module Two - All about the Diseases:

This includes Dengue, Chikungunya, Malaria, Oropouche, and tips for avoiding insect bites.

- **Dengue** – recap on the disease and detailed explanation for the use of this vaccine according to national guidance
- **Chikungunya** – recap on the disease and detailed explanation for the use of this vaccine according to national guidance
- **Malaria** – the latest update on the global burden of this disease and the impact on travellers. Refresher on the advice which should be provided to travellers
- **Oropouche** – an introduction to this newer disease and overview of the advice to provide to travellers
- **Insect bit avoidance** – an explanation of the measures travellers need to take and provision of helpful materials to help your advice

## Module Three - All about the Travellers:

This includes four progressively challenging case studies which provides information to update knowledge and resources to help within a consultation

Case study 1 – a young couple travelling to Southeast Asia for two weeks, needing to consider pregnancy and the risk of Zika as part of their risk assessment.

Case study 2 – a 19-year-old girl going backpacking to Thailand, and then hoping to travel on to Cambodia, Laos, Vietnam, Malaria, Indonesia, Philippines and Australia for a

year, but not set plans except she plans to go to a full moon party. Safety and security are some of the key elements discussed in this case study

Case study 3 – a 30-year-old man travelling to Argentina and then Bolivia. He has a Chron's disease and the issues of the need for a yellow fever vaccination certificate are addressed, plus how to manage any drug interactions

Case Study 4 – a man in his 40s travelling to Kenya for work with a previous medical history of HIV. This case study considers the knowledge a practitioner needs to know to address this scenario.

### Module Four - 'How Do I' section:

The questions addressed are as follows: How do I

- Make sure I keep up to date in between educational training?
- Make sure I'm using the latest guidelines for travel health?
- Obtain stickers and certificates to give to children?
- Find fun ways of learning more while exercising?!
- Find out about the Hudson appeal?
- Revisit those great videos from the HTD Travel Clinic Team?
- Obtain ICVP certificates for PHEIC polio vaccination evidence?
- Find out what immunisations people had in other countries before coming to the UK?
- Obtain new international resources for travellers and HCPs
- Progress to obtain a qualification in travel medicine?

Module 4 concludes with a short quiz of ten questions to test your knowledge of the learning through the course.

### Summary and Conclusion



This course has gained CPD Certification for 8 hours of learning and the certificate will be issued at the end of the training. There are many resources provided, and dependent on how much the learner wants to explore these further, this timing may be variable.

Resources to all the information is provided in handouts to aid ongoing access to the learning materials. Access to the course is for 4 weeks but if completed under this timescale, the learner will continue to have access to the platform until the date of expiry. No online meetings are required for this course, you can just study it at your own pace when it suits you. There is also a facility to e mail Jane directly within the platform if you have any queries arising from the training.

### **\*About Jane Chiodini**

Jane was the first nurse in England to obtain a the Master's degree in travel medicine. She is a leading figure in the UK in this field of practice, was Chair of the RCN Travel Health Forum 2000 - 2006 and one of the key authors on the RCN guidance: [Travel health nursing, career and competence development](#), now in its fourth edition.

Jane was Dean of the Faculty of Travel Medicine at the Royal College of Physicians and Surgeons of Glasgow from October 2018 – October 2022. During this tenure she led on the important publication for all healthcare professionals working in travel health [Good Practice Guidance for Providing a Travel Health Service](#) as well as two new travel medicine qualifications, [Professional Development Certificate in Travel Medicine](#) and the [RCPSG Postgraduate Diploma in Travel Medicine](#).

Until the COVID-19 pandemic Jane was seeing travellers in a primary care setting where she had worked part time since 1990. Jane started training healthcare professionals over 25 years ago and is passionate about teaching and developing tools for healthcare professionals to use in a travel consultation. Her website [Jane Chiodini - Travel Health Specialist Nurse](#) has a wealth of resources to support all practitioners working in this field of practice.

In the 2022 New Year Honours, Jane was awarded an MBE for services to training and development in travel medicine.