



Travel-health Related Education & care

# **“The Basic Requirements”**

## **2 Day Travel Health Course**

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Last updated: August 2021

# “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.

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) this allows for discussion and interaction throughout the 2 days. Due to the ongoing pandemic, we are delivering our courses online using either Zoom or Teams.

All course lecturers are highly experienced and qualified in the travel health field, both academically and clinically. The teaching team at TREC have extensive experience in the field of travel medicine and importantly, continue to practice and advise travellers. The current TREC teaching team includes:

Margaret Umeed     Specialist Nurse Practitioner (General Practice)  
Nurse Prescriber, FFTM, 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 provides structured teaching sessions, discussion, and the opportunity to share ideas and experiences with other practitioners. Case studies are used throughout the course to demonstrate and highlight how the knowledge is practically applied within practice.

The course has been benchmarked against the Faculty of Travel Medicine [Good Practice Guidance for Providing a Travel Health Service](#). A summary of where the TREC course content aligns with the topics for inclusion in the guidance is provided at the end of each TREC course content section.

### ◆ **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.
- Understand the principles and importance of risk assessment and be able to apply this in practice.
- Have a good general knowledge and awareness of travel health issues and risks, thereby enabling the delivery of appropriate, individualised 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. 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 Public Health Scotland and National Travel Health Network & Centre – Travel Health Pro

*Aligns with topics 1, 2, 3, 4*

## **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.

*Aligns with topics 6, 9*

## **3. Risk Assessment**

Emphasising the importance of structured risk assessment.

Identification of travel-health risk factors.

Travel-health consultations and documentation.

*Aligns with topics 2, 4, 8, 9, 10*

## **4. Malaria**

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

Importance of bite prevention, chemoprophylaxis and patient education.

*Aligns with topics 7, 8*

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

Vaccine and non-vaccine preventable infection risks for travellers.

An overview of transmission, symptoms and any available treatment.

Prevention of illness and use of available vaccines.

*Aligns with topics 5, 6, 8*

*Continued over page*

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

Vaccine and non-vaccine preventable infection risks for travellers  
An overview of transmission, symptoms and any available treatment.  
Prevention of illness and use of available vaccines  
The importance of food hygiene, water purification  
and sanitation in the prevention of water borne illnesses.  
Treatment of travellers' diarrhoea.

*Aligns with topics 5, 6, 8*

## **7. Case Studies**

Case studies are used throughout the course to generate discussion and demonstrate how the knowledge is applied in practice. Their use also enables students to start to consider the differing risks that travellers may be exposed to during travel and reinforces throughout the 2 days the importance of:

- the risk assessment process
- use of information sources
- providing tailored advice

*Aligns to topics 1-10*

### **◆ Certificate of Attendance**

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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