

Bloomfield Medical Centre Travel Health Questionnaire

In order to advise you correctly about your holiday we need to know some information in advance.

- You should complete this form in good time before you travel and hand it to the practice, you will need to make an appointment with the nurse no sooner than 7 days after completion to discuss your vaccinations and other travel related health issues.
- Some vaccinations require several months to provide the full course and it takes a minimum of 2 weeks for a full immune response to the vaccinations.
- Some vaccinations you may need for your travel will be provided for on the NHS, however others are issued as private prescriptions which you will have to pay for (these will be discussed during your appointment).
- Some vaccinations require a prescription to take to the pharmacy, and once dispensed you will need to bring the vaccines back to the surgery for storage in the fridge.
- Some malaria tablets are available on prescription only; you will need to pay the cost of these tablets from the pharmacy.

PLEASE COMPLETE A SEPARATE FORM FOR EACH PERSON WHO IS TRAVELLING.

FULL NAME:		
DATE OF BIRTH:	AGE:	
CONTACT TELEPHONE NUMBER:		
PLEASE TICK IF WE ARE ABLE TO LEAVE A MESSAGE ON AN ANSWER MACHINE/WITH HOUSE HOLD MEMBER:		
	YES:	NO:

PLEASE LIST THE COUNTRIES AND AREAS YOU ARE DUE TO VISIT, INCLUDING ANY STOP OVER'S. YOU SHOULD INCLUDE SHORT STAYS IN AIRPORT TERMINALS.

Date of Departure	Country	Cities	Type of accomodation	Special activities	Length of stay

DO YOU HAVE ANY ALLERGIES?	YES	NO	
ARE YOU PREGNANT? ARE YOU BREASTFEEDING?	YES YES	NO NO	
DO YOU SMOKE:	NEVER	CURRENT	EX SMOKER

FOR ADMIN USE ONLY

RECEPTION STAFF- THE FOLLOWING INFORMATION MUST BE FILLED IN

DATE FORM SUBMITTED:	
PATIENT/S APPOINTMENT TIME AND DATE:	(Appointments need to be made 7 days or more after receiving the forms from the patient/s - In exceptional cases appts can be made in less than 7 days – explanation must be sent via task to the Nurse to explain).
NURSE (PLEASE SELECT)	JS EB SG SC
TRAVEL HEALTH ADVICE FORM GIVEN TO PATIENT:	YES NO
COMPLETED BY: (RECEPTIONIST NAME)	

PLEASE PUT COMPLETED FORM IN SELECTED NURSE’S BOX IN RECEPTION

NURSING STAFF:

VACCINATIONS RECOMMENDED AS PER “FIT FOR TRAVEL”	VACCINATIONS HAD	VACCINATIONS REQUIRED
MALARIA PROPHYLAXIS RECOMMENDED?		OTC?..... PRIVATE SCRIPT?.....
ZIKA VIRUS DISCUSSION REQUIRED		

COMPLETED BY..... CHECKED BY.....

PRINTED TRAVEL INFORMATION PROVIDED FOR COUNTRIES VISITED? YES NO

Bloomfield Medical Centre

Travel Health Advice for Patients

- We advise all patients to obtain a copy of “health advice for travellers”; this is published by the Department of Health and is often available in post offices or can be downloaded from www.dh.gov.uk. Further travel and health advice is available at www.fitfortravel.nhs.uk and www.fco.gov.uk
- If travelling in Europe it is essential you have a valid European Health Insurance Card (EHIC). This has replaced the E111. You can apply online at www.dh.gov.uk, via a form at the post office or by phone on 0845 606 2030.
- We advise all patients to ensure that they have valid travel insurance that covers their health conditions, likely needs, destinations and activities.
- Remember immunisations and malaria tablets are not perfect and do not provide a guarantee against those illnesses and there are many illnesses that there are no immunisations against. It is important that you also take common sense precautions whilst abroad, for example avoiding mosquito and insect bites.
- For most people the effects of too much sun, alcohol, strange food and water are the most likely health problems they will encounter. Use appropriate sun screens and eat and drink sensibly.
- Don't forget about the risk of sexually transmitted infections; use your common sense and a reliable barrier method of contraception.
- To reduce your risk of deep vein thrombosis (DVT) during long journeys (not just on planes), get up and walk around regularly, exercise your calves and feet, avoid drinking too much alcohol. If you or someone in your family has had a DVT or pulmonary embolism (PE) before, or if you are at increased risk (e.g. recent major surgery, heart disease, cancer or stroke) seek specific advice.
- Ensure all your health checks are up to date before you go away and that you have enough of your regular and occasional medications to last whilst away, particularly contraceptives. Don't forget to pack some remedies for common problems like pain relievers, antihistamines, plasters and so on. Your local pharmacy can help you work out what to take. If the country you are going to has special restrictions on what you can import, you may need a letter.
- If you have any serious health problems or your insurer, airline or Travel Company has asked you to, you may need to get a fitness to travel certificate. Make sure you have this, and any other certificates or documentation you require, properly completed well in advance of travel, e.g. yellow fever certificate, or meningococcal vaccination certificate for the Hajj.