



Philadelphia Department of Public Health (PDPH) Clinical Guidance for Pre-Travel Consultations

Clinicians, regardless of specialty, will likely encounter a patient planning international travel at some point during their practice. Providers with limited knowledge in travel medicine and the pre-travel consultation should consider referring travelers with complex itineraries or special needs to a travel medicine clinic or travel medicine specialist. Primary care physicians and non-specialists, however, should be able to advise travelers and perform a basic pre-travel consultation.

It is important to:

- Emphasize that international travel can pose health risks (e.g., injury and foodborne, waterborne, respiratory tract, bloodborne and sexually transmitted infections).
- Provide basic pre-travel advice and incorporate the following elements of the pre-travel consultation into the risk assessment:

ELEMENTS OF A PRE-TRAVEL CONSULTATION

Category	Elements
Assessing health of the traveler	<ul style="list-style-type: none"> • Demographic Information (Age, Sex) • Underlying conditions and allergies • Medications • Past medical and immunization history • Prior travel experience <ul style="list-style-type: none"> ○ Experience with malaria chemoprophylaxis ○ Experience with altitude ○ Illnesses related to prior travel
Identifying special-needs conditions	<ul style="list-style-type: none"> • Pregnancy/Breastfeeding • Disability • Immunocompromised/Chronic disease conditions • Psychiatric condition • Recent surgery/Transplant recipients
Identify reason for travel	<ul style="list-style-type: none"> • Tourism /Business • Visiting friends and relatives • Volunteer, missionary, or aid work/Disaster relief • Research or education • Adventure (e.g., high altitude, climbing, or diving sports) • Pilgrimage • Adoption • Seeking health care (medical tourism)
Assessing health risk of travel	<ul style="list-style-type: none"> • Itinerary and trip duration • Rural or urban areas • Season of travel • Planned activities
Discuss vaccinations	<ul style="list-style-type: none"> • Routine vaccines • Travel vaccines



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Review preventive advice

- Traveler's diarrhea prevention and self-treatment
- Malaria prevention
- Food- and water-borne illness
- Personal safety, behavior, and sexual health
- Environmental illness (altitude, heat, cold, swimming, diving)
- Motion sickness and jet lag
- Animal bites and rabies avoidance
- Travel health and medical evacuation insurance
- Access to medical care overseas
- Recommend they pack a travel health essentials medical kit.

Next Steps:

- Prescribe and advise about preventive medications (antimalarial chemoprophylaxis, medications for travelers' diarrhea, motion sickness, and altitude sickness). Ensure patient is up to date on routine vaccines and understands recommended vaccines for travel
- Educate traveler on malaria and insect-bite prevention.
- Provide instructions for how to reduce foodborne and waterborne illness.
- Provide contact information for travel clinics if an additional consultation or additional travel vaccinations are needed. Long-term travelers and special needs travelers
- Recommend that travelers sign up for the Department of State Smart Traveler Enrollment Program: <https://step.state.gov/step/>

Resources:

- CDC Travel Health Notices: <http://wwwnc.cdc.gov/travel/notices>
 - Destination-Specific Health Considerations: <http://wwwnc.cdc.gov/travel/destinations/list/>
- <http://dph.georgia.gov/TravelClinicalAssistant>
- Pre-travel PREP (<http://gten.travel/prep/prep>) is a free clinical tool that guides you through preparing a US traveler for a safe and healthy international trip.

Adapted from:

- The Centers for Disease Control and Prevention Yellow Book. <http://wwwnc.cdc.gov/travel/yellowbook/2016/the-pre-travel-consultation/the-pre-travel-consultation>
- The Practice of Travel Medicine: Guidelines by the Infectious Diseases Society of America: http://www.idsociety.org/uploadedFiles/IDSA/Guidelines-Patient_Care/PDF_Library/Travel%20Medicine.pdf