



# **“The Basic Requirements”**

## **2 Day Travel Health & Immunisation Course**

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# “The Basic Requirements”

## THE BACKGROUND

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TREC was originally established in 2000 by Sheila Hall RGN SCM MSc (T.Med) in response to the need for accessible training courses in travel health education and vaccination. These popular courses continue to be organised in venues throughout the UK and are now led by Clare Henderson, RGN, who was awarded membership of the Faculty of Travel Medicine – RCPS Glasgow, in 2012 and the Diploma in Travel Medicine in 2006

Since inception the courses have adopted a common sense approach to travel health education and are suitable for those new to the topic or wishing to consolidate current knowledge. All course lecturers are highly experienced and qualified in the travel health field, both academically and clinically.

The courses receive educational support from Health Protection Scotland, and were recognised by the RCN in their 2005 document - “Delivering travel health services”

Over the years we have welcomed not only nurses working in general practice but also GPs, occupational health staff, school nurses, army & air force personnel and pharmacists.

Demand for places on the TREC Courses are high, and because numbers are limited (max 25) they book up well in advance.

The current TREC teaching team includes –

Margaret Umeed    Specialist Nurse Practitioner (General Practice)  
Nurse Prescriber, Secretary Faculty of Travel Medicine,  
RCPS (Glas)

Karen Rudd        Specialist Nurse Practitioner, (General Practice), Nurse  
Prescriber, CTH ISTM

Jennifer Anderson    Travel Nurse Specialist, MFTM, RCPS (Glas)

## Course Details

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This 2 day course is designed for registered healthcare professionals who are perhaps new to the field of travel health and immunisation, or wishing to update and expand their current knowledge.

The course will provide structured teaching sessions, discussion, and the opportunity to share ideas and experiences with other practitioners.

◆ **Introduction** -

This course is designed for registered healthcare professionals who are currently working in a relevant field and are interested in providing or expanding their travel health service.

◆ **Aim** -

The aim of this course is to raise awareness and understanding of travel-health issues, and to enable the participant to access the accurate and up to date information necessary for providing proficient travel health care.

◆ **Learning Outcomes** -

By the end of the course the student will –

- Know how to access and use the relevant and up to date sources of information available in the travel health field including the TRAVAX database.
- Understand the principle and importance of risk assessment and be able to apply this in practice.
- Have a good general knowledge and awareness of travel health issues, thereby enabling the delivery of appropriate health advice for the traveller.
- Recognise relevant disease risks within geographical areas and be aware of potential transmission, symptoms and treatments.
- Understand the principles of immunisation and be able to recommend appropriate vaccines.
- Have an understanding of malaria and appreciate the importance of prevention, including chemoprophylaxis.

# Course Content

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## **1. Introduction to Sources of information**

Examining and discussing the broad selection of reference sources available.

Travel health related web sites - learn how to use the information appropriately.

Access to the national online information services i.e "Travax" provided by Health Protection Scotland and NaTHNaC – National Travel Health Network & Centre – Travel Health Pro

## **2. Immunisation**

A review of immunology, immunisation in general, types of vaccines & administration guidelines.

The British immunisation schedule and how this relates to travel health.

Use of Hep B vaccine in a travel health setting.

## **3. Risk Assessment**

Emphasising the importance of structured risk assessment.

Identification of travel-health risk factors.

Travel-health consultations and documentation.

## **4. Malaria**

An overview of malaria – types of malaria – geographical risks.

Importance of bite prevention, chemoprophylaxis and patient education.

## **5. Insect and Animal Borne Infections**

Infections encountered by travellers.

An overview of transmission, symptoms and any available treatment.

Prevention of illness and available vaccines.

## **6. Food and Water Borne Infections**

Types of infection, transmission risks for travellers.

The importance of food hygiene, water purification and sanitation in the prevention of water borne illnesses.

Use of relevant vaccines.

Treatment of travellers' diarrhoea.

## **7. Case Studies**

Designed to correlate the knowledge gained during the course, by planning advice and immunisation schedules.

◆ **Course Structure**

The course will be offered over two days, combining both structured teaching sessions and informal discussion.

◆ **Statement of Completion**

Students who attend the full course will be awarded a statement of course attendance.

## **Contact Us**

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Information, course availability and online application forms are all available on the TREC web site

[www.TRECtravelhealth.co.uk](http://www.TRECtravelhealth.co.uk)

Please feel free to contact the TREC office if you would like any further advice.

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