Travel medicine in practice: The consultation

Workshop/Role play: Pre-travel and post travel consultation

Moderator: Dr Yetunde Fadipe

Objectives:

1. Practical demonstration of the pre-travel consultation including individual risk assessment, traveler education, recommendation of appropriate vaccinations and prophylaxis.

2. Practical demonstration of the post travel consultation: what to consider in the assessment, diagnosis and treatment of the returning traveler.

3. Discussion of knowledge gaps and challenges in the African setting

Pre-travel Consultation:

The pre-travel consultation is vital in the promotion of healthy travel. The evaluation of the traveler is personalized and focuses on individual risk assessment which requires information such as the medical history, travel itinerary, immunization history, previous travel, purpose of travel, mode of travel. The identified risks are then managed through traveler education, appropriate vaccinations and prophylaxis or self-treatment. A good knowledge of the travel risks associated with the destinations on the traveler's itinerary is important as well as the use of available resources for risk assessment and traveler education.

Post travel Consultation:

The post travel consultation involves the management of travel related health problems in the returning traveler. Important factors in the evaluation of such individuals include the travel itinerary, previous medical history, severity of illness, timing of symptoms, vaccinations or prophylaxis received, and individual history of exposure. Most travel related infections present shortly after travel but some conditions can present several months or years after. A good knowledge of the important post travel presentations is essential for the Travel Medicine Practitioner.