



Objectives: Travel Medicine

1. Make sure travelers get timely, up to date, itinerary-specific advice from a reliable source (e.g. travel clinic, travel website).
2. When seeing patients planning travel, discuss the common, non-infectious perils of travel (e.g. accidents, safe sex, alcohol, safe travel for women).
3. In patients presenting with symptoms of infection without an obvious cause, especially those with a fever, enquire about recent travel history to identify possible sources (especially, but not exclusively, malaria).
4. Provide prevention and treatment advice and prescribe medications for common conditions associated with travel (e.g. traveller's diarrhea, altitude sickness).
5. Ensure patients understand how to manage their chronic disease while travelling (e.g. diabetes, asthma, INR monitoring).
6. Use patient visits for travel advice as an opportunity to update routine vaccinations.
7. Advise patients to check insurance coverage issues especially in regard to recent changes in chronic disease and any recent treatment changes.
8. Advise patients travelling with medications to have an adequate supply, documentation of need for use, and to transport them securely (e.g. carry-on-bag).