TOOLS TO DEVELOP A COMPREHENSIVE TRAVEL CLINIC IN A STUDENT HEALTH CENTER

ANJALI SILVA MD CTH
CATHERINE EBELKE PA-C CTH
NEIL SILVA MD CTH
HOW DO WE BUILD A TRAVEL CLINIC?
OUTLINE

Introduction

1. Identify needs of student travelers

2. Organization of a SH Travel clinic

3. Collaboration
FOCUS OF THIS TALK IS WHAT WE LEARNED

GREAT RESOURCE

SUCCESSES

MISTAKES

INFORMATION SPECIFICALLY FOR STUDENTS

LOGISTICS

USING TECHNOLOGY

COLLABORATION

CHALLENGES

WHERE WE SEE OPPORTUNITY
Attributes of a thriving comprehensive travel clinic in a college health setting

accessible and welcoming to all
inclusive
clinical providers
nursing staff
pharmacy
health promotion
administration
solid and reliable
Change and Evolve
resource

faculty
staff
students
other college health clinics
safe and healthy trip
PRINCIPLES OF PRE-TRAVEL EDUCATION

E³

Enough information to educate
Engage the students
Enable decision making
Enough information to educate

Avoid information overload
Engage the students

Get students involved
Empower through education
Decision Making

- Alternatives
- Uncertainty
- High risk consequences
  - Interpersonal issues
  - Complexity
infectious diseases

malaria
ebola
dengue
zika
chikungunya
schistosomiasis
travelers’ diarrhea
a constant risk in travel medicine
**Traveler's basics:** 203-607-7772

**Traveler's Health**

- Contact the nearest health care facility or clinic.
- Bring a list of medications and any allergies.
- Check for any travel advisories or alerts.
- Make sure your travel insurance covers medical emergencies.

**Traveler's Health Insurance**

- Check if your insurance covers medical emergencies abroad.
- Consider purchasing additional travel insurance.

**Traveler's Precautions**

- Stay hydrated and avoid strenuous activities.
- Avoid eating raw or undercooked foods.
- Use insect repellent and avoid mosquito bites.

**Traveler's Health Problems**

- Keep your medical prescriptions with you.
- Make sure you have a supply of necessary medications.

**Traveler's Health Tips**

- Stay healthy and avoid unnecessary medical costs.
- Use reputable medical facilities and doctors.

**Traveler's Health Resources**

- Contact a travel health provider or a local clinic.
- Check with your primary care physician.

**Traveler's Health Checklist**

- Have your travel insurance information with you.
- Carry a list of medications and any allergies.
- Check for the latest travel advisories.

**Traveler's Health Information**

- Stay informed about health issues abroad.
- Be aware of any potential health risks.

**Traveler's Health Consultation**

- Contact a travel health provider to discuss your needs.
- Make sure your vaccinations are up to date.

**Traveler's Health Protection**

- Use insect repellent and avoid mosquito bites.
- Avoid eating raw or undercooked foods.

**Traveler's Health Education**

- Stay informed about health issues abroad.
- Be aware of any potential health risks.

**Traveler's Health Prevention**

- Use insect repellent and avoid mosquito bites.
- Avoid eating raw or undercooked foods.

**Traveler's Health Protection**

- Use insect repellent and avoid mosquito bites.
- Avoid eating raw or undercooked foods.

**Traveler's Health Education**

- Stay informed about health issues abroad.
- Be aware of any potential health risks.

**Traveler's Health Prevention**

- Use insect repellent and avoid mosquito bites.
- Avoid eating raw or undercooked foods.

**Traveler's Health Protection**

- Use insect repellent and avoid mosquito bites.
- Avoid eating raw or undercooked foods.

**Traveler's Health Education**

- Stay informed about health issues abroad.
- Be aware of any potential health risks.

**Traveler's Health Prevention**

- Use insect repellent and avoid mosquito bites.
- Avoid eating raw or undercooked foods.

**Traveler's Health Protection**

- Use insect repellent and avoid mosquito bites.
- Avoid eating raw or undercooked foods.

**Traveler's Health Education**

- Stay informed about health issues abroad.
- Be aware of any potential health risks.

**Traveler's Health Prevention**

- Use insect repellent and avoid mosquito bites.
- Avoid eating raw or undercooked foods.
CUSTOM FIT

targeted information

itinerary specific
Take home regional handouts: avoid information overload

Separate sections for major travel issues
Can show parents and friends information
Quick-look type format for easier reading
Travel Recommendations

Benin  Mali
Burkina Faso  Mauritania
Cape Verde  Niger
Côte d'Ivoire  Nigeria
Gambia  Saint Helena (U.K.)
Ghana  São Tomé and Príncipe
Guinea  Senegal
Guinea-Bissau  Sierra Leone
Liberia  Togo

Medications:

Traveler's Diarrhea:
- Ciprofloxacin: One 500 mg tablet twice daily for 1-3 days.

Malaria Risk:
- Risk exists for all areas in West Africa, except no risk Cape Verde and Saint Helena

Malaria Prophylaxis:
- Malarone: One tablet once daily; start one to two days before travel to region with malaria, every day while in at risk area, and for 7 days after leaving at risk area.
- Doxycycline: One 100mg once daily; start one to two days before travel to region with malaria, every day while in at risk area, and for 28 days after leaving at risk area.

Routine Vaccines:
- Influenza vaccine
- Tetanus booster: Td or Tdap
- Hepatitis B vaccine
- TB Test: If length of stay is 6 weeks or longer, test should be done 12 weeks after return. Consider two step PPD before travel if in high risk environment, such as hospitals

Recommended Travel Vaccines

- Hepatitis A
- Typhoid
- Yellow Fever vaccine for all areas, except Cape Verde, Saint Helena, São Tomé and travel limited to Sahara Desert.
- Meningococcal vaccine for Benin, Burkina Faso, Côte d'Ivoire, Gambia, Ghana, Guinea, Guinea-Bissau, Mali, Niger, Nigeria, Senegal, Togo (December June).
- Polio vaccine one time adult booster for Benin, Niger, Nigeria.
- Rabies vaccine: consider for high risk travel or long term/frequent travel to low/medium resource countries

Non-Vaccine Preventable Diseases:

Avoid Bug Bites to Protect against:

Dengue
- Risk in urban and residential areas.
- Leading cause of febrile illness among travelers returning from Caribbean, South America, and South and Southeast Asia.
use engaging handouts

rabies

altitude illness

diving safety
still a risk
Engage students with interactivity

Use question and answer interactivity: iClickers
Include images to provide specific examples
Invite questions and comments
Consider bringing a collection of travel items to display or pass around, possibly including

SteriPen
Iodine
Vit C tabs
Sunscreen
Netting
Security belt
Permethrin
Insect Repellent
OTC Medications (Pepto Bismol)
Oral Typhoid vaccines
BUYING INSURANCE
itinerary?
anticipate risk
Members: See benefit booklet for services covered by your plan. Possession of this card does not guarantee eligibility for benefits.

Medical claims incurred Inside the U.S., Puerto Rico, and U.S. Virgin Islands
Hospitals or Physicians: file claims with local Blue Cross and/or Blue Shield Plan
Members: See benefit booklet for claims filing procedures or visit www.geobleutravelinsurance.com.

Claims incurred Outside the U.S., Puerto Rico, and U.S. Virgin Islands and all Dental and Rx claims
File all claims with GeoBlue, One Radnor Corporate Center, Suite 100, Radnor, PA 19087, USA.
Visit www.geobleutravelinsurance.com for instructions.

Medical benefits underwritten by 4 Ever Life Insurance Company, an independent licensee of the Blue Cross Blue Shield Association.

Members Services
Outside the U.S. +1.610.254.5850
Toll Free Within the U.S. 1.855.481.6647

24/7 Medical Assistance Including Evacuation
Collect Calls Accepted +1.610.254.8771
globalhealth@geo-blue.com

Prescription/Pharmacy Information
Pharmacy Help Desk 1.800.788.2910

GeoBlue
One Radnor Corporate Center, Suite 100
Radnor, PA 19087, USA

GeoBlue is the trade name of Worldwide Insurance Services, LLC, an independent licensee of the Blue Cross and Blue Shield Association.

Pharmacy benefits administrator.
perception vs. reality

What is acceptable risk?
risk
now what?
KNOW IMPORTANT NUMBERS

Inform friends, family and advisors of travel plans in detail

Emergency communications - at least 2 contacts
Embassy: keep info readily available

EMBASSY

UNITED STATES OF AMERICA
EXTREME TRAVEL OR REMOTE LOCALES

Satellite phone is a must and may be the difference between life and death.
..legal or not?
no decongestants
narcotics
VFRS: VISITING FRIENDS AND RELATIVES
...A UNIQUE GROUP OF TRAVELERS

Students visiting their families or friends

International students returning home

Hosts may downplay risks for visiting friends

Students may be worried about offending hosts or their own families by following advice

Students trust advice of host family more than health care providers
technology
travel clinic?

is it online yet?
Powerpoint
Captivate
Captivate: E-learning focused
Cost can vary: subscription or purchase
Can print certificates and score exams
modular solutions

post-exposure care

rabies

travelers’ diarrhea
new horizons
data, data and more data = research opportunity
SUBSTANCE USE/ABUSE
SITUATIONAL TOLERANCE

Environment affects tolerance
alcohol percentages vary
legal here?

legal everywhere?
DON'T WAIT, VISIT YOUR DOCTOR TODAY!

UNTREATED SEXUALLY TRANSMITTED DISEASES ARE DANGEROUS AND CAN INCREASE THE CHANCE OF HIV INFECTION.

GOA STATE AIDS CONTROL SOCIETY, OPD BLOCK, OLD GMC COMPLEX, PANA
Ph: 2427286, 2422518, 2422519 E-mail goasacs@goatelecom.com
How many more times likely is a student to get repatriated to the US due to mental health issues during travel?
Repatriations of US sponsored college students studying abroad compared with US sponsored corporate business travelers due to mental health issues.
mental health
understand
disclose
prepare
RESPONSIBLE AND ETHICAL TRAVEL

Students are ambassadors to the world for their school and for their country.
RESPONSIBLE AND ETHICAL TRAVEL

ISTM GUIDELINES EXCELLENT RESOURCE

be informed about your host country

be patient and open-minded

learn basics of communication - language and gestures

dress code

public displays of affection
RESPONSIBLE AND ETHICAL TRAVEL

Students need to be aware of events (political risk and active terror activity)

US State Department is a great resource

Travelers must be aware of what constitutes illegal activities and potential inavailability of help from US sources (eg, prostelytizing often illegal)
RESPONSIBLE AND ETHICAL TRAVEL

Respect your hosts’ culture including religious practices

Appropriate pay for services

Learn the tipping etiquette of the host country

Bargain for food/products only if expected, but not too aggressively

Support local communities whenever possible
WELCOME

PLEASE DO NOT LITTER
HUNTING IS PROHIBITED
IT IS NOT ALLOWED TO TAKE
SAMPLES OF PLANTS, BIRDS
OR ANY OTHER WILDLIFE. DO NOT DISTURB
THE BIRDS, SPECTACLED BEARS, AND OTHER
WILDLIFE, PLEASE WALK QUIETLY. THANK YOU

ENJOY THE FOREST!

BIENVENIDOS

POR FAVOR NO BOTAR BASURA,
LA CASERIA ESTA PROHIBIDA
NO COGER ESPECIES DE PLANTAS, AVES O VIDA
SILVESTRE. FAVOR NO HACER RUIDO, PARA
NO MOLESTAR A LA FAUNA

DISFRUTE DEL BOSQUEx
what we leave behind
ethical travel
TO SUM IT UP?

DON’T GET BIT
DON’T GET HIT
DON’T GET LIT
DON’T DO “IT”
DON’T EAT S.....
"Accidentally" buy the potato chips your spouse doesn't like so you don't have to share.
TRAVEL CLINIC ORGANIZATION
**DISTINCTION**

**WHAT MAKES YOUR PRODUCT OR SERVICE UNIQUE?**

**MISSION STATEMENT**

**KEY**

**WHO IS YOUR CLIENT?**

**CONTRIBUTION**

**WHAT PRODUCT DO YOU PROVIDE?**
The Student Health Travel Clinic supports the wellness of students traveling abroad, as well as international students traveling to UVA by providing high quality travel related education and health care services.
Prepare students for global cross-cultural experiences

Collaborate with international studies office

Promote research and leadership

Provide educational opportunities for students in travel medicine
resources

administrative support
financial support
physical space
well trained clinic staff
time
immunization availability
TRAVEL MEDICINE CLINIC SERVICES: CONTINUUM OF CARE

- Pre-travel visit
- During travel support
- Post-travel evaluation
components

- Education: general travel recommendations
- Itinerary Review: destination specific recommendations
- Prescriptions
- Vaccine orders & administration
- Ancillary visits: physicals, mental health referrals, dental referrals
# PRE-TRAVEL EDUCATION

<table>
<thead>
<tr>
<th>MSU</th>
<th>UVA</th>
</tr>
</thead>
<tbody>
<tr>
<td>mandatory</td>
<td>mandatory</td>
</tr>
<tr>
<td>student health staff</td>
<td>study abroad office</td>
</tr>
<tr>
<td>collaboration with</td>
<td>student health travel</td>
</tr>
<tr>
<td>study abroad office</td>
<td>clinic recommended</td>
</tr>
</tbody>
</table>
individual

group
DESTINATION BASED TRAVEL EDUCATION

pre-travel counseling important for all destinations

travel risk essentially tied not only to developing countries but also to the behaviors of travelers themselves
TRAVEL TO MEDIUM/HIGH RISK DESTINATIONS

increased risk for infectious disease
limited access to health care abroad depending on location
prescriptions usually recommended
immunizations usually recommended
SAFETY/SECURITY AND INFECTIOUS DISEASE RISK IN HIGH RESOURCE COUNTRIES EQUIVALENT TO RISK IN US

Update routine immunizations
No routinely recommended prescriptions based on destination
Access to quality health care available in most areas
**MSU Group Travel Class**

Clinic Size: 15 to >100 Students  
Clinics/week: 1-3

<table>
<thead>
<tr>
<th>Hours per clinic: 1</th>
</tr>
</thead>
<tbody>
<tr>
<td>Charge: 0</td>
</tr>
<tr>
<td>Mandatory: YES</td>
</tr>
</tbody>
</table>

**Providers**

<table>
<thead>
<tr>
<th>PA</th>
<th>100%</th>
</tr>
</thead>
<tbody>
<tr>
<td>RNs, MA</td>
<td>Support</td>
</tr>
</tbody>
</table>

**Time Breakdown**

<table>
<thead>
<tr>
<th>General Advice</th>
<th>45 min.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Developing Countries</td>
<td>15 min.</td>
</tr>
</tbody>
</table>

May be part of PDO*

---

**MSU Appointments**

Clinic Size: 1  
Clinics/week: varies

<table>
<thead>
<tr>
<th>Hours per clinic: 40 minutes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Charge: 0</td>
</tr>
<tr>
<td>Mandatory: NO</td>
</tr>
</tbody>
</table>

**Providers**

<table>
<thead>
<tr>
<th>PA,MD,NP</th>
<th>100%</th>
</tr>
</thead>
<tbody>
<tr>
<td>RNs, MA</td>
<td>Support</td>
</tr>
</tbody>
</table>

**Time Breakdown**

<table>
<thead>
<tr>
<th>Destination specific</th>
</tr>
</thead>
<tbody>
<tr>
<td>Developing country specific</td>
</tr>
<tr>
<td>Mental health issues</td>
</tr>
<tr>
<td>Complex health issues</td>
</tr>
</tbody>
</table>

**Options**

To complete vaccinations as needed after appointment

---

*Pre-Departure Orientation*
## UVA Group Travel Class

**Clinic Size:** 5-10  
**Clinics/week:** 1-4

---

**Hours per clinic:** 2-3 hr. time block required

**Charge:** 0  
**Mandatory:** NO  
**Patience:** YES

### Providers

<table>
<thead>
<tr>
<th>Providers</th>
<th>Task</th>
</tr>
</thead>
<tbody>
<tr>
<td>MDs, NPs</td>
<td>Education/Prescription &amp; Vaccine orders</td>
</tr>
<tr>
<td>RNs</td>
<td>Vaccine Administration</td>
</tr>
</tbody>
</table>

### Time Breakdown

<table>
<thead>
<tr>
<th>Task</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>General Advice</td>
<td>20-30 min.</td>
</tr>
<tr>
<td>Individual Appointment</td>
<td>5-15 min.</td>
</tr>
</tbody>
</table>

### Options

- Vaccinations available immediately
- Separate immunization appointment if patient cannot stay  
- If complex medical/mental health issues, more appointments may be necessary.
Staff choices

nurses
nurse practitioners
physician assistants
pharmacists
physicians
Comprehensive travel clinics ideally should have access to the following travel vaccines:

- Yellow fever vaccine
- Typhoid vaccine (injectable and oral)
- Japanese Encephalitis
- Rabies vaccine
- Meningitis (ACWY & B)
- Polio
- Hepatitis A
- Hepatitis B
- Tetanus
- Varicella
- Influenza
TRAVEL CLINIC STAFFING

Identify staff who travel, have lived abroad and/or love to travel

Consider Certification in Travel Health – ISTM
A WORD ABOUT YELLOW FEVER

Per WHO international health regulations, only certified centers can administer yellow fever vaccine.

State health department authorizes providers, NOT CDC.

Contact CDC: dqyellowfever@cdc.Gov
Will provide directions on who to Contact at your state health Department for yellow fever Vaccine certification.
cost
group travel classes

FREE included in student health fee
online
travel modules

FREE
included in student health fee
last minute travelers

$40
TRAVEL COSTS

IMMUNIZATIONS
- travel immunizations not usually covered
- routine immunizations usually covered
- most clinics charge student account or patient directly

PRESCRIPTIONS
- antimalarial medications not always covered by insurance
  *Pre-authorization never covers for malaria prophylaxis, only for malaria!*
logistical pearls: travel clinic

PREPARE TO FLEX UP

NOVEMBER-DECEMBER: WINTER BREAK
FEBRUARY-MARCH: SPRING BREAK
APRIL-MAY: SUMMER BREAK
logistical pearls: travel clinic

collaboration and consistent messaging among staff

Once a semester/month

Latest emerging infection

Vaccine Shortages
UNIVERSITY RELATED TRAVEL VS NON-UNIVERSITY RELATED TRAVEL
NON-UNIVERSITY RELATED TRAVEL

- Vacation
- Visiting Friends and Relatives
- Medical tourism
- Before /after university travel
- Religious Groups
- Business sponsored trips
- Volunteer organizations
UVA Travel Policy includes but is not limited to travel for:

- Study
- Research
- Internships
- Service
- Conferences
- Presentations
- Teaching
- Performances
- Recruiting
- Athletic competitions
- Any travel that is for academic credit and/or utilizes university resources
University Travel policy pertains to travel for:

- Research
- Teaching
- Sabbaticals
- Conferences
- Study abroad
- Internships
- Practica
- Student teaching
- Community or university service
- Travel supported by university administered funds
MSU TRAVEL POLICY

MSU’s Travel Policy also pertains to any Group Travel:

• Whether accompanied by a faculty member or not
• Whether offered for credit or not
• Travel by registered student organizations, club sports, or athletic teams
WHAT IS A TRAVEL REGISTRY?

Confidential and secure database for maintaining key travel information about students traveling for University-related purposes

Source of traveler information that forms the basis for the University’s emergency response protocols and communications strategy (e.g. alerts, warnings, evacuation notices) when responding to an emergency or critical incident abroad
gray areas

college travel health
CIOs: Contracted Independent Organizations

Local chapters of national organizations, usually led by student leader on campus
Global Brigades for business, dental, engineering, environmental, human rights, medical, microfinance, public health, water

Alternative Spring Break

Engineers Without Borders

Can also include club sports, glee clubs…
LOOK AT THE FINE PRINT

• ALTHOUGH THIS ORGANIZATION HAS MEMBERS WHO ARE UNIVERSITY OF VIRGINIA STUDENTS AND MAY HAVE UNIVERSITY EMPLOYEES ASSOCIATED OR ENGAGED IN ITS ACTIVITIES AND AFFAIRS, THE ORGANIZATION IS NOT A PART OF OR AN AGENCY OF THE UNIVERSITY. IT IS A SEPARATE AND INDEPENDENT ORGANIZATION WHICH IS RESPONSIBLE FOR AND MANAGES ITS OWN ACTIVITIES AND AFFAIRS. THE UNIVERSITY DOES NOT DIRECT, SUPERVISE, OR CONTROL THE ORGANIZATION AND IS NOT RESPONSIBLE FOR THE ORGANIZATION’S CONTRACTS, ACTS, OR OMISSIONS.

• NOT supported by Education Abroad Programs or the University
perception vs. reality

What is the perception by students and parents regarding university support?
examine assumptions

Liability
Personal Safety
Supervision
Hidden Risks
To "SAMURAI",
NO SWORD allowed into aircraft.

日本の侍たちへ。
刃物の機内持ち込みはご遠慮ください。

To business person of the world.
Sharp objects are prohibited on board except for your sharp brains.

世界のビジネスマンたちへ。
切れ味の鋭い頭脳は機内へお持ち込みいただけます。
collaboration

what we’ve learned
COLLABORATION IS CRUCIAL!!!

Within Student Health Service
Within the School
Within the wider community
With other organizations
study abroad office
opportunities
CHALLENGES OF PRE-TRAVEL HEALTH SCREENING

pandora’s box
faculty

student health
prepare faculty
BEHAVIOR / CONDUCT WHILE ABROAD

ETOH/SUBSTANCE USE

MISCONDUCT

- Includes hate crimes, sexual harassment, robbery, rape, murder
- CLERY ACT: Faculty and leaders as mandatory reporters

What are the program/academic guidelines? Who is involved?
What are the consequences of misconduct?
- Disciplinary action?
- Dismissal?

VERY IMPORTANT TO MAKE THESE GUIDELINES and CONSEQUENCES CLEAR IN ADVANCE OF TRAVEL!
Mental Health Collaboration within Student Health Counseling and Psychological Services (CAPS)

Mental health concerns prior to departure
  Risk assessment for safety abroad
  Resources for mental health care abroad, if needed
  Pre-departure classes for certain groups
Support if tragedy strikes during trip
Post travel mental health issues
  Reverse culture shock
  Depression
EMERGENCY MANAGEMENT

- Important to discuss in advance and have a viable plan in place
- Applies to individual travelers as well as groups
- At least 2 emergency contacts for every person (faculty / leaders included)
- Study Abroad Office at host country and at home school
- University Police / Response Team at home school
- Also important to have good communication available in case of emergency back home
COLLABORATION WITH THE WIDER HEALTHCARE COMMUNITY

- Pre-travel consultation with specialists
- County Health Departments
- Mental health professionals
- Infectious Disease Specialists
- Network of Travel Medicine Specialists
Information Technology Department

Online scheduling
Travel clinic templates for EHR
Available to students through online patient portal
Order data sets for prescriptions and immunizations
Data collection/research purposes
School website support
Getting the word out...
GETTING THE WORD OUT ..... MANY COLLABORATIVE OPPORTUNITIES!

Study Abroad office
Health Promotion
University Calendar
Study Abroad Fairs
Resident Life
Posters, scrolling digital boards
Pamphlets, table toppers
Local, college, community radio, TV stations
Local and community publications
Travel Classes may be open to community members
Many great possibilities!
COLLABORATION WITHIN ACHA

Similar needs, concerns, issues, pearls in most of our Travel Clinic practices

Valuable sharing of ideas, solutions, resources by collaborating with other Student Health Centers at ACHA or regional college health associations

Listserve or other forum could be a valuable resource for communication

Recent Interest Group Meeting to explore interest in developing multi-disciplinary Travel Health Coalition within ACHA
NATIONAL AND INTERNATIONAL COLLABORATION

Travel Medicine needs its own tools and resources

American Society of Tropical Medicine and Hygiene
American Travel Health Nurses Association
International Society of Travel Medicine (ISTM)
Students Traveling Abroad Group (STA)
Certification in Travel Health
RESOURCES
There is enormous flexibility and value in the establishment of a student health travel clinic, depending on goals, resources and staff available.

Collaboration/communication is key to developing a comprehensive travel clinic at a student health center.
“Travel is fatal to prejudice, bigotry, and narrow-mindedness, and many of our people need it sorely on these accounts. Broad, wholesome, charitable views of men and things cannot be acquired by vegetating in one little corner of the earth all one's lifetime.”

-Mark Twain