



# **“The Basic Requirements”**

## **2 Day Travel Health Course**

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## 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 & airforce 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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## Introduction

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.

## Aim

The aim of this course is to provide travel health training for health care professionals to enable them to provide proficient travel-health care. The course is designed to provide the knowledge required to align with the core competencies of a level 5 nurse (this can be applied to other health care professionals) as detailed within the travel health as indicated in the [RCN Competencies: Travel Health Nursing](#).

## Learning Outcomes

By the end of the course, delegates should have the knowledge to be able to:

- Identify how to access and use the relevant and up to date sources of information available in the travel-health field.
- Recognise the importance of undertaking a travel risk assessment and know the information required to undertake a comprehensive risk assessment.
- Interpret the risk assessment information and know where to access up to date information recommendations for disease outbreaks, health advice, immunisations required and malaria risk for individual travellers.
- Identify the common travel related disease risks including disease transmission, disease implications and preventative measures that can be taken by travellers.
- Identify and summarise the common travel related hazards.
- Provide person centred advice on minimising health risks associated with travel.
- Have a basic understanding of the UK Vaccination schedule and its relevance within a travel consultation.

- Make appropriate vaccine recommendations in relation to vaccine preventable travel health risks.
- Practically plan a vaccine schedule in relation to travel health vaccinations.
- Have an understanding of the malaria life cycle, identify and interpret the malaria risk for travellers, and apply this to the selection of suitable chemoprophylaxis.
- Identify when it is appropriate to refer travellers on for further information or advice.

## 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.

### **Additional Information and Considerations**

Please note that this course is specific to travel health and does not include foundation immunisation or anaphylaxis training.

Practitioners remain responsible under their clinical and educational governance procedures, for skills acquisition and proficiency assessment, prior to practice. Prior to delivering a travel health service, there may be other mandatory and essential learning required that is not included within this training. This may include but is not limited to:

- immunisation training
- storage and handling of vaccines
- anaphylaxis and basic life support,
- infection prevention and control
- safeguarding of children and young people (if seeing children)
- female genital mutilation (specific to the context of travel health)

Whilst this course can provide the theoretical knowledge, it does not and cannot certify practitioners as being competent to provide unsupervised pre-travel consultations. As cited in the Good Practice Guidance for Providing a Travel Health Service, theoretical training should be coupled with work-based learning, including supervised practice which is essential for practitioners new to travel medicine to develop their clinical skills. To facilitate work-based learning and to support governance arrangements within workplaces, a competency assessment tool is included within the Good Practice Document.

## Contact Us

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

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

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

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